



MONUMENTAL ADVENTURES

at the greek unesco monuments



ARCHAEOLOGICAL SITE OF OLYMPIA

► credits

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► acknowledgements

Erofilis-Iris Kollia, Dr Archaeologist, Director of the Ephorate of Antiquities of Ilia
Konstantinos Antonopoulos, Archaeologist, Ephorate of Antiquities of Ilia

We would like to thank the Aikaterini Laskaridis Foundation for allowing the free use of pictorial material from the website www.travelogues.gr

ISBN 978-960-386-607-7

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HELLENIC REPUBLIC
Ministry of Culture

General Directorate of Antiquities
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Directorate of Archaeological Museums,
Exhibitions and Educational Programmes
Department of Educational Programmes and Communication



European Union
European Social Fund

Operational Programme
Human Resources Development,
Education and Lifelong Learning

Co-financed by Greece and the European Union



The project is co-financed by the European Social Fund through the Operational Programme “Human Resources Development, Education and Lifelong Learning”, NSRF 2014-2020.



Archaeological Site of Olympia

Ten steps to...



1

The Athenian general Miltiades dedicated his helmet here after his victory at the Battle of Marathon in 490 BC.



2

The hero Pelops won here in a chariot race against Oenomaus, King of Pisa in Ilis (Ilia) and he took his kingdom as a prize and his daughter Hippodameia as his wife.

The peninsula was named Peloponnese to honor Pelops.

...the ancient Olympia!



3

Heracles made a sacrifice in the tomb of Pelops after the sixth labour of cleansing the cattle stables of King Augeas.

According to Pausanias, Heracles was a descendant of Pelops.



5

This is where the festival of *Heraia* was held.

Every four years, single women competed in honor of Hera. The victors placed tributes on the columns of her temple. Hippodameia is considered to be the originator.



7

Two different “Heracles” are mentioned in connection with the site.

According to one version, the well-known Panhellenic hero Heracles founded the games. According to another version, the greatest of the Kouretes², Heracles Idaeus, organized track races with a wild olive branch wreath as a prize.



9

Inside the temple of Zeus was the gold and ivory statue of the god.



4

Pheidias had set up his workshop opposite the largest temple.

Here the great Athenian sculptor created the gold and ivory statue of Zeus, one of the seven wonders of the ancient world.



6

Thales of Miletus, one of the seven wise men of antiquity, died at the age of 78, having suffered a sunstroke while watching the games here¹.



8

The games in honor of Zeus at Olympia were so important, that they were used as a common reference point in the calendars of all the Greek cities to count the years³.



10

In this sanctuary, every four years, the most important Panhellenic games were held in honor of Zeus.

The ancient Olympia...

*Ting-a-ling
victorious⁴!*



WHAT?

- The most important Panhellenic sanctuary of Zeus and the cradle of the Olympic Games.

WHERE?

- Prefecture of Ilia, Region of West Greece (Peloponnese).

WHEN?

- 10th c. BC: Olympia is established as a place of worship of Zeus.
- 7th c. BC-end of 4th c. BC: the peak of the Panhellenic sanctuary and games.

what do the numbers say:


45,000
SPECTATORS
Stadium capacity



212.54 m
LENGTH
of the track


70+
ALTARS

16
ZANES⁵
outside the Stadium



...in the UNESCO List!

The monument was included in the UNESCO World Heritage List based on the following criteria:

critterion i

The sanctuary contained many masterpieces of ancient sculpture, such as the gold and ivory statue of Zeus, one of the 7 wonders of the ancient world.



CLASSICAL PERIOD
YEAR OF REGISTRATION:
1989

critterion iv

It is an outstanding example of a great Panhellenic sanctuary, with its multiple functions: religious, political and social.

critterion ii

The monuments of Olympia have influenced considerably the ancient Greek architecture.

critterion iii

The monument bears exceptional testimony to the ancient civilizations of Peloponnese.

critterion vi

The site is inextricably linked to the institution of the Olympic Games and to the universal Olympic Idea.

