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Sherring Souvenir

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ISSUED IN HONOR OF
WILLIAM J. SHERRING,
VICTOR IN THE MARATHON RACE, ATHENS, GREECE, 1906



Illustrated
Souvenir

To commemorate the Athletic Victory
of
William J. Sherring,
Hamilton, Canada
Honorary Citizen of Marathon,
in the Great International
Marathon Road Race,
Athens, Greece, May 1, 1906.



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yours truly
W. J. Sherring

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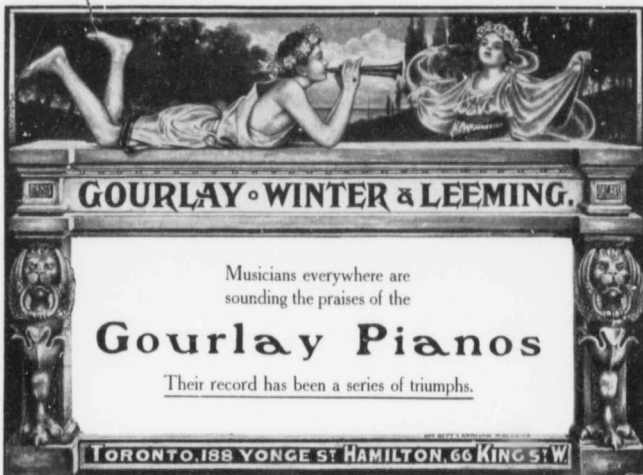
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Sherring's Career



WILLIAM J. SHERRING was born in the City of Hamilton, Canada, on the nineteenth of September, eighteen hundred and seventy-eight. Hamilton has been his home since birth. He received his education in St. Mary's school and during his school-boy days took an active interest in out-door sports, especially running. As a lad he was fleet of foot and could cover 100 yards faster than his companions. At 14 he joined the Boys' Club of the Y. M. C. A. and shortly after won the all-round competition among the juniors. At the time of leaving for Greece he was employed in the service of the Grand Trunk Railway Company. His height is 5 feet 6 inches, and he weighs 112 pounds. Commencing in 1897 at a country fair in a five mile race, in which he finished third, he has at length found "room at the top," finishing first in the great Greek Marathon of 1906. In his interesting career he has come into competition with the leading long-distance runners of the world, and by careful training and pure grit has at length won the blue ribbon event of the world.

- 1897—Third in five-mile race at Bartonville Fair.
Third in Dundas race, 10 miles.
Won one-mile race at Y.M.C.A. championship contests.
Third in Herald race.
- 1898—Member Hamilton Y.M.C.A. Relay Team. Reduced Hamilton-Toronto record by thirty minutes.
Second in Y.M.C.A. five-mile race.
Second in one-half mile race at Guelph.
Defeated in matched race by Lacker, U.C.C. crack.
Fourth in Herald race.
- 1899—Defeated Jim Barnard in six-mile matched race.
Lost half-mile race to Barnard at Waterdown Fair.
Won five-mile race at Waterdown Fair in 29.05.
Won a mile race at Port Dover and six-mile race at Buffalo.
Won Herald race, Caffery second, in 1.53.30.
- 1900—Lost to Harry Allison, of Buffalo, in three-mile matched race.
Ran second to Jack Caffery in Boston Marathon.
Ran second to Caffery in Herald Road Race.
Defeated Jim Barnard in a ten-mile matched race at Galt.
Lost to Jack Caffery in ten-mile matched race at cricket grounds.
Won ten-mile race at Oddfellows' demonstration at Milton in 56.10.
- During 1901 and 1902 he did not start in many important races. He won a twenty-mile race at Guelph in 1901.
- 1903—Second in ten-mile race at Hamilton summer carnival.
Won time prize for Dundas handicap race.
- 1904—He was selected to represent Canada at St. Louis, but owing to an injury he was unable to start.
- 1906—Winner World's Greatest Road Race (Marathon) twenty-six miles, at Athens, Greece, May 1. Lowered the record by 4 minutes and 17 seconds.



Athene (Minerva)

Athene of the Greeks (Minerva of the Romans) was the goddess of wisdom, war, and the liberal arts. She contended with Neptune the right of naming Athenae (Athens). Minerva produced the olive and was granted the honor of naming the city. She is variously represented. A replica of one of her famous statues was won by Sherring at Athens.

