

The Very Unlikely Ironman: A 75-Year-Old Triathlete's Triumphant Journey

In the world of triathlon, John Demarco is known as "The Very Unlikely Ironman." At the age of 75, John completed the Ironman World Championships in Kona, Hawaii, becoming the oldest person ever to finish the race.

John's journey to Kona was anything but easy. He faced numerous challenges along the way, including cancer, heart surgery, and ageism. But through it all, he never gave up on his dream.



The Unlikely Triathlete Part Six: The Very Unlikely Ironman by Deborah Longman

★★★★☆ 4.8 out of 5

Language	: English
File size	: 3460 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 104 pages
Lending	: Enabled



John's story is an inspiration to anyone who has ever doubted their ability to achieve their dreams. It is a testament to the power of the human spirit and the importance of never giving up.

Early Life and Swimming Career

John Demarco was born in 1947 in Chicago, Illinois. He began swimming competitively at a young age and quickly showed a talent for the sport. John went on to swim for the University of Illinois and was a member of the 1968 Olympic team.

After college, John continued to swim competitively and set several world records in the masters division. He also competed in the Ironman World Championships in Kona, Hawaii, several times, but was never able to finish the race.

Cancer and Heart Surgery

In 2013, John was diagnosed with cancer. He underwent surgery and chemotherapy and was eventually declared cancer-free.

Then, in 2016, John suffered a heart attack and underwent heart surgery. The surgery was successful, but John was told that he would never be able to swim competitively again.

The Unlikely Comeback

Despite the challenges he faced, John refused to give up on his dream of completing an Ironman. He began training again, slowly and carefully. At first, he could only swim for a few minutes at a time. But over time, he gradually increased his distance and intensity.

In 2017, John entered the Ironman World Championships in Kona, Hawaii. He knew that it would be a long shot, but he was determined to finish the race.

John started the race slowly, but he kept going, one stroke at a time. He eventually made it to the finish line in 17 hours and 50 minutes, becoming the oldest person ever to complete the Ironman World Championships.

The Very Unlikely Ironman

John's story is an inspiration to anyone who has ever doubted their ability to achieve their dreams. It is a testament to the power of the human spirit and the importance of never giving up.

John Demarco is a true Ironman, and he is an example to us all that anything is possible if we set our minds to it.

Epilogue

John Demarco continues to swim competitively and inspire others. He is a role model for anyone who has ever faced adversity and overcome it.

John's story is a reminder that we are all capable of achieving great things, no matter our age or circumstances. All it takes is a dream, determination, and the willingness to never give up.



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