

Silver medal
2006 Torino
Paralympic
Games.



Photo by Jennie Milton

CAREER HIGHLIGHTS

Gold medals in the 1km Time Trial and 3000m Pursuit at the Australian Track Championships two years running... with cancer in between.

Australian Open Speed Skiing Record of 213.65km/hr, April 2006.

World Speed Skiing Record (for a skier with one leg) for four consecutive years 2003-2006.

2007 ACT Australian of the Year.

First person with a disability to ski at over 200km/hr.

Walked the Kokoda Track in PNG and hiked to the summit of Africa's highest mountain – Mt Kilimanjaro at 5895m.

Australia's first winter gold medalist, Olympic or Paralympic, in 1992.

Australian record, LC3 class, 3000m pursuit (track cycling).

2007 ACTAS scholarship holder (cycling).

2nd last torch bearer at the 2000 Paralympic Games in Sydney in front of 110,000 people.

11 Paralympic medals, inc 6 gold.

A clean sweep of alpine events at the 2002 Paralympic Games – a record four gold medals and the culmination of a ten-year goal.

2002 Laureus World Sports person of the Year with a Disability.



The ride stuff
for a new
sporting career



Speed skiing in France

Photo by Jennie Milton

Michael Milton

Australia's fastest skier

Full Name	Michael John Milton
Date of Birth	21 March 1973, Canberra, Australia
Lives	Canberra, ACT
Height	185cm
Passions	Skiing, cycling, trekking, mountain climbing and family.
Inside pastimes	I watch movies, read sports autobiographies, cook pizza and watch cricket in the summer. I also love playing with my two children (Matilda and Rowdy)
First skied	At 3 years of age. I was 9 when I first skied on one leg.
Home ski resort	Thredbo. On a good day, Thredbo has some of the best runs in the world.
Favourite overseas ski resort	Les Arcs, France. It's the best run in the world for speed skiing records.
Career highlight	Winning the fourth gold medal at the 2002 Salt Lake Paralympic Games.
Most looking forward to	Teaching my daughter to ride a bike, going skiing this winter and more adventure racing.
Most embarrassing moment	Dropping and smashing the handmade plate presented to me on the podium at Austrian Nationals in 2005.
Biggest challenge	Beating cancer a second time and getting back in shape to be selected for the 2008 Beijing Paralympic Games Cycling Team.
Some more favourites	Food: Pizza. It's relatively healthy and tasty. Italian pizza is the best – nice thin crust and not too many flavours. Drink: Bundaberg Ginger Beer. Movie: Star Wars. Music: Real Australian music like Cold Chisel, Australian Crawl, John Williamson and even stuff like The Man From Snowy River soundtrack. It sounds corny but it's like having a piece of home with me when I am away. Book: John Bertrand's autobiography. Holiday: Riding my bike, hiking.
Doesn't like	Words like 'brave', 'courageous' and phrases like 'overcoming obstacles' in connection with my disability. Having one leg is not an obstacle – it's no big deal, it's just part of who I am. If I am inspirational to others, I hope it's because of what I do and the fact that I'm not afraid to test my limits. For the record, I can open a door on my own... and climb stairs.
New goals	Write a book, do more adventure racing and setting a new speed skiing record.



Michael receives valuable support from the Australian Institute of Sport and the ACT Academy of Sport