



Athlete Profile (National)

Jim Milliken
Combat Army Veterans of the Vietnam War
63 years old
South Bend, Indiana



Jim Milliken, a longtime participant in the National Veterans Wheelchair Games, believes that preparation is the key to success. In his free time he plays golf, gardens and swims to stay in good shape for the Games each year.

Winning is a goal for many wheelchair athletes competing in the Games, and Milliken has certainly reached the top of his sport. In 1988, he was selected to be a part of the Paralympic swim team in Seoul, Korea. Milliken also competes as a member of a YMCA swim team, often against able-bodied people nearly half his age.

Milliken was injured while on patrol in Vietnam and despite immediate surgery, doctors were unable to save his legs and he left the service as a double amputee.

He participated in his first National Veterans Wheelchair Games in 1982 and has competed many times since. Now as an accomplished athlete, for the past six years, Milliken has placed first in each of his swimming events. He plans to continue bringing home the swimming gold this year and in the future. In addition to this event, Milliken has also competed in the National Veterans Golden Age Games.

“I have been competing in wheelchair sports for more than 31 years,” Milliken said. “After my injury, it was wheelchair sports that got me out and active again. It made a big difference in my rehabilitation and my life in general. Sports have done wonders for my rehabilitation, and keeping active makes me healthy and happy.”