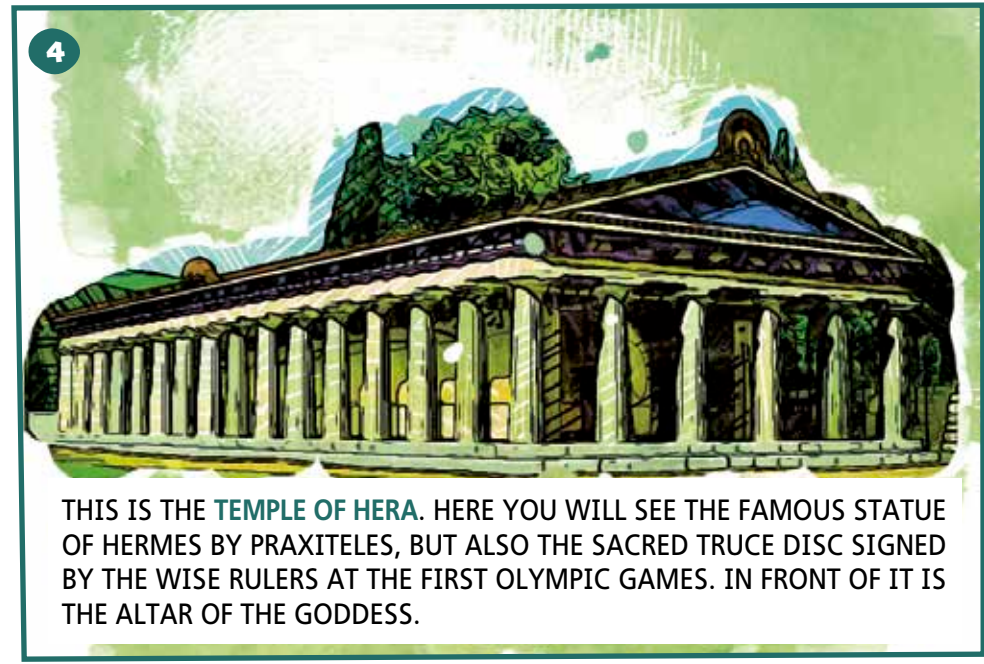
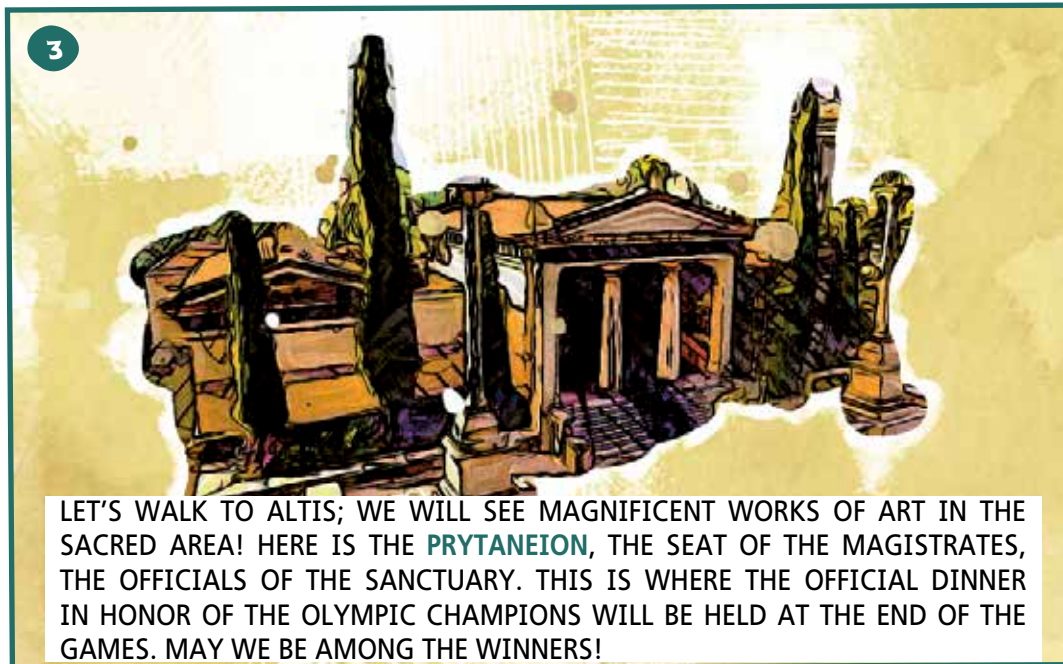
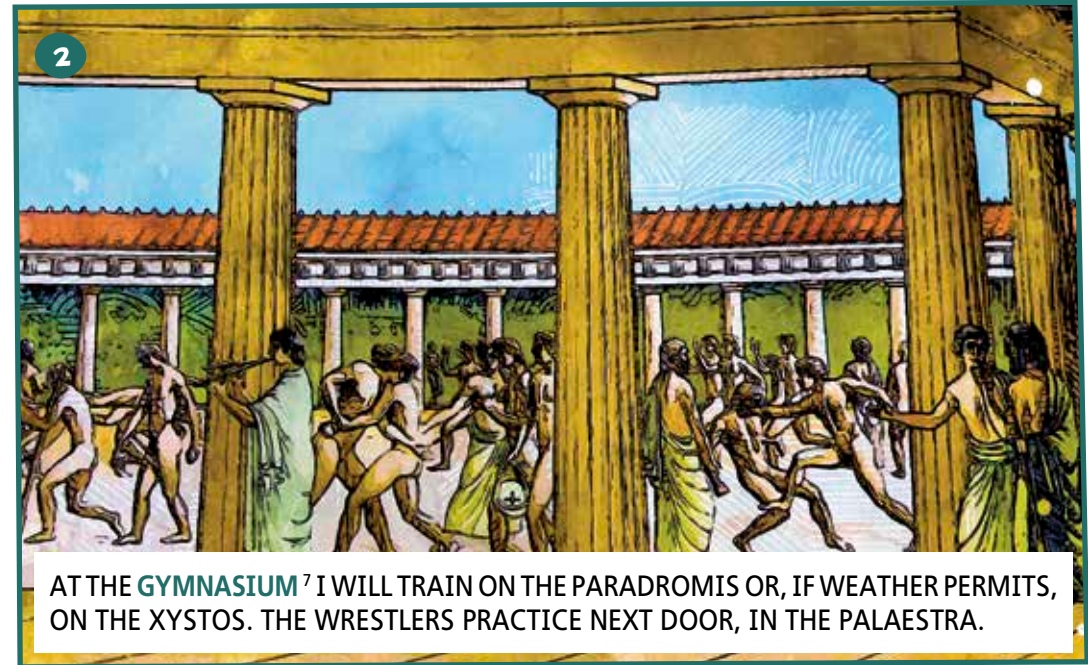
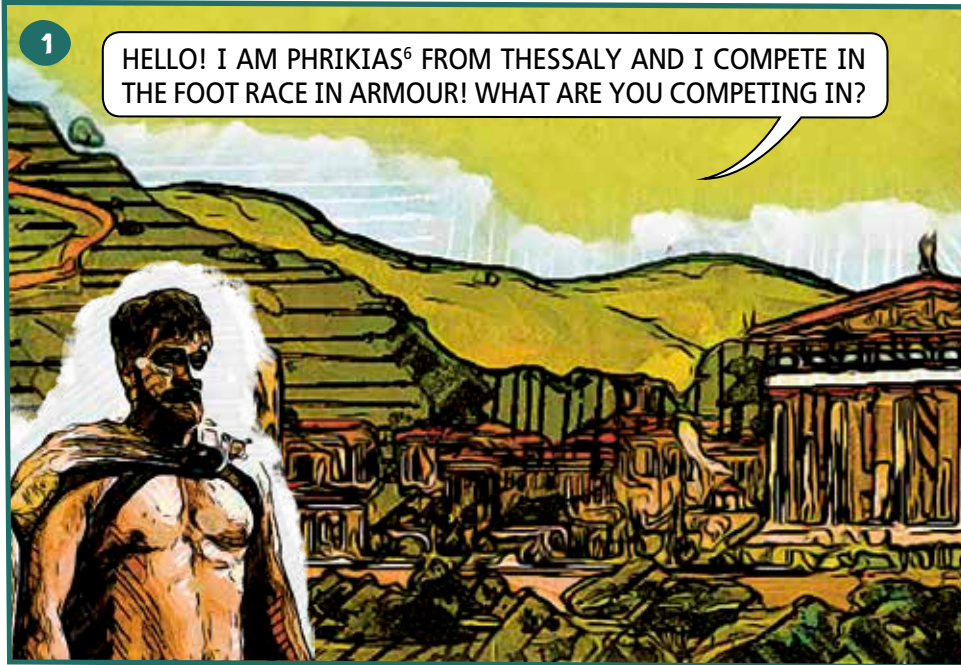


1,000
NAMES

of ancient Olympic victors
are known through research

1. General view of ancient Olympia from above.

Walking around Olympia...



...with the runner Phrikias from Thessaly



5

OPPOSITE, YOU CAN SEE THE **TEMPLE OF ZEUS**, THE LARGEST IN THE PELOPONNESE, THE WORK OF THE ARCHITECT LIBON FROM ILIA. IT WAS BUILT AFTER THE PERSIAN WARS.

