

Students at the Barton Avenue School are. . . .



# ON ONE WHEEL!

Volume 10 No. 2

QUARTERLY

Spring 1983



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Official publication of the Unicycling Society of America. ©1983. Membership fee of \$6 yearly includes newsletters. For more information and membership application, see back pages.

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UNICYCLE HOTLINES: Call these people for up-to-date information on unicycle news, and the upcoming National Meet.

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FROM YOUR EDITOR:

Springtime is really here, and the unicycles are out of the basements and garages and zipping up and down the streets. You at long last have your newsletter in your hand, and in it is the long-awaited National Unicycle Registration Form and Information Sheet. Because of these two pieces of paper, the newsletter has been made smaller by one 11x17 sheet to still be mailed with only two stamps. This has caused your Ed. a slight problem in that he hasn't been able to make room in this issue for all the articles he would have liked to feature, and he has used the ones that most needed to be in this issue.


If you are coming to the meet this summer, please fill out and send in your NUM registration forms with your check for the full amount (made out to 1983 National Unicycle Meet). This will enable the people putting together the meet to get started in their huge task.

Volume 10, No. 1 ON ONE WHEEL seems to have gone over well, though your Ed. has not heard from very many members on the subject. People liked the cover format, and the way more print fit onto the pages through reduction. Many members who have in the past received their newsletters in the form of tatters appreciated the envelope. In the Winter, 1984 issue, we may use a different ON ONE WHEEL logo. If any members out there have ideas for a design of this, please do send them in, along with the usual news and info about what you members are doing out there! Right now your Ed. is looking for a large B&W photo to use for the cover of the Summer issue. It should be vertical format, if possible. Any takers?

Our membership drive is moving sluggishly along, though some members, such as JOEL SILVER are catching on (see article on p. 3). Some of you other members out there are also realizing that to spread our beloved sport we must get out there and find other unicyclists, and let them know of our organization, and teach others to ride. This is what our Unicycling Society is all about! Secretary AL HEMMINGER has been sending out copies of our Membership Prospectus at a feverish rate, to jugglers, clowns, wheelmen and people in the Syracuse, NY area. Many people who have inquired to the Society in the past are joining now, with this little push from Al. We're still going for 1 percent of the unicycle riding population of the U.S. as members!

Hope all is going well for you readers and riders out there, and I am looking forward to meeting you all at the National Unicycle Meet this Summer!

Stay on Top,

  
John Foss, the Uni-Cyclone

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BE ON THE  
LOOKOUT!

UPI photo

This is 22 year old Pietro Biondo, who is making an incredibly long unicycle ride! He started in his home of Montreal Quebec, and this picture was taken in California. USAm SETH GRANBERRY notes that he passed through the Mobile, Alabama area a few months back. His destination is Alaska. Why? Your Ed. would really like to know the answer to this and many other questions like, "where is he now?". West coast members, please be on the lookout for Pietro, and if you find him see if you can give him a USA inc. Membership Prospectus. If you can reach him, your Ed. will make him a member for 1 year. Pietro is not the only unicyclist to ride across the country virtually unknown to the USA inc. there have been many others over the past few years, and we shouldn't let this one slip through our fingers! Good luck, Pietro, and I envy your leg and saddle power!

#### MEMBERSHIP DRIVER!

Super membership driver JOEL SILVER writes:

"During the last six months or so I have been "on the lookout" for unicycle riders. In the northern New Jersey area I have found (so far) 10 riders who did not know that the USA existed. I have them each a membership application and hopefully most of them have become members. I always keep a spare application form with me... just in case. I also check periodically with the bicycle shops in my area to see if they have sold any unicycles, and to whom.

"If we all keep our eyes open for new members we should be able to double the membership next year."

This came along with his membership renewal.

Well done, Joel, you are setting a fine example of a USA member who is really into the promoting of unicycling (our Society's aims). If other members are looking for ways in which to help their society, they can do exactly what Joel is doing. And remember, you can make as many copies of USA membership blanks or membership prospectuses as you want, to pass out to all the unicyclists you can find!

## UNI - VERSE!

New USAm's RAY TROTH, FRANK SIRACUSA and ROBERT PIOTROWSKI sent your Ed. this letter:

"We just learned about your organization from USAm JOEL SILVER. He doesn't live very far away so he's come over and showed us some of his giraffes and let us try them since we had just learned how to ride a unicycle we had never tried riding taller ones. But he told us about your club, and we joined.

We just received our first newsletter and think it's great to see other unicyclists in action. We've always felt wierd riding around on them and thought why do we ride these things?"