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Its significance "I have no expectation that any man will read history aright, who thinks that what was done in a remote age, by men whose names have resounded afar, has any deeper sense than what he is doing to-day." So wrote the philosopher Emerson some three-score years ago in his essay on History. A moment's reflection ought to convince any thoughtful man that this is eminently true of the accomplishment of the young Canadian athlete, who alone, and practically unaided, set out manfully to gain the wild olive wreath of Marathon, in competition with the athletic chivalry of two hemispheres. It was a splendid confidence and, if typical of our young nationality, it promises for Canada a future that shall command for her the respect and admiration of the world.

I cannot look upon Sherring's twenty-six mile run from Marathon to Athens as merely a sporting event. It is at once significant of the awakening of Greece from her long sleep, by the revival of the Olympic Games, to the appreciation of her unrivalled past, and too, that Canadians are year by year seeing a little further beyond material things to the higher and better.

Sherring's victory on the classic ground of Greece, has made many a money-grabber fan into a generous enthusiasm the spark that had almost gone out. It will, too, do more. There will be an awakening here and elsewhere of young and old in the deeds done in the hoary past by a people who almost realized in themselves perfection of body and mind. The Greek possessed the finest physical organization in the world. Adults participated in athletics like boys. They made good statues, verses and tragedies because they were an eminently healthy people both in mind and body. How history repeats herself! Long before our era occupants of thrones honored, in common with all the peoples of Greece, the winners in the great tribal and intertribal games. After a lapse of fifteen hundred years a Greek King places the victor's wreath on the brow of a young man—not a Greek by birth—but a Canadian with the determined spirit and lithe limb that marked the successful Grecian contestant when the world was young. Even before our young Mercury had so run that he might obtain the prize, Britain's King and Queen had shown that genuine interest in the welfare of our representative that characterizes them in all things worthy. William John Sherring's emulation of the Greek soldier who, running o'er hill and dale to convey the glad tidings of the triumph of Greek over Persian arms, expired in the presence of the Senate with "Rejoice with the victors!" is an event that will be written into our history, and although no Temple of Wingless Victory may be erected to his honor, yet his name will not be lost to posterity by Canadians to whom he has brought so great an honor.



The Field of Marathon

Here the Athenians utterly routed the Persians in the year 490 B.C.

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The world has widened since the days when Hermogenes of Xanthos earned the nickname of Hippios, "the racehorse," by winning in three Olympiads no less than eight crowns at the

**Maple Leaf and
Olive Wreath**

games; since the time of Milo of Crotona the wrestler; and since Germanicus and Tiberius Claudis Nero drove their chariots for the palm branches and the wreaths of wild olive. For yesterday, from a country far past the Pillars of Hercules, beyond Atlantis or the wildest dreams of the most daring Phoenician navigators, came a young man who conquered the fleetest and most enduring of all the runners gathered for the revival of games that were instituted seven hundred years before the birth of Christ, a date which, for most of us, almost marks the beginning of history. It was a marvelous victory for the Canadian who carried the colors of St. Patrick's Athletic Club of Hamilton. William Sherring set out from Hamilton alone to face the flower of the world in a contest calling for the extreme of stamina and courage. He went with a brave heart, confident that the experience he had gained in the long races of his native land would enable him to worthily represent Canada in the outstanding feature of the Olympian games, the race from the village of Marathon, over 26 miles of hilly roads, to the Stadium at Athens. Without even the assistance of a trainer to prepare him he proved that his confidence was well-founded, and the first man to make the round of the Stadium, the crowning stage of the race, was the wearer of the Maple Leaf.

The Stadium is not far from the Temple of the Wingless Victory, built to perpetuate for all time the memory of the Greek soldier who brought to the waiting people of Athens the tidings of the battle of Marathon, and having delivered his message, died. It lies just where it did in the old days and was reproduced in 1895 exactly the same lines as the Pan-Athenaic Stadium, given to the city by Lycurgus, the famous orator. Many of the old stones were used in exact juxtaposition with the new, and the tremendous area of seats, all of marble, and all numbered, tier above tier, suffices to accommodate between 60,000 and 70,000 spectators. Here in the greatest historical arena in the world, a young Canadian triumphed over the chosen athletes of almost every civilized country.—Toronto Globe.



Temple of Victory without Wings
Erected by the Athenians to the memory of the soldier who conveyed to the Senate tidings of the Victory over the Persians at Marathon, 490 B. C.