INSIDE IS ONE OF THE SEVEN WONDERS OF THE WORLD: THE GOLD AND IVORY **STATUE OF ZEUS**, THE WORK OF THE RENOWNED SCULPTOR PHEIDIAS!

6



7

ON THE EDGE OF ALTIS IS THE **ECHO HALL**: LET'S ADMIRE THE WORKS OF GREAT PAINTERS!



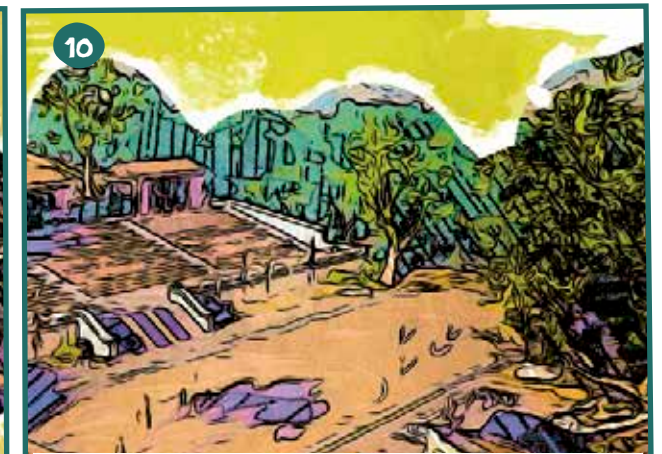
8

LET'S STOP AT **BOULEUTERION** TO REGISTER FOR THE GAMES. HERE WE WILL TAKE THE SACRED OATH THAT WE WILL COMPETE HONORABLY.



9

THE **LEONIDAION** HOSTS THE OFFICIALS. WE WILL CAMP IN TENTS NEXT TO THE BANKS OF KLADEOS AND THE ALPHEIOS, THE TWO RIVERS OF OLYMPIA.



10

WE SHOULD FINISH OUR WALK AROUND THE **STADIUM** TO FAMILIARIZE OURSELVES WITH THE PLACE. CAN YOU IMAGINE THE 45000 SPECTATORS⁸ CHEERING US ON? TING-A-LING VICTORIOUS! CONGRATULATIONS, VICTORIOUS! MAY THE BEST MAN WIN!

The environment...

“Choosing the most beautiful location for such a great festival, which was the plain beside the Alpheios river”

Diodorus Siculus, *Bibliotheca Historica*⁹.

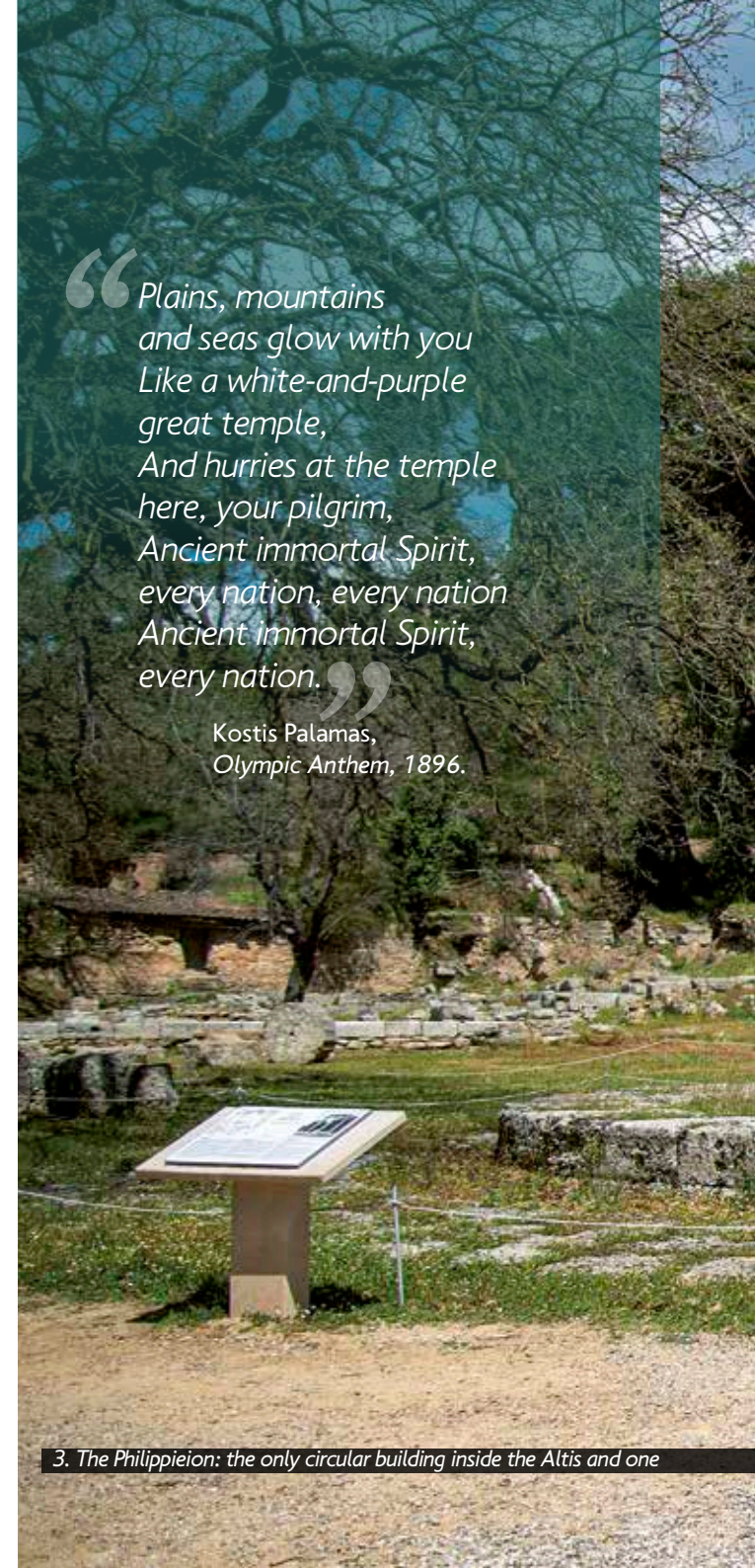
In a landscape of unparalleled natural beauty, at the southwestern foot of the lush Mount Kronios, where the rivers Alpheios and Kladeos meet, the Altis, i.e. the Sacred Grove, was formed in the 10th–9th c. BC to host the worship of the god Zeus.



2. E. Dodwell, *The plain in Olympia, Views in Greece*, 1821.

“Plains, mountains and seas glow with you Like a white-and-purple great temple, And hurries at the temple here, your pilgrim, Ancient immortal Spirit, every nation, every nation Ancient immortal Spirit, every nation.”

