



[ABOUT DE SALES](#)

[ACADEMICS](#)

[ADMISSIONS](#)

[ATHLETICS](#)

[ARTS](#)

[STUDENT LIFE](#)



[LIBRARY](#)

About DeSales

[Facts & Figures](#)

[Mission & Philosophy](#)

[People](#)

[Human Resources](#)

[History](#)

[Campuses](#)

[Beyond the Classroom](#)

[News & Events](#)

[2009 Press Releases](#)

[Archived Releases](#)

[DSU News Video](#)

[DeSales in the News](#)

[Photo Galleries](#)

[DSU Magazine](#)

[Opinions](#)

[Experts List & Speakers](#)

[Bureau Topics](#)

[RSS Feeds](#)

[Podcasting](#)

[Publications](#)

[Police and Public Safety](#)

[Facilities Services](#)

[Departments](#)

[DeSales University Logos](#)

[Prospective Students](#)

[Current Students](#)

[Faculty & Staff](#)

[Alumni & Friends](#)

[Parents & Family](#)

[Visitors & Community](#)

Press Release: Personal Triumph of Champion Cyclist Kim Geist '09 Leads Her to World Cup in Beijing
Date: 1/8/2009

[Printable View](#)

Personal Triumph of Champion Cyclist Kim Geist '09 Leads Her to World Cup in Beijing

Kimberly Geist '09, of Emmaus, Pa., sport & exercise science major at DeSales, and champion cyclist, will be competing in the 2009 World Cup in Beijing Jan. 16 to 18. The event, impressive in its own right, also serves as a great testament to the strength of the human spirit.

In August of 2007, while riding her bicycle as part of a training routine, Geist was involved in a serious tractor trailer accident. Her injuries were severe. She fractured six ribs, vertebrae, sacrum, pelvis and suffered partially collapsed lungs. It was a traumatic ordeal for this very active and accomplished young athlete. Following her initial hospitalization and recuperation, during which she had to use a walker, she remained optimistic and was determined to ride again.

Geist worked and trained very hard to start racing again. As a result of her strength of character and discipline, she started riding again in December 2007. By August 2008, one year after the accident, she was back in good racing form.

Training is year round for Geist, who considers cycling a real lifestyle. According to Geist, training consists largely of riding, weight-lifting and eating plenty of carbs.

Her coach since 2005 has been Jim Miller, of Colorado Springs, Colorado. Miller works with USA Cycling and directs women endurance programs. Prior to 2005, she was coached by Bob Schuler, of the Lehigh Valley area, an "individual coach" and former competitive cyclist. Although Geist enjoys racing on both track and road, she has a slight preference for track.

An elite rider, Geist has been riding for about 12 years and has competed in more than 600 events to date. They include: the National Track Cycling Championship in Los Angeles in 2008; the Pan American Games in Rio de Janeiro in 2007; the Junior World Championships in Vienna, Austria in 2005, and the Junior World Championship in Los Angeles in 2004. Her first serious competition was the Junior Track National at the Velodrome in 1997.

Currently, Geist is in Los Angeles where she has been training for the Beijing competition. She will be leaving for China in a matter of days. Next week, she will be able to add the 2009 World Cup event in Beijing to her list of accomplishments. In Beijing, she will compete as an elite rider in the individual pursuit and also in the team pursuit. Further down the road, she plans to compete in 2012 Olympics in London.

Geist is a member of the DeSales Cycling Club, established during the 2006 - 2007 academic year, under the guidance of Father Peter Leonard OSFS, dean of graduate education at DeSales.

Although relatively young, the DeSales club has done well and ranked in the top 10 of the Eastern Collegiate Cycling Conference.

A sport & exercise science major, Geist also is working on a project involving the Velotron Cycle Ergometer System. The DeSales Sport & Exercise Science Program, under the direction of Fr. Douglas Burns OSFS, is designed to provide performance analysis tools for serious athletes. Not to be confused with fitness equipment, the Velotron System is used by athletes for training assessment and prescription. The system generates data that provides athletes with critical information to help them perfect their technique and training and cycling performance overall.

Once she graduates from DeSales, Geist plans to coach as well as continue competing. For now, the thrill is the competition and all eyes will be on her.

For additional info:

[Penny Savakis](#) Director of Public Relations

DeSales University | 2255 Station Avenue | Center Valley, PA 18034

610.282.1100 x1477 | Penny.Savakis@desales.edu

[About DeSales](#) | [Academics](#) | [Admissions](#) | [Athletics](#) | [Arts](#) | [Student Life](#)
[Home](#) | [Events Calendar](#) | [Library](#) | [Contact Us](#) | [Site Index](#) | [Privacy Policy](#)

Copyright © 2009 - All Rights Reserved