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By: Stuart Dyson, KOB Eyewitness News 4

Zip lines can be a lot of fun, but an Albuquerque man says he nearly lost his life on one in Mexico.

Harold Medina celebrated his retirement from the Albuquerque Police Department by taking his wife and two daughters to Cabo San Lucas, Mexico almost a year ago. But it quickly turned into a horror story.

Medina is getting around pretty well now, but last November, it was a close call with the grim reaper on Cabo's popular Wild Canyon zip line.

Medina checked out the promotional videos and it looked like safe and secure family fun. But something went wrong on run No. 8 as Medina approached the ramp at a terrifying speed.

"I remember hitting something - which we imagine is the retaining pole at the end - and the next thing I knew I was laying on the ground telling myself there is something very wrong right now," Medina recalled. "I could look up and see that my shoulder was completely dislocated out-of-socket."

There were no medics at the site - just a stretcher and a ride in the back of a truck to an ambulance waiting several miles away. At a Cabo San Lucas hospital, doctors told him he had "a few" broken ribs.

Then he was airlifted back to San Diego, where doctors told him it was more than a few ribs.

"14 broke ribs - several broken in several places - two collapsed lungs, a lacerated liver, kidney infection, three fractured vertebrae and a broken shoulder," Media said, describing his injuries. "I spent 18 days in the hospital in San Diego - six of them in ICU."

Medina lived to tell the tale, but the nightmare was just beginning. Medina says if you're going to zip line, don't do it in a foreign country. KOB will have more on his story Tuesday night.

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