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The Day of Days

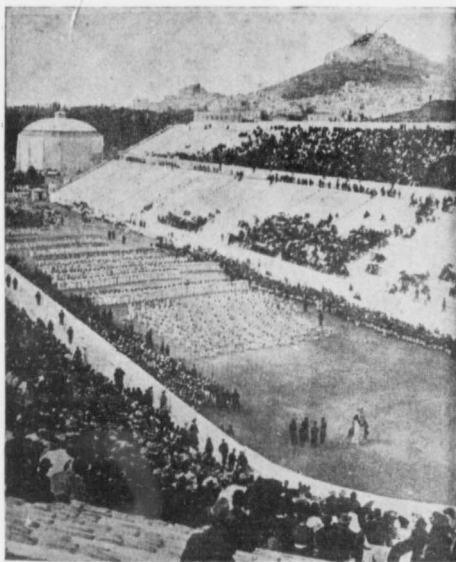


At three o'clock on May Day some fifty contestants, representing the pick of the athletic world, set out, each with the determination of winning fame in that greatest of all running events the Marathon Race. They had slept, how soundly we cannot say, the night before in the historic town of Marathon some twenty odd miles from Athens. One can hardly appreciate the enthusiasm of many thousands of people and its influence on the young men participating in the great test of nice judgment and enduring strength. One hundred and fifty thousand spectators lined the course and called encouragement to their native champions. Stout indeed must have been the heart of that contestant, who, amid strange scenes and stranger sounds, was not somewhat unmoved.

We see the claimants to the crown of wild olives, freshly at first, and more heavily as they climb the steep hills in the contest that perpetuates the noble act of the unselfish soldier who carried the glorious news to Athens of victory over the hosts of Persia. Gradually, as the distance lengthens, the fittest draw away from the less enduring. Every footfall carries the leader nearer the goal of his ambition, whilst at his heels are the dogging steps of one as determined as he.

To run a race of 26 miles in pursuit or being pursued is not at all comforting to the most plucky of athletes. Strength is essential, but another needful thing is a nicely balanced judgment that informs its possessor when to expend and when to husband his physical powers.

Greece in her remotest history never witnessed a more keenly contested race than this, and, it is safe to conjecture, she never saw a speedier one. Twenty-six Greeks (one for every mile, one might say) 7 Britons, (from the British Isles, Australia and Canada) 5 Americans, 3 Germans, 2 Frenchmen, 2 Italians, 3 Swiss, 1 Belgian, 1 Dane and 2 Egyptians resolutely labored to win fame for themselves and honor for



The Stadium.

Here the great Marathon Race ended in the presence of 70,000 spectators.

The illustration shows a rehearsal in progress prior to the opening of the games, April 22.

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their country.

On they sped between two living walls of human beings cordoned by troops. Spectators in the early stages witnessed Frank, the American, hotly followed by the Bohemian, Bechensky. Further, Daly of the Emerald Isle, passed to second place, whilst Blake crept up. A few minutes after four o'clock Blake's star was in the ascendant, and brightly indeed it shone. It was, however, to be shortly eclipsed by the man from the land of the eagle, Frank. He in turn was followed by the man from Hamilton, and when it came to up-hill work the American visibly weakened.

At twenty minutes to five Sherring was running in splendid form and in his own good time passed on to first place amid the plaudits of the multitude. Several of the leaders had dropped by the wayside, and the race resolved itself into a contest between two men of the North, Sherring, and Swamberg the Swede, with Frank, the American, third. When he had gained a good lead, the Canadian representative took a little walk for air storage for the supreme effort which he well knew must come shortly. When he perceived the enemy approaching he resumed his running, and when they relapsed into pedestrianism he did likewise. In this manner he tired out his men, excepting the Swede and the American. Sherring's salutes to the people and pleasantries were cut short

by the booming of a cannon which announced his near approach to the Stadium where a vast concourse impatiently awaited the appearance of the runners. Surely, thousands must have thought, the victor will be a Greek. In a moment a figure appeared over the brow of the hill. Thunderous applause greeted him from within and without the Stadium—thunder answered thunder. Then came the pause—the terrible stillness that follows the storm. He was not a Greek! Against the sky line came almost immediately another runner. So close was he that a spurt might win for him the prize. He must be of Hellenic birth. Disappointment was theirs, for it was the Swede who toiled in the wake of the man from the land of the Maple. Down the decline he came and gave of his bounty in a splendid dash into the arena amid the shouts of an audience big in numbers as his native city. The Crown Prince, Constantine, joined the victor to be, and ran beside him until the great moment arrived when William J. Sherring's twenty-six miles of running terminated in front of the King and Queen of Greece amid the applause of the assembled multitude. He had won what men in bygone ages had deemed the greatest of earthly prizes, a crown of wild olive, conscious that to a determined soul nothing is impossible. He had covered the course of the soldier of Marathon and stood fresh and smiling thinking, doubtless, "they'll be glad at home."



