

Now 'incredible' Cy's a downhill racer

SUNNINGDALE'S Cy Edmondson was the popular winner of the East Coast Radio Extreme competition featured on the Alan Kahn Show. And his prize, was to be the first person to slide down Ushaka's new 'world's longest slide'.

Quite exhilarating, normally, but for Edmondson, a paraplegic, it was something not to be missed but to plan for.

"I had to strap my legs together so they didn't flop around, and prepare myself so that I did not cause nervous spasms in my muscles.

"The slide looks okay from the bottom, but when you are at the top, it's quite intimidating. But down I went and the noise and speed was incredible. It was an incredible experience," said Edmondson.

But challenging himself is what he does, like when he climbed the Sentinel Peak in the Drakensberg as a paraplegic.

He is a motivational speaker by profession and talks to schools and businesses and finds it rewarding especially when he helps children change their lives.

An unknown virus attacked his spinal cord when he was 15 and on a leadership course. He fell into a coma. However, after three months he "woke" up.

"Everyone has a mountain to climb," said Edmondson, "you need to believe in yourself, believe in your dreams and believe that you're special."