They also included this poem:

LOOK!

"Where"

Up the street

It's a bicycle, no it's a moped,

No, it's

U N I M A N !

Uniman, able to mount tall Girraffes in a single bound,

Uniman, able to leap over low 2x4's,

Uniman, faster than a speeding ant colony,

and

Stronger than,

The Lone Bicyclist

FRANK SIRACUSA

## **BOOK REVIEW:**

CIRCUS IN A SUITCASE by USAm Reg Bolton -- labeled as a young people's manual for circus skills -- Here's a very new up to date, compact, profusely illustrated handbook to teach you a lot you need to know about animal acts (real and fake), acrobatics, props and costumes, clown acts, organization and publicity. Recommended for ages 10 and up as well as teachers and recreation leaders. Ask why such a book should be mentioned in our newsletter? Bibliography mentions our Unicycling Society of America, Inc. A great chapter is included on unicycling, mentioning a few of our members, including illustrations as well as hints for unicycle routines. Interesting questions in the unicycle article text asks how it is possible for grown men to become totally obsessed with ways of getting on and staying on one wheel and what is the attraction of the unicycle, which turns adults into kids, and enables kids to outdo adults. Reg answers these in true form. Reg Bolton has combined careers as a teacher, circus performer, director and community circus organizer who has set up more than a dozen community circuses in England, Scotland and Wales, and organized Britain's first National Children's Circus Festival. His whole family - wife Annie Stainer, son Joe and daughter Sophie - have participated in international festivals all over the world. In 1975 they won the Gold Cup (professional) at the annual Clown Picnic in Washington D.C. If you are interested in this book it is available to our Society members direct from the publisher for \$6.95 including shipping and handling (foreign mailing extra). Order from New Plays Incorporated, Box 273, Rowayton, CN 06853. Please do not send your order to the Society.

## WAUKEGAN ONE WHEELERS



CARL NELSON, USAm SUE WHALEN, AMY NELSON, FRANCES HEDDEN, MARC HEDDEN AND USAm DAN WHALEN.

USAm Dan whalen started the Waukegan One Wheelers last summer, and they already have eight or more members. They have appeared in numerous parades, the most recent one being the St Patrick's Day Parade in their area. Dan described the scene as "COLD!!" and described how the wind kept carrying away their new parade banner. They have cut "V" slits in it and hung heavy weights at the bottom, but it hasn't done much good. If any members out there know a good solution to this problem, please write to your Ed. and he will put it in the Newsletter for everyone to know about.

Dan says "Thanks for THE UNICYCLE BOOK," (he was one of the winners of our "Name the Newsletter Contest") "I have a copy that I got at the Meet, so I gave it to one of W.O.W.'s members, SEAN TERRIAN. He doesn't live very close by my house, and his parents have been worrying about his reading ability. I'm sure he's read it inside-out because he really enjoys uni-ing." This is the best thing he probably could have done with the book, and your Ed. is really proud to have these kinds of people as members.

Dan also got a 28" unicycle from D.M. Engineering in England for Christmas. This is how he describes it: "My new 28" uni. (my mom put leather on the seat to protect it) is great! It sure goes faster than I thought it would. It is such a smooth ride it's really nice." More recently, Dan took a spill on his 28", his pants somehow being caught in his crank, and fractured his left wrist. Luckily schoolwise, he is right handed. He says at least he had an interesting story to tell in the emergency room! The spill hasn't kept him off his uni., though, and he has been riding a lot.

Dan said that he didn't really know the technique of rolling, and at the time it didn't even enter his mind. The faster you are going on a uni. the more difficult it is to make a safe dismount. This is one of the unsafe points about large wheel unicycles, especially really big wheels. If you find yourself going down while riding fast and you land without rolling, the weight of your fall will probably fall mostly on your hands and your knees. This is why knee pads & gloves are always highly recommended for fast riding (see article on unicycle racing in next issue). Sometimes the damage can go right through your jeans to your knee, not to mention your hands. If it is possible, a roll can help to minimize the damage of a high speed fall.

When you start to fall, your brain says, "I'm going to fall, now.", and if you know you won't be able to run fast enough to stay on your feet, your brain, with experience (many falls) may say, "I can suffer. . . or roll!" Then you roll, tucking your head down and flipping over when you hit the ground. Hands and knees still hit the ground, but instead of stopping, you are rolling onto your back so there is less friction at one time. Now much of the stopping is done with your upper back as you roll over, and with practice, you can then come up on your feet and do whatever you want after that! This advice is strictly from the experience of your Ed., some of which comes from taking falls from a 6' unicycle with large sprocket on top at speeds faster than he could run (some people at the 1981 NUM witnessed one of these, much to his embarrassment).