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MR. JOHN G. SHERRING.

Father of the Champion.

TO WILLIAM J. SHERRING,

The Mercury of Canada :

No Pindar celebrates his feat,
No Horace lauds his praise,
But still a city's gratitude
Will cling to him always.

He is, in truth, our nation's pride,
So fleet of foot is he,
And when in emulation's strife
He is our Mercury.

The Greeks entwined the laurel wreath,
About their victor's brow,
Our emblem lov'd, the Maple Leaf,
On him we now bestow.

T. REGINALD SLOAN.

Hamilton, May 16th, 1906.



"Where's Greece?" Mr. Marathon Man.

The Race at Marathon.

He won the race at Marathon,
Our young Canaanian son ;
The maple-olive garland won,
And all the world was looking on.

He won the race, he wears the wreath,
Upon his conquering brow ;
Well done ! Well done ! Courageous son,
Who brought us fame at Marathon.

He won the race, the foremost place,
America and Rome were there ;
The fires of ancient Attica
Burned in thy soul, young Canada ;
Spartan, Helvetian, Briton, Dane,
You vanquished, on the Olympian plain.

"The mountains look on Marathon,"
And all the world on thee ;
Young son of Canada, as sweet,
Pare, brave, thy soul, as fleet thy feet,
And all our sons like thee !

A. L. O. O.



MRS. JOHN G. SHERRING.

Mother of the Champion.



THE TWO BILLS

Wm. J. Sherring and his trainer, Wm. Collier, at St. Louis, 1904



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Sherring holds the record for one mile on this track. Time 5 min. 6 seconds. He is a registered athlete in the Y. M. C. A. Athletic League of Canada.

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To the following gentlemen and to their committees are due the thanks of the citizens for their splendid work in preparing for 'the Victor of Marathon' a fitting reception and testimonial:

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Thanks...

The Publishers hereby express their thanks to the advertisers in this Souvenir. Their generous support has made possible the publication of a booklet in honor of our townsman's outstanding achievement at Athens, the profits from the sale of which souvenir are to be donated to the Sherring Testimonial Fund. Our thanks are also due to Mr. E. Fisher, of the T. H. & B. Ry., for Grecian photographs and to the family and friends of Mr. Sherring for their assistance.

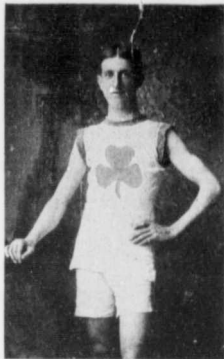
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King Edward and Queen Alexandra



The Victor of Marathon

26 Miles—2 hours 31 minutes 23 1/5 seconds

Their Majesties wish him success

"Sir Francis Elliott came over to our house yesterday (April 18th) and told us that the King wished to see the Canadians, at the British School at 5.15. You can imagine our haste in getting ready for such an event. Linden, Archibald, Hughes, myself and the four Australians assembled in the reception room and had a short wait for the royal party which consisted of the King and Queen of England, the Prince and Princess of Wales, the King and Queen of Greece, the Prince and Princess Royal, Prince Nicholas, Sir Francis Elliott, and many others. We were presented to each and I talked fully five minutes with King Edward. He is a fine, jolly old man, and we had him laughing describing our events. The Prince said he had the time of his life during his visit to Canada. * * * The Princess looks even lovelier than when on her tour of Canada. They all wished us success and when we were leaving we cheered them, and the King waved his hand in return. * * * I will be home about the end of May and hope to have the Marathon Prize with me. It is the finest thing you ever saw—a statue standing fully five feet high."

—Extract from one of Sherring's letters.



His Worship, Mr. D. Wiggat, Mayor.

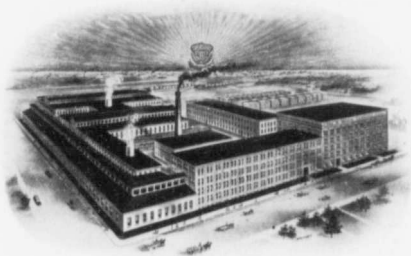
Who took an active part in inaugurating the Sherring Testimonial and Reception.



