

Press Contact: Becki Agar  
[beckiagar@gmail.com](mailto:beckiagar@gmail.com)  
616-262-7509

## **LOCAL ATHLETE SECURES SPOT TO COMPETE AT THE 2024 IRONMAN WORLD CHAMPIONSHIP IN KONA, HAWAII**

*Supported by his teammate and father, a Rockford man with cerebral palsy will return to the Ironman World Championship after failing to finish the bike portion in the time allowed back in 2016*

**GRAND RAPIDS, MI (November 12, 2023)** – Jeff and Johnny Agar may not seem like your typical athletes, but with more than 200 races under their belts, this father-son duo has continued to defy expectations. Rockford athlete Johnny Agar was born with cerebral palsy and a drive to compete. Expressing his desires through his dad, Johnny is the heart and Jeff is the motor of TeamAgar. While competing in triathlons, Ironman races and more, Jeff pulls Johnny through the water, hauls him behind his bike, and pushes him while he runs. TeamAgar is headed back to Kona, Hawaii on October 26, 2024 to compete once again at the Ironman World Championship. Back in 2016, the Agars failed to finish the bike portion in the time allowed and were pulled from the course.

“Sometimes you win and sometimes you learn,” Johnny said after the 2016 Ironman World Championship. Never letting obstacles stand in his way, Johnny continued to push boundaries and follow his dream of completing a full-distance Ironman.

TeamAgar’s hard work and dedication paid off in September of 2022. After participating in five failed attempts in Ironman races, it was on their sixth Ironman competition in Maryland that they finally succeeded. After a 2.4-mile swim in a river, a 112-mile ride through a wildlife refuge and then a 26.2-mile run, Johnny Agar and his dad attained their goal of completing their first full-distance race, officially becoming an Ironman.

Now the duo is doubling down as they head back to Kona, Hawaii for another chance to finish what they started back in 2016, taking on the brutal one-day endurance challenge in under 17 hours. With the help of the community, sponsors, family and friends, Johnny hopes to complete the Ironman World Championship and walk in his walker the last mile of the race down the iconic Ali’I Drive and across the finish line.

For more information, visit [TeamAgar.com](http://TeamAgar.com)

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