Kostis Palamas,
Olympic Anthem, 1896.



3. The Philippeion: the only circular building inside the Altis and one

... and the landscape

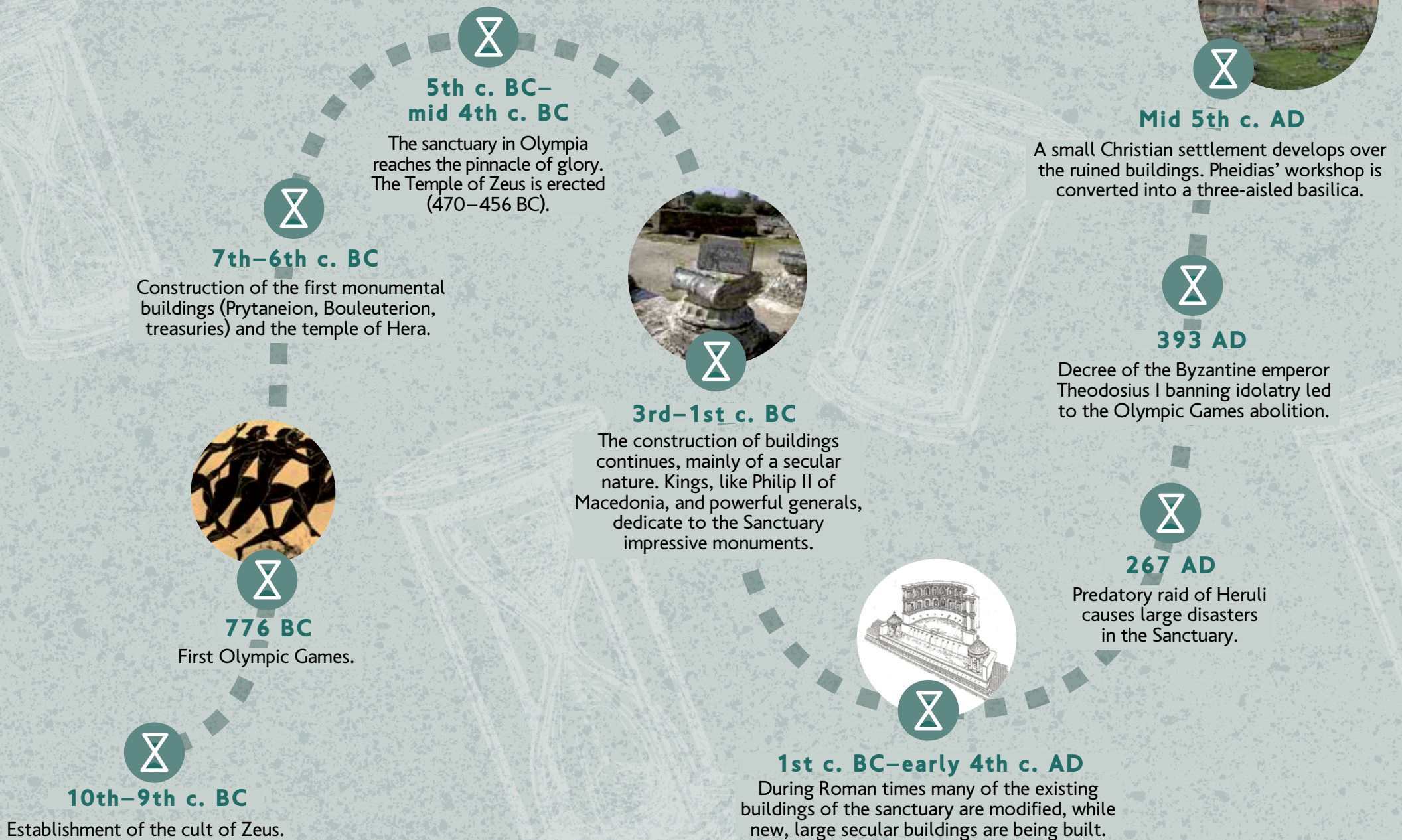
- Altis, when the worship of Zeus was established, was transformed from a place of residence into a sanctuary. At the end of the 4th c. BC it was separated from the surrounding area with an enclosure and gathered the most important buildings of the sanctuary.
- In the center of Altis dominates the majestic temple of Zeus, while in its NW corner the temple of Hera, which in Roman times was turned into a kind of museum, where some of the most valuable works of art of the sanctuary were kept, among which the famous Hermes of Praxiteles.
- Outside the enclosure of Altis, there are buildings that served the staff of the sanctuary, the athletes and the visitors, various sports facilities, as well as the large stadium where the Olympic Games were held.

Green details

Wreaths woven from wild plants were the prize at the ancient games: laurel at *Pythia*, wild celery at *Nemea*, pine and celery at *Isthmia* and the well-known *kotinos*, made from a wild olive branch at the *Olympia*, e.g. the Olympic Games and at the *Heraia*.

of the finest examples of ancient Greek architecture of the 4th c. BC.

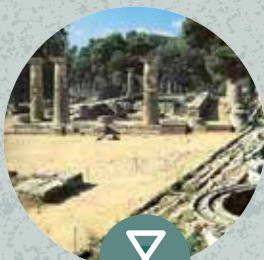
Ancient Olympia through time





**late 6th–
early 7th c. AD**

Final destruction and abandonment of the sanctuary after two major earthquakes.



1766

Discovery of the site of the ancient sanctuary.



1875

The German Archaeological Institute begins systematic research of the sanctuary, following the agreement between Greece and Germany the previous year.



1888

The Archaeological Museum of Olympia opens.



1896

First modern Olympic Games in Athens.



1936

The first Olympic flame is lit in Olympia.



1966–1975

Construction of the new Archaeological Museum in Olympia.



1989

Inclusion of the monument in the UNESCO World Heritage List.



2004

Athens Olympic Games. The shot put event is held in the stadium of Ancient Olympia.

Historical figures through the ages

Athletes, merchants, artists, philosophers and thousands of simple devotees and pilgrims flocked to the sanctuary of Olympia.

Sporting and diplomatic delegations of cities and states were frequent, especially during the Hellenistic and Roman periods when the games became universal.



OLYMPIC FIRSTS!



Coroebus
from **Ilia**
won the *stadion* race¹⁰ in 776 BC and is the first recorded Olympic champion.

.....
Dromeus
from **Mantineia**
an athlete in the pankration, is the first to be crowned winner “akonete”¹¹ in 480 BC.



Archelaus I
is the first king of Macedonia to win in the Olympic Games (on the chariot race in 408 BC).

.....
Philip II
was crowned Olympic champion in equestrian competitions three times (356, 352 and 348 BC).

EXCEPTIONS...