THE Acropolis, literally the highest point of the city, is surmounted by the ruins of the Parthenon, the masterpiece of Ictinus, the architect. "The Old World's culture culminated in Greece—All Greece in Athens—All Athens in its Acropolis—All the Acropolis in the Parthenon."



The Acropolis, Athens.



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are made.



Hermes

Mercury, called Hermes by the Greeks, was the messenger of the gods and patron of travellers, shepherds, orators, merchants, etc. The sculptor of the statue here shown, probably had as his model one of the Greek victors in the race. Hundreds of these were set up at Olympia in honor of victors in the games. The observer will note the long leg muscles of this ancient athlete and which also characterize Sherring the victor of Marathon.

I hope that popular interest in this matter may be awakened and that every person may have the opportunity of expressing interest in such form as he or she may desire.

I am,

Yours very truly,

(Signed) E. FISHER.

To the Publishers *Sherring Souvenir*,
City.



A Commemorative Statue should be erected in Hamilton following the example of the Ancient Greeks.



AM of the opinion that in addition to whatever may be done in the way of a public reception and a monetary testimonial to the returning hero, Mr. William J. Sherring, the city of Hamilton, the Province of Ontario and the Dominion of Canada owe to posterity one of the sacred duties that sometimes come in this perhaps too commercial and sordid age as a golden opportunity to those "whom the gods still love," to immortalize this young hero who went out alone, unarmed, except with the invincible spirit of a conqueror, to bring back from the historic

shores of Attica the victor's laurel wreath, by erecting to him a monument to occupy a place of honor in our city's principal park.

The monument that I would suggest as most appropriate would not be a monument to William J. Sherring only, but to the spirit of the New World—the spirit of pure athletics, of fortitude, endurance and self-denial. I would suggest a life size model, in bronze, of a runner, reproducing with all the exactness possible the figure and muscular development of the Canadian Ladas, William Sherring.

I have handed to you several photographs of statues of Grecian Athlete, and I know of no one who could more satisfactorily put into concrete form a figure worthy commemorative of Canada's Olympian victory than Mr. Philippe Hebert, of Montreal. I feel sure that a work of this kind of his creation would be an inspiration to the youth not only of this city, but of all this North American continent.



The Discus Thrower

The discus was of stone or metal and was probably thrown or hurled standing. The contest was mainly to test distance.



MR. R. B. HARRIS

The Herald Road Race



MR. J. M. HARRIS

TO J. M. and R. B. Harris of the "Herald" is due a portion of credit of Sherring's victory. In 1894 these gentlemen instituted a race around Burlington Bay, the distance of which is 19 miles and 168 yards. The first race was run on Christmas Day, 1894, but since that year, the event has been held on Thanksgiving Day. The Harris brothers were always strong devotees of out-door sports, but little did they think when they inaugurated the Herald road race, that it would be the means of bringing so much glory to Hamilton.

It was in the Herald race that William Sherring received his long distance training. He first started in the race in 1897 when he finished third, but failed to do better than finish fourth the year following when Jack Caffery won. In 1899 there was great rivalry between Caffery and Sherring, but the latter proved to be the better runner of the two, and won the event for the first time. The next year he was again beaten by Caffery but won the race for the second

time in 1903. That was his last appearance in the Herald race.

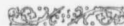
When William Marshall won the first Herald in two hours and fourteen minutes, he was considered a marvel, but his glory was short-lived, for the next year Frank Wood lowered the time by four minutes. Since that, the time has been gradually cut down until now the record is 1 hour 48 minutes and 43 seconds. It was established by Sam. Mellor in 1904.

The course of the race is from the Herald Office to James street, down James to Barton to the Jockey Club, where the runners turn north, following the turnpike to Fitch's Hotel, thence across the Beach to the canal, over the Radial Swing Bridge, to the Brant House, along the side road to the Plains Road, and past Hendrie's Farm and the Valley Inn; thence up hill, over the High Level Bridge, past the Cemetery, down York street to McNab, up McNab to King, down King and finish at the Herald office. A distance of 19 miles 168 yards.

