MARATHON

490 B.C. Pheidippides starts things off

on the wrong foot by reportedly dying after running from Marathon to Athens to bring news of the Greek victory at the Battle of Marathon.





Not much happens, although Marco Polo reportedly brings pasta

489 B.C.-1895



to Italy in the late 1200s; first carbloading party held soon after.



John McDermott runs 24.5-mile

Winner Spyridon Louis of Greece covers

40-kilometer course in 2:58:50.

course in 2:55:10.

1898





1908 Distance for Olympic Marathon in London set at 26 miles, 385 yards to



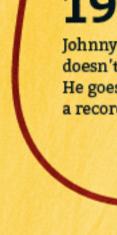
1952

Violet Percy records first official women's

allow royal family to watch start at Windsor Castle.

Distance standardized for all

marathons in 1921.

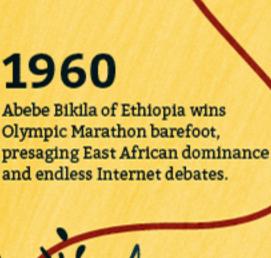


Johnny Kelley starts but doesn't finish Boston Marathon. He goes on to finish Boston

Emil Zátopek of Czechoslovakia wins Olympic Marathon in his debut at the distance in 2:23:03.

a record 58 times.





1953

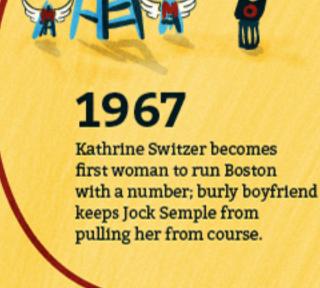
1962 The Ohio Oil Company changes name to Marathon Oil Company (early slogan: "Best in the long run").

Jim Peters runs first sub-2:20 (2:18:40).

someone predicts sub-2:00 marathon is imminent. Prediction repeated every

Two seconds after Peters finishes.

time world record lowered.



1967







MARATHO for the first time. Discontinued in

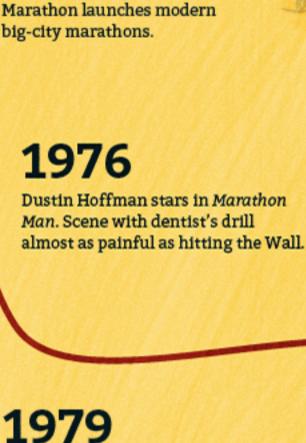
1972

Frank Shorter's Olympic

attention help inspire first

Marathon win and corresponding media

running boom.



as an Olympic marathoner.

1984

1987

1990

Joan Benoit wins first women's Olympic Marathon in 2:24:52.

Brit Priscilla Welch runs 2:26:51 to win

New York City Marathon at age 42.

Paul Ryan runs 4:01 at Grandma's Marathon; 22 years later remembers

time as "2:50 something."

1981. In 2004, Snickers launches

First five-borough New York City

Marathon Energy Bar.

1976

Quite possibly the worst movie ever made, Running, stars Michael Douglas 1980 Rosie Ruiz, initially declared winner

> of Boston Marathon, is immediately suspected of cutting course because of lack of running knowledge and world-class credentials. After Ruiz is disqualified, Canadian Jacqueline

Gareau named official winner.

Of COUTSE it's sofe



1999

you're going to run

Marathon, Florida, incorporates as city.



2001

Number of U.S. marathon finishers

tops 500,000 for first time."

2010

2011

Naoko Takahashi of Japan becomes first woman to break 2:20 (2:19:46).



2012

New York City Marathon

canceled because of Superstorm Sandy little more than 36 hours before the race start.

2013

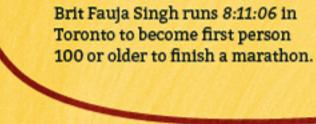
Two bombs explode near Boston Marathon finish, killing three and wounding more than 260. 2013



compared with 300 in 2000.*



RUNNER'S WORLD



Estimated 1,100 marathons held in the United States, Source: Running USA

Explore the entire Evolution of Running series at:

runnersworld.com/evolution.