Only the free Greek citizens participated in the games. Women could only participate in equestrian competitions as owners of horses. Attendance, however, was free for all, even barbarians and slaves, except women.

Kyniska,
daughter of **Archidamus,**
king of **Sparta**
is the first female Olympic champion:
her chariots won two Olympiads
(396 and 392 BC)



Kallipatera
is the only woman who attended the games without being punished.

“O’ Rhodian lady, how did you come in here?
An ancient custom doesn’t admit women.”
“I have a nephew, Eucleas, three brothers,
a son, and a father, all Olympic champions;
You must allow me, judges,
to take pride in the fine bodies [...] I am nothing like other women;
my kin will shine through the centuries.[...]”

Lorentzos Mavillis, “Kallipatera”, *Techni* magazine, 1899.

Olympia was a major attraction!

Architects, sculptors, painters, poets, and philosophers found a large audience for disseminating their ideas.



4. The Doric colonnade of Palaestra.

INCORRUPTIBLE JUDGES

Hellandodikai¹²

were the judges of the games and originally came from Elis and Pisa.



The "aletae"

led by the "aletarches" supervised the grounds and enforced order.



The wand bearers or whip bearers (flagellates)

carried out the corporal punishments imposed by the Hellandodikai.

GAMES OF ART AND SPIRIT



The great sculptor **Pheidias**
(5th c. BC)

created the colossal gold and ivory statue of Zeus.



The lyric poet **Pindar**
(5th c. BC)

wrote the *Olympian Odes*, epic odes to the winners of the Olympic Games¹³.

NEGATIVE RECORDS!



The Roman Emperor **Nero**

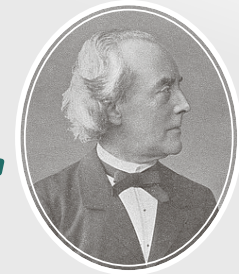
competed in six races in the Olympics in 67 BC. He was solemnly declared the winner in all six competitions, although, during the chariot race he fell from his chariot and was nearly killed!



The Byzantine Emperor **Theodosius I**

in 393 AD issued a decree against idolatry. The last Olympic Games were held in 425 AD despite enormous difficulties. By a new decree of Theodosius II in 426 AD the Altis was demolished.

ENTHUSIASTIC PHILHELLENES



The archaeologist **Ernesto Curtius**

coordinated for many years the first German excavation in Olympia (1875–1881). He was an ardent advocate of leaving archaeological treasures in the place where they were discovered.



The French **Pierre de Fredy Baron de Coubertin**

is considered the founder of the International Olympic Committee and the father of the modern Olympic Games. His heart is buried in Olympia.

A monument is born

FROM OLYMPIA TO THE ANTILALOS

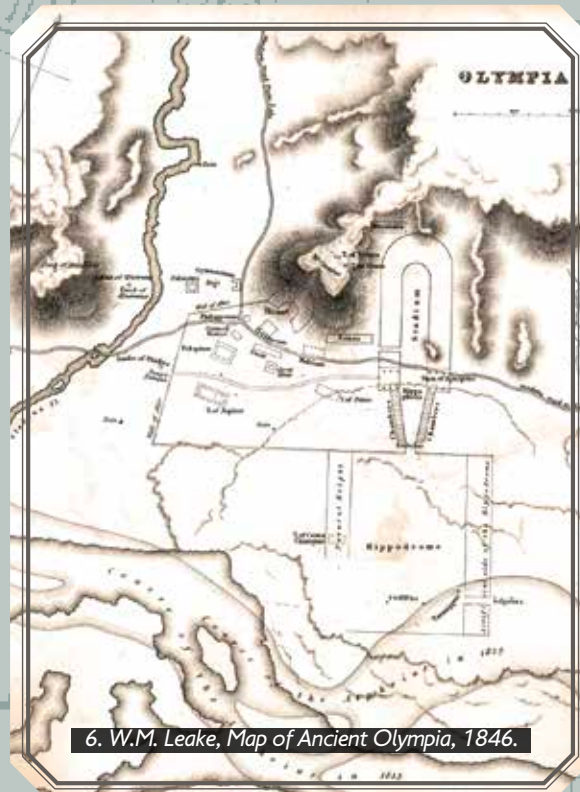
After the abandonment and destruction of the ancient sanctuary and later of the Christian settlement in 7th c. AD, the site was covered by the landslides of Mount Kronios and by 5–7 m of rubble, the result of the flooding of the Alpheios and Kladeos rivers.



5. T. Allason, *The plain of Ancient Olympia, which in the 19th c. was called Antilalos*, 1824.

As time passed, the exact location of Olympia was forgotten and the area was named Antilalos or Antilalla.

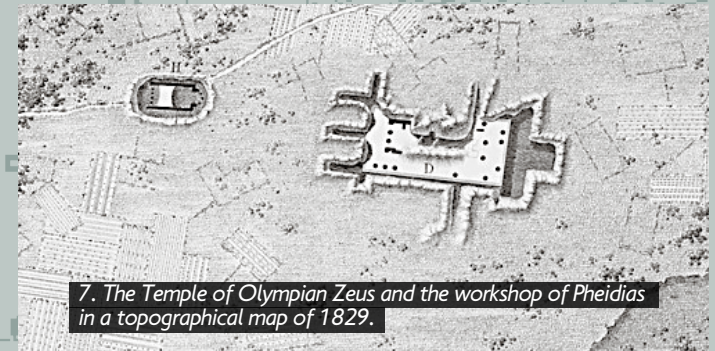
ENGLISH, FRENCH, GERMAN



6. W.M. Leake, *Map of Ancient Olympia*, 1846.

The rediscovery of Olympia is attributed to the British traveler Richard Chandler in 1766. The travelers Louis Francois Sebastien Fauvel, Francois Pouqueville, William Gell, Charles Robert Cockerell and William Martin Leake also passed through the area.

Members of the French *Scientific Mission of the Morias* organized the first excavation in 1829. The expedition lasted six weeks and uncovered parts of the Temple of Zeus.



7. *The Temple of Olympian Zeus and the workshop of Pheidias in a topographical map of 1829.*

The Greek-German treaty of 1874 on excavations ensured the Germans the right to take, in addition to copies, those excavated finds that were duplicates or multiple.

ANCIENT OLYMPIA IN THE NEW AGE

THE SITE IS EXCAVATED AND ORGANIZED

The systematic research of the sanctuary began in 1875 by the German Archaeological Institute in Athens. Imperial Germany spent 800,000–900,000 gold francs on the project.

Excavations and studies continue to this day.



8. C. H. Hanson, *Ruins in ancient Olympia*, 1886.

The Old Museum (Syggreion) was built with a donation by Andreas Synggros in 1888, to house the masterpieces of the first excavations in Olympia.