HERALD RACE RECORD

1894	Marshall	2 14
	Wood	2 18½
	Hayes	2 30½
1895	Wood	2 10
	Donald	2 18½
	Lee	2 20½
1896	Donald	2 12 25
	Bates	2 22 03
	Vallender	2 26 02
1897	Bates	2 01 30
	Holland	2 03 35
	Sherring	2 04 30
1898	Caffery	1 54 05
	Melody	1 57 28
	Barnard	1 58 30
1899	Sherring	1 53 30
	Caffery	1 54 47
	Carroll	1 58 05
1900	Caffery	1 51 52
	Sherring	1 55 03
	Davis	1 56 10
1901	LeBarre	1 54 31
	McDonald	1 55 55
	Mellor	1 56 05
1902	Mellor	1 52 31
	LeBarre	1 54 10
	Anderson	1 59 55
1903	Wm. J. Sherring	1 51 57
	Mellor	1 53 15
	Nash	2 01 09

1904	Mellor	1 48 43
	Moore	1 52 02
	Elliott	1 53 36
1905	Spring	1 50 18½
	Elliott	1 57 04½
	Cotter	2 00 46



F. Weaver C. Vallender Mr. Archibald Wm. Melody W. Hill



Wm. J. Sherring A. Donald J. Murray C. Bates G. Patterson

HAMILTON Y. M. C. A. RELAY TEAM

Lowered the record of the Toronto Y. M. C. A. for 19 miles
by three minutes, Jan. 1st, 1898.

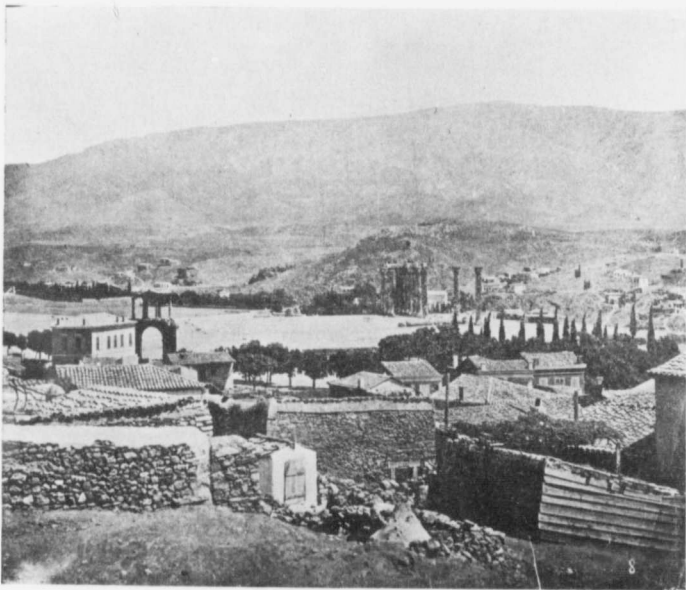
The Olympic Games



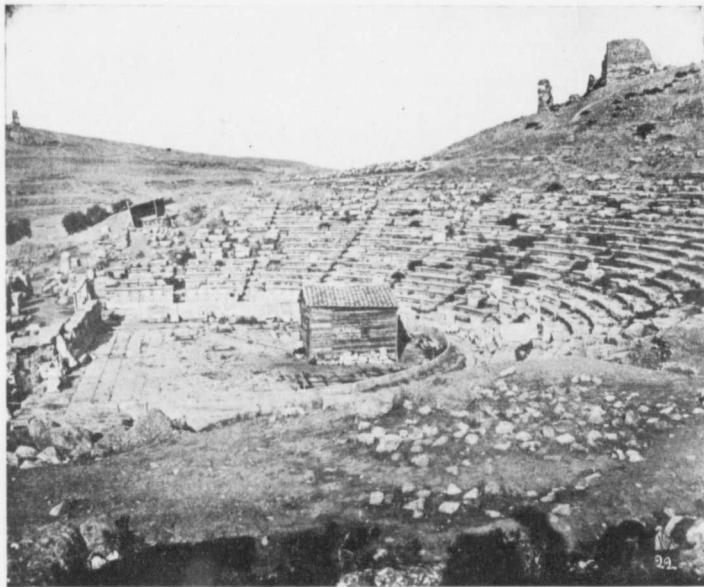
HE Olympic Games were celebrated every fifth year in honor of Zeus, the father of the gods, on the plain of

