

ALLIE JOHNSON

Para Alpine skier · Congenital amputee of the Right Arm
Bachelors of Science and Arts at Colorado State University



S I S

Sisters in Sports Foundation

BIOGRAPHY

Allie Johnson is a proud disabled woman, an alpine ski racer, a certified therapeutic horseback riding instructor, a disability rights advocate and a Beijing 2022 Paralympian. An upper limb amputee from birth, Allie hopes to teach anyone who was “born different” to embrace uniqueness and that their difference is their greatest strength.

In 2018, Allie began ski racing at age 22 with the National Sports Center for the Disabled and fell in love with the sport immediately. In 2020, Allie crashed in a downhill race and sustained multiple tibial and fibula fractures. Where some may have given up this sport after such an injury, Allie dug in. After three surgeries and hundreds of hours of physical therapy, Allie was back on the slopes in 2021 and qualified for the Paralympic Team in 2022. In 2022, Allie was named to the National Team for the following season. During her first year on the World Cup circuit, Allie claimed the overall crystal bronze medal in giant slalom, as well as 4 World Cup podiums.

Above all, Allie is proud to be one of four women on the US National Team and to be an example to other disabled girls around the world. She volunteers as a mentor for the organization, Sisters in Sports, where she helps support current and future female athletes in their journey. Her mantra is ‘ski like a girl’, and she hopes to continue to show the world all that women with disabilities are capable of.

What would you tell your younger self?

Your difference will become your favorite part about yourself. Being disabled is amazing. There will be highs and lows and it may not always be easy but it’ll always be worth it. Push yourself and you’ll be surprised with how much you have in you.



ACHIEVEMENTS

I’m a Para Alpine skier!

- I went to the Beijing 2022 Paralympics and made the national team in 2022 as well.
- Last season in 22/23, I got third place in the overall GS at the World Cup level.
- I also won my first World Cup in Veysonnaz in 2023.

Hobbies

Hanging out with my blind dog Finnegan, drawing, petting any and all animals that will let me, listening to Taylor Swift.