It was the first museum that was founded near an archaeological site!



9. Photo from the 1891 excavations.

In April 1877, Hermes of Praxiteles was discovered in Heraion.



10. Gallery of the Old Museum, 1935.

The Olympic Games were revived in 1896, but they took place in Athens. The lighting of the Olympic flame was first performed in the archaeological site of Olympia for the Berlin Olympics in 1936. It has been repeated since, in every Olympic year.

Nowadays there are three museums in Olympia: The Old Museum has been converted in the Museum of the History of the Olympic Games of Antiquity. The old Ephoreion (House of the Director), a building of the early 20th c., houses the Museum of the History of the Excavations in Olympia since 2003, while the New Archaeological Museum near the archaeological site is open since 1972 and houses the great finds of the excavations.



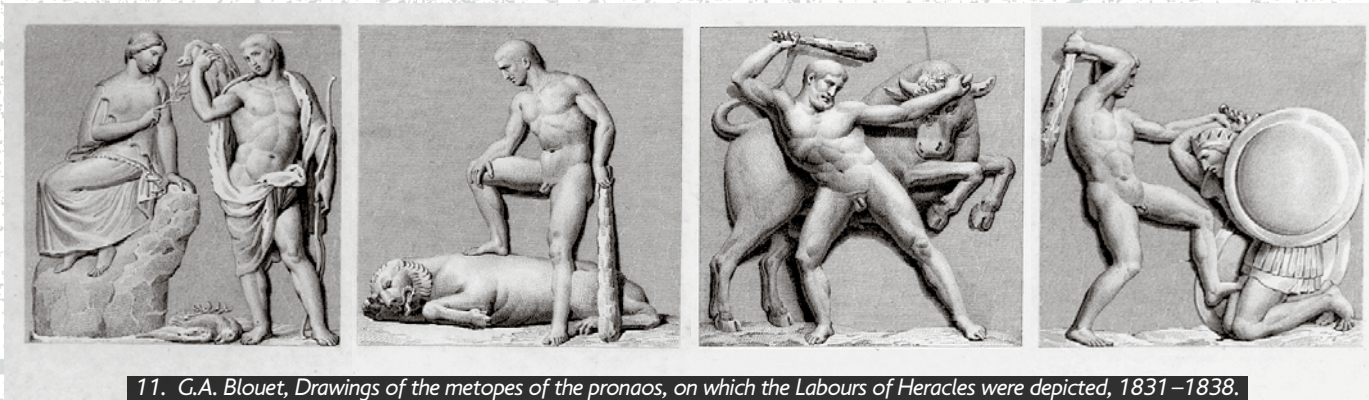
The history of the excavations is housed in the building of the old Ephoreion.

In the excavations of 2017, a rare find came to light: a clay tablet with verses from the Rhapsody ξ' of the Odyssey, perhaps the oldest surviving Homeric text¹⁴!

A unique monument...

An age-old sanctuary...

The Altis enclosure included the main buildings of the sanctuary: the glorious temples of Zeus and Hera, ancient monuments such as the Pelopion¹⁵, administration buildings, many votives and a series of Treasuries built by prominent individuals and Greek cities.



11. G.A. Blouet, *Drawings of the metopes of the pronaos, on which the Labours of Heracles were depicted, 1831–1838.*

The temple of Zeus was decorated with masterpieces of sculpture: the pediments depict the chariot race between Oenomaus and Pelops to the east and the Centaur battle to the west, while the metopes depict the 12 Labours of Heracles.

... with unique masterpieces

The gold and ivory statue of Olympian Zeus (c.430 BC), work of Pheidias, was the cult statue of the temple of the same name. The colossal statue, over 13 m high, depicting the god seated on his throne, was one of the seven wonders of the ancient world¹⁶. It was so famous that pilgrims from all over the world came to admire it.



The sculpture depicting Hermes holding child Dionysus is considered a masterpiece of the ancient sculpture (c. 330 BC).



The statue of Nike of Paionios, the oldest Nike of monumental dimensions, stood on a high pedestal in front of the temple of Zeus. It was dedicated by the Messenians and the Naupactians for their victory against the Lacedaemonians at Sphakteria (421 BC).

... with timeless radiance ★

“...the beautifully decorated and oversized Zeus of Olympia that by his feet, it was engraved: “I am the work of Pheidias, son of Harmedes, citizen of Athens”.

Yannis Ritsos,
The unknown rival of Pheidias, 1968.



The medals of the Olympic Games depict Nike on one side.



14. Yannis Tsarouchis, *Olympia Landscape*, 1934.

Olympia and the Olympic Ideal inspire artists to this day.



12. Stockholm 1912, *Olympic Games*.

During the Stockholm Olympics (1912) the official poster of the Games was introduced for the first time.

The modern posters are inspired by the ideals of the Olympic Games but also by the specific identity of the host country.



13. The beautifully crafted cover of the program for the Olympic Games of Athens in 1896.



15. Konstantinos Maleas, *Olympia Landscape*, 1920.

A unique monument...

The most important Panhellenic games

The “Agon”, that is the competitive spirit, polite rivalry, and the cultivation of the body and the spirit are constituent elements of ancient Greek civilization.

In the area of Olympia, games were held long before the first recorded celebration in 776 BC. Gradually, the organization of the “Olympia” Games became increasingly important, acquiring a Panhellenic character and reaching its peak in the 6th–5th c. BC¹⁷.



A lush complex

In addition to the cult buildings, temples and altars, in the Sanctuary in Olympia there were also buildings used by the priests (*Theokoleon*), the administration (*Bouleuterion*), public buildings (*Prytaneion*), residential buildings (*Leonidaion*, guesthouses), lodgings for special guests (*Nero's residence*) and all the sports facilities for the preparation and organization of the Olympic Games (Stadium, Hippodrome, Baths, Palaestra, Gymnasium etc).

“ And the whole temple echoed with the revelry and the songs weaving the praises of the victors.”
Pindar, *Olympian Odes* (trans. I. Oikodomides).



Ancient multi-time winners

Diagoras of Rhodes, one of the most famous wrestlers of antiquity, breathed his last while being carried on the shoulders of his Olympic champion sons (448 BC).

Leonidas of Rhodes won in four consecutive Olympiads (164 BC–152 BC) and in the three road races: the stadium, the dialos and the oplitodromia (race in armour). He held the record for 2168 years, until the Rio Olympics (2016), when the American Michael Phelps won 13 medals in four successive Olympiads.

... with timeless radiance ★

“Ancient immortal Spirit, pure father of beauty, of greatness and of truth, descend, reveal yourself and flash like lightning here, within the glory of your own earth and sky.”