Olympia. Their origin goes back into prehistoric ages. According to the myth elaborated or preserved by the Elean priests, they were instituted by the Idæan Herakles, in the time of Kronos, father of Zeus; according to others by the later Herakles, son of Zeus and Alkmene; while Strabo, rejecting the older and more incredible legends, attributes their origin to the Herakleidae after their conquest of the Peloponnesus. But the first glimpse of anything approaching to historic fact in connection with the games is their so-called revival by Iphitos, king of Elis, with the assistance of the Spartan law-giver, Lycurgus, about 884 B. C.; or, according to others, about 828 B. C., an event commemorated by an inscription on a disc kept in the Heræum at Olympia, which Pausanias (flor. 2d c. A. D.) saw. That festive games were celebrated here, in other words, that Olympia was a sacred spot, long before the time of Iphitos, can indeed hardly be doubted; the universal tradition that the Elean king had only "revived" the

games proves this; but nothing whatever can be historically ascertained concerning their origin, character, or frequency, in this remoter time. Iphitos may, therefore, be regarded as their founder, yet the reckoning of time by Olympiads—the real dawn of the historical period in Greek history—did not begin till more than a century later. At first it is conjectured, only Peloponnesians resorted to the Olympic games, but gradually the other Greek states were attracted to them, and the festival became Pan-Hellenic. Originally and for a long time, none were allowed to contend except those of pure Hellenic blood; but after the conquest of Greece by the Romans, the latter sought and obtained this honor, and both Tiberius and Nero figure in the list of Roman victors. Women—with one exception, the priestess of Demeter Chamyne—were forbidden to be present, on pain of being thrown headlong from the Typæan Rock. The games were held from the 11th to the 15th of the Attic month Hekatombæon (our July-Aug.) during which, first throughout Elis, and then throughout the rest of Greece, heralds proclaimed the cessation of all intestine hostilities; while the territory of Elis itself was declared inviolable. The combatants were required to undergo a preparatory training for ten months in the gymnasium at



Jupiter Olympus



Theatre of Dionysus, Athens

Here were presented the immortal plays of Æschylus, Sophocles and Euripides

sacrifices and banquets to the victors (called Olympionikoi), who were crowned with a garland of wild olive twigs cut from a sacred tree which grew in the Altis and presented to the assembled people, each with a palm branch in his hand, while the heralds proclaimed his name and that of his father and country. On his return home, he was received with extraordinary distinction; songs were sung in his praise (14 of Pindar's extant lyrics are devoted to Olympionikoi); statues were erected to him, both in the Altis and in his native city; a place of honor was given him at all public spectacles; he was in general exempted from public taxes, and at Athens was boarded at the expense of the state in the Prytaneion.

The Olympic Games—continued

Ellis, and during the last of these months the gymnasium was almost as numerously attended as the games themselves. Much uncertainty prevails as to the manner in which the contests were distributed over the different days. Krause (*Olympia*, p. 106) suggests the following order: On the first day the great initiatory sacrifices were offered, after which the competitors were properly classed and arranged by the judges, and the contests of the trumpeters took place; the second day was set apart for the boys who competed with each other in foot-races, wrestling, boxing, the pentathlon, the pankration, horse-races; the third and principal day was devoted to the contests of men in foot-races of different kinds (as for example the simple race, once over the course; the dialos, in which the competitors had to run the distance twice; and the dolichos, in which they had to run it seven or twelve times); wrestling, boxing, the pankration (in which all the powers and skill of the combatants were exhibited), and the race of hoplites, or men in heavy armour; on the fourth day came off the pentathlon (contest of five games—viz. leaping, running, throwing the discus, throwing the spear and wrestling), the chariot and horse races and perhaps the contests of the heralds; the fifth day was set apart for processions,



Mr. T. M. Wright

Secretary Sherring's Reception Committee.
Took an active part in arranging Sherring's trip to Greece.

Winnipeg Free Press:

Crowned with the wreath of olive, the young Canadian athlete, Sherring, of Hamilton, who won the Marathon race yesterday, deserves a royal welcome on his return home. His achievement is one to stir the blood of every Canadian. The Marathon race is the crowning event of the Olympic games. The competitors in that twenty-six mile race yesterday ran along the very road over which on Sept. 28, B.C. 490, sped the fleet runner Pheidippides, "like flame through a stubble field," carrying the news of the first great victory of liberty to the city which was to be her capital, and dying in his shout, "Rejoice, we conquer!" as he reached Athens. The race yesterday not only recalls the Marathon day, when "Persia was pounded to dust," but it concentrates in itself the romance of the ancient world.

Oshawa Vindicator:

No other country has ever had so many athletic heroes as Canada. None will have so many in the future. These men of the Northern Zone are born to a wonderful heritage of brain and brawn. They are standing evidence that men are not deteriorating—mentally, physically or morally.

