

# Not Your Average Runner

John MacPhee was born with cerebral palsy, a condition that affects muscle coordination and balance. Doctors told him he would never be able to run. But John refused to give up on his dream. He started running at the age of 10, and through hard work and determination, he became a world-class runner.



## Not Your Average Runner: Why You're Not Too Fat to Run and the Skinny on How to Start Today by Jill Angie

★★★★☆ 4.3 out of 5

Language	: English
File size	: 1357 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 129 pages
Lending	: Enabled



John's story is an inspiration to anyone who has ever been told they can't achieve their dreams. It shows that anything is possible if you set your mind to it. John's story is a reminder that we should never give up on our dreams, no matter how difficult they may seem.

## John's Early Life

John was born in Glasgow, Scotland, in 1955. He was the youngest of four children. His parents were both deaf, and John learned sign language at a

young age. John was diagnosed with cerebral palsy when he was a toddler. The doctors told his parents that he would never be able to walk or run.

John's parents refused to accept the doctors' diagnosis. They enrolled him in a special needs school, where he began to learn how to walk with the help of crutches. John also started to swim, which helped to strengthen his muscles.

When John was 10 years old, he saw a group of children running in a park. He wanted to join them, but he was afraid he would fall. His father encouraged him to try, and John took his first steps without crutches.

John quickly realized that he loved running. He started to run every day, and he soon became one of the fastest runners in his class. John's teachers were amazed by his progress, and they encouraged him to continue running.

## **John's Running Career**

John's running career began in earnest when he was 16 years old. He competed in his first race, a 5-kilometer race, and he finished in second place. John continued to compete in races, and he soon became one of the top runners in Scotland.

In 1984, John represented Scotland in the Paralympics. He won a silver medal in the 1,500-meter race, and he also competed in the marathon. John's performance in the Paralympics inspired many people, and he became a role model for people with disabilities.

John continued to run throughout his 20s and 30s. He competed in the Paralympics again in 1988 and 1992, and he won medals in both competitions. John also set several world records in the marathon and other long-distance races.

John retired from competitive running in 1996. He had achieved his dream of becoming a world-class runner, and he had inspired many people along the way.

## John's Legacy

John's story is an inspiration to anyone who has ever been told they can't achieve their dreams. It shows that anything is possible if you set your mind to it. John's story is a reminder that we should never give up on our dreams, no matter how difficult they may seem.

John's legacy continues to inspire people today. He is a role model for people with disabilities, and he is an inspiration to anyone who has ever been told they can't achieve their dreams. John's story is a reminder that we should never give up on our dreams, no matter how difficult they may seem.



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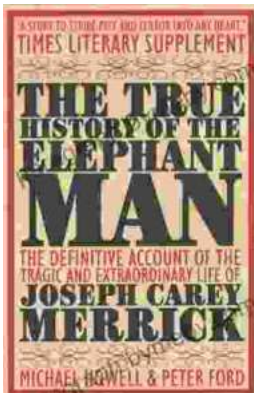
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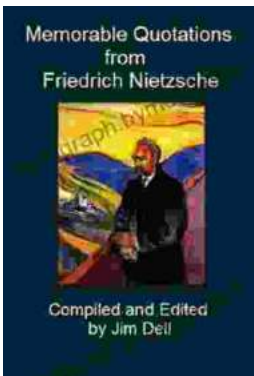
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