The Olympic Games are the most important global sporting event of modern times. The undertaking of the Olympic Games is an honor for every country, while every athlete’s dream is to set an Olympic record and win a medal.

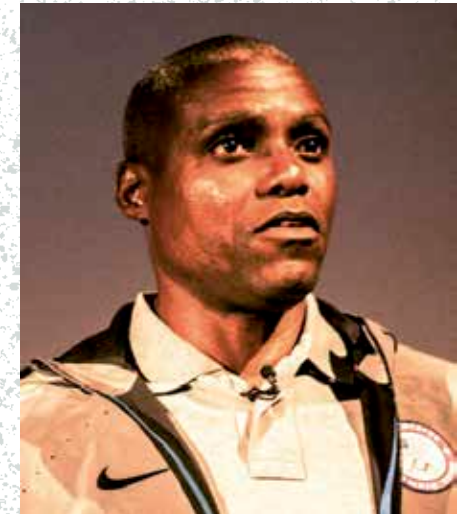
Modern legends



The original score of 1896 is in the International Olympic Committee headquarters in Lausanne.



“Water carrier” Spyros Louis went down in history as the first winner of the marathon at the Olympic Games in Athens in 1896.



American Carl Lewis won 10 Olympic medals (9 gold) in track.

Olympic Hymn

The official anthem of the Olympic Games of the modern era, written by Kostis Palamas and composed by Spyridon Samaras, was performed for the first time on 25 March 1896, at the opening ceremony of the first modern Olympic Games in the Panathenaic Stadium of Athens, by a multi-member orchestra and choir.



The Olympic Sports Center of Athens “Spyros Louis” (O.A.K.A.) that hosted the Olympic Games in Athens in 2004 was designed by the famous architect Santiago Calatrava.

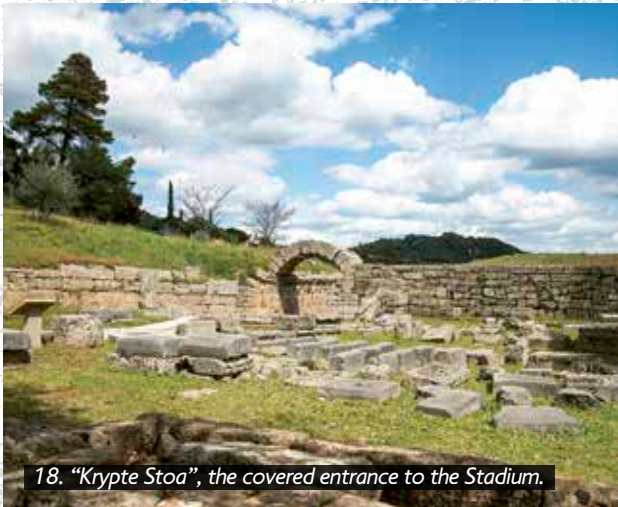
“Temples” of Sports

The history of the modern Olympic Games is intertwined with impressive stadiums and huge Olympic facilities¹⁸.

A unique monument...

Centre of education and culture

The Olympic Games was not only an athletic event, but they were a reference point for the unity of the ancient Greeks, they were closely connected to the political life of the Greeks and were part of the religious worship. The Olympic spirit promoted universal human values and especially that of freedom as the supreme ideal.



18. "Krypte Stoa", the covered entrance to the Stadium.



19. The Stadium.

“ Like water
is the most precious
of the elements,
and as gold stands out
as the most precious
of all commodities,
and finally, as the sun
shines more brightly
than any other star,
so does Olympia
outshines every
other game ”

Pindar, A' Olympian Odes
(transl. I. Oikonomides, 2004)

Sacred truce

In the period before and after the games, all hostilities ceased in order to allow the athletes to travel to Olympia.

According to tradition, Iphitus, King of Ilia, followed Pythia's advice and reorganized the games to save his country from the suffering of war. Thus, he established the Sacred Truce, co-signed by the king of Pisa, Cleosthenes, and the legislator of Sparta, Lycurgus. The terms were inscribed on a bronze disc, kept in the temple of Hera.



The athletes were naked when the games were held at the Stadium.

... with timeless radiance ★ 3

*Sacred silence
Let the whole ether,
the earth, the sea and the breath
of the winds resound.
Mountains and peaks be silent.
Sounds and voices of birds cease.
For we shall be joined
by Phoebus, the Incandescent King.
Apollo, God of the sun,
and the idea of light,
send forth thy rays and light
the sacred torch
for the hospitable city
And thou, O Zeus,
grant peace to all
the people of the Earth
and crown the victors
of the Sacred Game.
**Ting-a-ling victorious.
Ting-a-ling!!!***

*Hymn of the high priestess of Apollo
during the lighting of the flame.*

An olive branch
was the inspiration for the torch
of the Athens Olympics (2004).

The flame traveled
to the five continents
before returning to Greece.

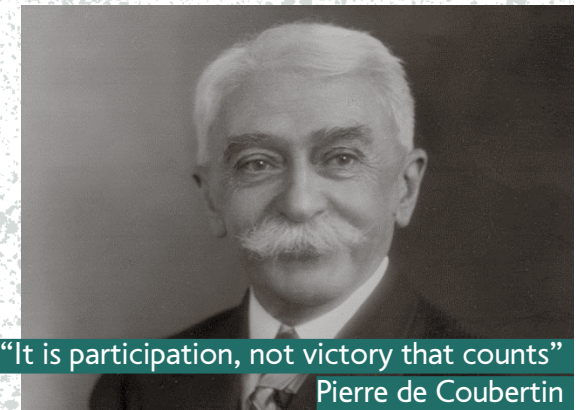


The film "Chariots of Fire" (1981)
refers to the 1924
Olympics in Paris.
The composer
Vangelis Papathanasiou
won the Oscar
for Best Music.

The universality of the Games

What is now emphasized is the universal character of the institution with the ultimate goal of union and fellowship of all humanity.

As a universal phenomenon that highlights the principles of recognition of human rights, of equality between peoples and of solidarity the Olympic ideal was revived in the 19th c. by the French baron Pierre de Coubertin. He himself as a pedagogue believed that the ancient Greek culture and especially sports education contribute to the harmonious development of the body and spirit.



"It is participation, not victory that counts"
Pierre de Coubertin



International Olympic Truce Centre

In the last decades, an effort has been made
to establish the ceasefire as a global institution
during the modern Olympic Games¹⁹.

Monumental dialogues



GREECE



Delphi

In the great Panhellenic Sanctuary of Apollo in Delphi, in honor of the god there were held the *Pythia*, the most important sports and music competitions after the *Olympia*.



