

Mansfield officer taking stairs to help combat CF



Written by

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MANSFIELD -- Ryan Grimshaw is not one for elevators.

The city police officer always takes the steps. On Saturday, he will take a lot of them -- 40 flights.

Grimshaw is participating in the annual Battle of the Badges competition to benefit the Cystic Fibrosis Foundation. More than 300 Ohio firefighters and law enforcement officers will compete in a 40-flight race to the top of the Rhodes State Office Tower, central Ohio's tallest building.

The fastest climbers will be presented with medals by Arnold Schwarzenegger at the Arnold Sports Festival.

Firefighters will wear more than 50 pounds of turn-out gear, including an oxygen tank. Law enforcement officers will don weighted vests.

"It's sort of like a vertical walkathon -- on steroids," said Brittany Wittman,

development director for the central Ohio chapter of the Cystic Fibrosis Foundation.

Grimshaw, 27, will make his third appearance at the competition. Last year, he placed 10th.

"It was probably the hardest thing I've ever done," Grimshaw said. "It doesn't just make you get out of breath. Your whole body is tired from it."

Last year, Grimshaw raised \$500 in pledges to help fight cystic fibrosis, a hereditary disorder affecting the exocrine glands, often resulting in a respiratory infection.

Grimshaw doesn't know anyone afflicted with cystic fibrosis; he just wants to help.

"I try to donate to charities as much as I can," he said.

Grimshaw, who works second shift, joined the city police department in August 2007. His grandfather and great-grandfather

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were police officers. A couple of nights a week, he runs the steps in the city building, which has nine floors.

"I try to stay in shape," Grimshaw said.
"There's a group of us on second shift that work out regularly."

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