



### Introducing Chuah Yew Lay

Chuah Yew Lay is no stranger to cycling. 'Uncle Chuah' as he is fondly known to many cyclist in Ipoh and also around the country. When you meet him for the first time one is in awe of the this 64 year old who is also an above knee amputee.

Uncle Chuah relationship with the bicycle goes back to the 70's when in 1976 to 1978 he was a 3 time Perak rode race champion. However in 1989 tragedy struck and he lost his leg in an accident. The initial rehab and the psychological trauma had great impact on him, but once he was fitted with a prosthetic leg, he returned to cycling. His passion for cycling as also trickled down to his 2 sons Adrian & Abel who are also very accomplished cyclist in their own right.

He is no stranger to charity cycling and over the years he has ridden round Malaysia five times to raise money for different causes and has also participated in charity rides in Thailand.

A man of few words but he prefers to let the bicycle do the talking. He can still outride people half his age and who are abled bodied and can fix a flat in a blink of an eye!. However that is not his mission in life. He wants to show the world whatever life throws at you, you need to keep moving forward. 'You change up but don't give up' and Uncle Chuah is a living embodiment of this phrase. When the days are hot and long and when his prosthetic leg loses its grip, he is known to strap the prosthetic leg across the handlebar and ride home with one leg.

This will be his first ride in East Malaysia and supporting the ROSE Foundation in its fight against cervical cancer by raising awareness and testing.