HÔTEL MINERVE

Athènes, le *May 28 1906*

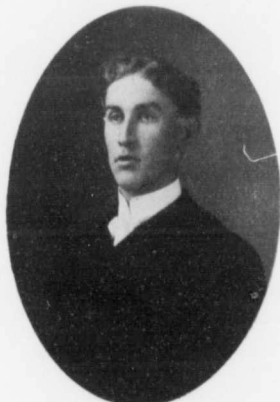
Tom.

*am train
along nicely
and my chances
are very bright
for the "bund of
olives," regards to
all the boys from
Bill*

The above was written by Sherring to Mr. T. M. Wright from Athens. The card indicates the confidence in his powers that possessed the plucky Canadian and which were fully realized when he gained the coveted olive wreath on May 28.

Belleville Intelligencer:

Canada's climate may not be quite the thing for oranges and bananas, but it has been proven and demonstrated time and again, that Canada can produce men and women. The young men and women of Canada have distinguished themselves in all parts of the world, in whatever line of occupation or sport they have directed their energies. The latest son of Canada to reflect glory upon his country, and turn the attention of the whole world to the men of the north, is William Sherring, of Hamilton, who on the classic grounds of Athens, and against competitors from all parts of the world, has won the contest for speed and endurance.



Dan J. Donohue

President St. Patrick's Athletic Club,
whose colors Sherring wore in Greece.



JACK CAFFERY

Winner of Herald Road Race 1898 and 1900

Running among the Ancient Greeks

In the Olympic games running was at first the only competition, the original race being a sprint of two hundred yards. Gradually other and longer races were added. It is related of Dromeus, the winner in ten long distance races, that he introduced the practice of eating meat in his training, the custom having been to train on cheese as diet. It is impossible to compare ancient and modern speed in running as the Greeks had no watches. It is safe to say though, if the sculptor pictured the runner with exactness, that an athlete running with his arms spread out eagle fashion and having enough surplus wind to shout, as it is said, a modern would easily defeat him in contest.

Running always came first in the great games of Olympia. At first 200 yards marked the distance, then about 720 B. C. this was doubled, and later races of 3½ 0 yards were added. There were running contests too for armored men. Hurdle races strange to say were unknown. History records many instances of the endurance of Greek runners, and even to-day the inhabitants are noted for this quality. Greek post-men are, it is said, quite remarkable for their speed and lasting powers. This, however, is not performance at an athletic meeting.

There were races at Olympia for boys under eighteen years of age. These races were half the distance of the course set for men. The sprint race was won at four successive meetings, covering a period of sixteen years, by one runner.

In these national races there was evidently no second prize. The great apostle makes this pretty clear when he says: "Know ye not that all run and one receiveth the crown." Owing to the system of running off the races in heats of four, some chance entered into the contest. If an odd man were over, he could take his ease until the winners of heats were announced and then compete with them in the final race.

The runners entered the arena through an underground passage of the Stadium and the name and country of each was announced by a herald—a practice maintained in the revived games at Athens.

During the Olympic and other great games a public truce was proclaimed and all persons were guaranteed safe conduct to and from the events.

The umpires were chosen months in advance of the time set for the games and were taken from the clan or tribes of Greece. These umpires were usually ten in number, and were termed judges of the Hellenes. They resided together in a public building and underwent most careful training for their arduous duties. The office was one of much dignity and the occupants were assisted by heralds, trumpeters, stewards and the like.

When the all-important day came these judges sat in purple robes in their seats of honor umpiring the contests before them. When, as it occasionally happened, a contestant was disqualified, the man's native city usually took the matter up and trouble ensued. At the games, however, the decision was never reversed.

Candidates had to swear that they were of pure Hellenic parentage, that they had not, nor would they take unfair advantage in the games. In one instance a competitor disqualified for unfairness went mad with disappointment. This indicates the extraordinary interest manifested in these classical games.

A lad was prevented from taking part in the boy's games owing to his too tender years, and weak appearance. In the next Olympiad he won among the men. A fair number of champions among the boys proved to be victors among the adults, notwithstanding Aristotle's statement of the rarity of such. If the Greeks honored their athletic victors in the highest degree, they unfortunately gibed and ridiculed the vanquished. The competitor who did not win found it most comfortable to sneak home by the back way.

It has been held by some that notwithstanding the pomp and circumstance of Greek athletic meetings, that the results physically would hardly equal those of the modern English athlete. Yet it must be confessed that the athletic contests of this earlier people did what modern athletics can never dream of doing—they stimulated the greatest artists in sculpture and literature in the whole world and gave to us as a heritage of ennobled and purified public taste and morals that shall not be forgotten whilst time and tide endure



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