

Silver medal
2006 Torino
Paralympic
Games.



Photo by Jennie Milton

Michael Milton

Australia's fastest skier

CAREER HIGHLIGHTS

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.
 Completed the Kokoda Track in PNG and walked to the summit of Africa's highest mountain – Mt Kilimanjaro at 5895m.
 Australia's first winter gold medallist, 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.
 Proud recipient of the 2004 Dawn Fraser Award at the annual Australian Sports Awards.

Full Name	Michael John Milton
Date of Birth	21 March 1973, Canberra, Australia
Lives	Canberra, ACT
Height	185cm
Passions	Skiing, cycling, trekking and mountain climbing.
Inside pastimes	I watch movies, read sports autobiographies, cook pizza and watch cricket in the summer. I also love playing with my baby daughter, Matilda.
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	Developing my cycling career and watching my beautiful daughter grow.
Most embarrassing moment	Dropping and smashing the handmade plate presented to me on the podium at Austrian Nationals in 2005.
Biggest challenge	Competing in my fifth Paralympic Games under a new classification system.
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', 'inspirational' 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.
New goals	Represent Australia at the 2007 IPC World Cycling Championships and set a new world* and Australian speed skiing record. * World record for a skier with a disability.



The ride stuff for a new sporting career



Speed skiing in France

Photo by Jennie Milton



Michael receives valuable support from the Australian Institute of Sport