

CYCLIST PROFILE

Kim has been cycling for many years and is one of the more notable personalities in the club. Not one to always follow the rules, and more content to follow his own path, nonetheless Kim has proven to be an enduring feature on the local cycle scene and where would we be without riders like him? Kim incorporates his own unique tactics into his racing and training, thus earning the nickname 'Cheetah.' Not one to actively rest up for an event, Kim has interesting theories about cycling and training ('practice'). He has been churning lots of miles week in, week out and is taking his next big event, the Karri Cup, seriously. Kim is in top form at the moment and placed in his age group in the Dwellingup 100 MTB event earlier this year. He is a leading contender to win his age group category in this weekend's tough mountain bike event in Northcliffe.

NAME: Kim Overington, Sir, plus other names

BIRTH PLACE: Perth

OCCUPATION: Business Owner, Staff Motivator

FAVOURITE CLOTHES: too personal ,can't answer that

FAVOURITE FOOD: Steak, Eggs Chips Salad Muffins Bananas Pink Lady Apples Chocolate Corn Chips Chokitos Dried apricots ,mango, pineapple, dates Promite sandwiches Cashews and more. Shall I go on... Dislike red coloured vegetables, tomatoes, capsicum, beetroot.

FAVOURITE DRINK: Iced Coffee, Staminade, Coke mixed with some bourbon and topped up with crushed ice, don't shake, lemon juice drink in the 500ml bottles when I can find it, long machiattos at Dome (my daughter works there now so don't give her a hard time)

FAVOURITE MUSIC: Forget the names of the ones I like

WHAT I WOULD CHANGE IN THE WORLD: Motivate people to do things for themselves rather than expecting governments to get it right, many more things that I won't be able to do much about. You are a result of your own decisions..

PET HATES: littering, wingy people, arrogant people, strong hot easterly winds ,hoons cutting up around town all the time, mountain bike courses with too much downhill and technical bits, riders passing on the inside on training rides, shall I go on...

REASON FOR GETTING INTO CYCLING: Spent many years riding motorcycles all over and through Australia, survived relatively unscathed, and decided on the spur of the moment to buy a racing bike over 20 years ago. Have been riding 3-5 times per week ever since. Also keeps me trim and is a good enough excuse to remove hair from your legs and wear tight fitting ,colourful outfits.

FAVOURITE EVENT: 100 km plus Sunday rides, 100 km mountain bike events

MOST ENJOYABLE ASPECT OF THE SPORT: fitness, ability to do something that only a very small percentage of the population does, fresh early morning starts.

ANY EMBARRASSING MOMENTS IN TRAINING/RACES: never had one, why would you ask me a question like that?

TRAINING PARTNERS: cyclists everywhere, we prefer not to call it training, it is practice. If I started listing names I'm bound to miss some so I won't

HOBBIES/INTERESTS : art painting/ portraiture, renovating houses, wife & family ,travel, reading non fiction

SPORTING BACKGROUND: bailed out of football at 17yo when they all got too big and rough.... tennis and now cycling

FAVOURITE TRAINING AREA: Ferguson Valley/ Donnybrook loop

FAVOURITE TRAINING SESSION: coffee and food after, it's practice ,not training

SPORTING HERO: never really got the hero worship bit

BIGGEST INFLUENCE OF SPORTING CAREER : life and health

WEEKLY TRAINING: minimum 250km, try for 320 plus occasionally get to 500 per week, mountain bike, about 400/ year plus racing

GOALS THIS SEASON: must beat John H at Karri Cup, otherwise you won't see me for a month or two, and will try to beat this other guy you wouldn't know who practices a lot more than me

LONG TERM GOALS: stay alive and fit and healthy for a long time

BIGGEST ACCOMPLISHMENT: this is a trick question isn't it?

ANY OTHER COMMENTS: do you really want me to start rabbiting on, this could take a while...I was recently passing on some of my training/ practice theories to some other cycling friends when they began to mock me, so I therefore won't put them up for public criticism but will be happy to pass them along on a one to one basis, please have your people ring my people for an appointment. If you go to my Facetwitter page you will find a nice blank space which is my head after being cleared out on a daily and weekly basis.....