GREECE

ancient Elis

The organizer city of the ancient Olympic Games, where the athletes came a month before the games to train in its sports facilities. From Elis came also the officials in charge of the organisation of the games.

TUNISIA



El Jem



The monumental amphitheatre for games and spectacles in ancient Thysdros of Carthage is one of the best-preserved Roman monuments in the world. It was built in 238 AD with a capacity of 35,000 spectators.

SPAIN



Santiago de Compostela

The Cathedral of Saint James (Santiago) was the destination of one of the most important religious pilgrimage routes in the Middle Ages, known as the *Way of Saint James*.

A message today...

The ideals that characterised ancient Greek civilization were the importance of fair play and the recognition of virtue and bravery.

The games were a unique opportunity for the ancient Greeks to compete as equals. The prize was only an olive branch, yet securing imperishable fame and triumphant glory.

The Panhellenic Sanctuary of Olympia contributed significantly in the promotion of the ideals of the competitive spirit of the Greeks, of peace and equality.

In modern times, Olympism promotes universal values and encourages the creation of an equal society, without exclusions. As far as gender equality is concerned, it is remarkable that women competed for the first time already in the Games of 1900 in Paris. Since 1960 the Paralympic Games are also organised for people with disabilities.



20. The Palaestra.

...for a better tomorrow!



Goals 2030 >

10 REDUCED
INEQUALITIES

> Reduce inequalities within and among countries



1. See Diogenes Laertius, *Lives of Philosophers*, Book 1.
2. According to Pausanias, when Rhea rescued the infant Zeus from his father Cronus (who was eating his children), she entrusted the custody of the infant to the 5 Kouretes, who brought him to Olympia. The eldest, the Idaean Heracles, organised track races with his brothers to be held every five years, as many as his brothers. See Pausanias, *Elis*, 5:4-5:9.
3. A total of 293 Olympiads are recorded, with the first in 776 BC and the last in 393 AD, when Theodosius I's decree against paganism was issued. The Olympic Games were the most important Panhellenic event. While no other chronological system was imposed jointly on all the cities of Greece up to then, the counting of years according to Olympiads was easily accepted by the ancient Greek world and thus ended the chronological confusion that had prevailed until then. The system was devised by the historian Timaeus of Sicily (346–250 BC).
4. Hymn by Archilochus (7th c. BC) to Heracles, which had been established as a cheer for the winners of the Olympic Games: "Ting-a-ling victorious! all hail Lord Heracles, / Thyself and Iolaus, warriors twain" (translation in modern Greek G. Blanas). The same salutation is used by the priestess when the Olympic flame is released, when she hands the torch to the first runner: "Ting-a-ling victorious", which means "Well done, victorious winner".
5. *Zanes*, plural of the name Zeus, were statues of Zeus constructed with money from the fines imposed on athletes who violated the rules of the Olympic Games. They were placed on prominent pedestals in front of the entrance to the stadium to set an example.
6. The name of our guide is inspired by Phrikias from Pelinna, Thessaly, who won twice the race in armour in 508 BC and 504 BC. Race in armour was a track race of 400m where the competitors wore helmet, greaves and held a heavy shield therefore increasing the difficulty of the race.
7. The *gymnasium* in Olympia was the training ground for track and pentathlon athletes, built in the 2nd c. BC. It consists of an open-air area surrounded by halls. and has a magnificent propylon at its southern end. The *palaestra*, an open-air enclosed courtyard with rooms, built in the 3rd c. BC, was the training ground for wrestling, boxing and jumping athletes. Athletic competitions were held in front of thousands of spectators in the Stadium and the Hippodrome. The events included running, wrestling, boxing, pankration, equestrian events and pentathlon (jumping, running, javelin, discus, wrestling).
8. Attendance at the games was free for everyone, even for barbarians and slaves, except for women. An exception was the priestess of the goddess Demeter Chamyne, who watched from the altar of the goddess, at the north side of the stadium. According to Pausanias the ban was only for the married women. The penalty for women who would violate the ban was precipitation from Mount Typaeus, south of the sanctuary.
9. The ancient Greek historian from Argyrium of Sicily (1st c. BC), as well as the Athenian historian Apollodorus (2nd c. BC) describe the establishment of the Olympic Games by the Panhellenic hero Heracles. Diodorus, in his work "Historical Library" recorded the world history up to his era in 40 books, of which only 15 survive. In the fourth book, he refers to Greek mythology.

10. The race of one stadium (192.27 meters).
11. Winning "without the athlete getting dusty," i.e. without the race taking place.
12. Hellenodikai were also responsible for the organisation and conduct of the sports and the awarding of prizes. They could impose financial and physical penalties or disqualify athletes. They wore red robes and sat on the stadium's south-side platform.
13. Pindar wrote in praise of the victors of all four great games of antiquity the Olympic Odes, Pythian Odes, Isthmian Odes and Nemean Odes.
14. The clay tablet dates back to before the 3rd c. AD. It preserves 13 verses of the Odyssey, x, 1-13 (Odysseus' speech to Eumaeus) and is displayed at the Archaeological Museum of Olympia.
15. Funerary monument (cenotaph) between the temple of Hera and the temple of Zeus which was dedicated to Pelops, a local hero of Elis. It is a mound with a maximum height of 2m that was formed in the 6th c. BC. In the 5th c. BC there was built an enclosure around it, in the shape of an irregular pentagon, in which there were trees, mainly poplars, and statues. Below Pelopion, at a depth of 2.5 m, lies the oldest structure within the *Altis*, a large mound dating back to the Early Helladic period (c. 2,500 BC).
16. The seven wonders of the ancient world are the Pyramid of Cheops, the gold and ivory statue of Zeus at Olympia, the Mausoleum of Halicarnassus, the Temple of Artemis in Ephesus, the Colossus of Rhodes, the Lighthouse of Alexandria, the Hanging Gardens of Babylon.
17. The *Olympics* were held at the end of four years and beginning of the fifth year (*quintuple*). The games lasted 5 days and were held during the first full moon after the summer solstice (in the modern calendar, from about 25 July to 27 September). The festival included sacrifices on the altars of the gods, the most magnificent being the hecatombe (sacrifice of a hundred oxen on the altar of Zeus), the holding of athletic games and festive events.
18. Some of the great stadiums that hosted modern Olympic Games: in Tokyo (1964) the Yoyogi National Gymnasium, in Barcelona (1992) the Montjuic Communication Tower, in Athens (2004) the O.A.K.A. by S. Calatrava, in Peking (2008) the "Bird's nest" and in London (2012) the Aquatics centre.
19. See *United States and the Olympic Truce: Frequently Asked Questions*–Regional Information Centre for Western Europe–Greece (unric.org).

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ISBN 978-960-386-607-7