

With Adaptive Skiing, disabled people are no longer left out in the cold

At a Taos Ski Valley chairlift, Tilghman Logan, a severely disabled child, is prepared for his first day of ski lessons.

The Logan family traveled from New York City to New Mexico to vacation at a ski lodge that can accommodate Tilghman's needs. He has a severe form of cerebral palsy that limits much of his physical movement and some of his eyesight.



But that's not stopping him and his father from experiencing the snow. With some careful planning and specialized equipment, the duo hopes to be tearing up the slopes in no time.

Ski instructor Craig Stagg takes the group up the lift to demonstrate a few Sit-Ski basics. A Sit-Ski is a specially made sled developed for people with limited use of their lower limbs, allowing them to slide down a mountain much like an able-bodied skier.

"They really are a lot of fun once you get the hang of them," Stagg says.

Peter Donahue, the resort's ski school director, says the snow can be a great equalizer for people with disabilities. "It gives them a great sense of freedom and accomplishment," he says.

"Snow sports is a venue where a child or an individual with a disability can actually stand up and glide and move over the surface of the ground in a way that only able-bodied people can," Donahue says.



Back at Taos Ski Valley, Philip and Tilghman head over to the lodge to discuss their first day on the slopes. "I think after today it's just a question of are you up for it?" Philip asks his son. "Tilghman replies with a "yeah."

And with a trip to the resort, some training and appropriate ski equipment, two new ski enthusiasts have been made.