Dan whalen says thanks for mentioning his group in the Newsletter. He said, "I like the title of the Newsletter, and I think that you did an excellent job of putting ON ONE WHEEL together, the quality increased immensely!" Thanks, Dan, your Ed. hopes other members agree.

W.O.W. recently found a new member, MARK EMERSON, through a sign posted at the local bike shop, and he is happy to be riding with other unicyclists. Dan has signed up for a 20 mile ride-a-thon (some might call it a Bike-a-thon), and is training hard for it, and the NUM. See you there!

### THE UNICYCLE BOOK

If you have been thinking about purchasing one of those Unicycle Books by Jack Wiley but have not done so yet, it is suggested that you do so now. There are less than 150 copies available. These books are fast becoming a collectors item. They make a very fine gift item for that new unicycle enthusiast. Orders are sure to be mailed the day they are received as long as the supply lasts!

### STATEN ISLAND, NEW YORK

In answer to Dr. Roland C. Geist's inquiry about the fate of the bicycles and unicycles in the American Bicycle Hall of Fame Museum (see Jan. '83 issue, p. 13), USA Director JeanPaul Jenack has informed your Ed. that he believes the cycles are still there. Not on display, but not thrown out with the trash either, they are in storage. This comes as a relief to many of us cyclists, and we hope that they can someday be returned to a place where the cyclists of today can marvel at them.

### LITTLETON, COLORADO

USAm SALLY WHITE WACKOWSKI would like to announce her marriage to new USAm RON WACKOWSKI last July. Older members may remember Sally as the WHIRL WHEELS, of State College, PA, member who was seen riding big wheels at National Meets as far back as 1974.

She explains that Ron learned how to ride before they got married, and that she has since learned how to do an eskimo roll in a kayak! Congratulations, Sally & Ron!

Should you know anyone who may be writing an article on unicycling and they wish to include the name and address of the Society please remind them to state that a self-addressed, stamped envelope would be greatly appreciated for a return reply from the Society. The cost of mailing materials is great and such aids do help in retaining our membership fees as low as possible. The Society will return a membership prospectus to all inquiries.

JARED TROSCLAIR of LaPlace is pictured on the UNO's Club lates. unicycle. The 15-foot unicycle was welded by Frenchie Lasseigne of Lasseigne Welding Company for Cantrell and Trosclair.



LA PLACE, LOUISIANA

USAm JARED TROSCLAIR has been sending your Ed. some really neat newspaper photos and stories of riding in numerous parades in the Mardi Gras. This photo is reprinted with permission of the Times-Picayune Publishing Corp. and shows a daring leg-lift on the 15 footer. Also included was a photo of MIKE CANTRELL riding the same cycle. Mike and his brother MARK were once USA members, but their memberships have lapsed. Maybe Jared can remind them of this so they can continue to enjoy this newsletter and USA membership! More pictures, and Jared's story of the Mardi Gras will be included in the summer issue!

ON THE COVER:

The cover of this issue features a large photo of USAm's KAREN DEETER and CHUCK MALER with student SCOTT PETTIT learning to ride a unicycle, to draw attention to the special section on circus education in the schools, featured in this issue. More and more schools around the country are discovering the advantages of teaching such skills as juggling and unicycling toward building confidence and self-awareness in young people. More articles on this subject will be featured in future issues of ON ONE WHEEL.

**CENTER RING:  
BARTON AVENUE ELEMENTARY SCHOOL CIRCUS ARTS PROGRAM  
PATCHOGUE-MEDFORD SCHOOL DISTRICT, NEW YORK**

The Barton Ave. Elementary School Circus Arts program got its start two years ago when USAm's KAREN DEETER and CHUCK MALER attended an Arts-In-Education Seminar at Suffolk Community College in Riverhead, New York. At the seminar USA Director JEANPAUL JENACK gave a workshop on "Circus Arts In Education", and the two school teachers immediately saw a way to tie it in to their school's educational program.

Center Ring grew out of two already existing programs: the Orff Music program, directed by Karen Deeter, and the Movement Education program, co-directed by Chuck Maler and Deeter. According to Maler, "the core of Center Ring is a group of approximately 30 elementary school kids with which we are putting together a program which is a culmination of the arts. Children are usually taught that each of the arts is a separate entity: we are trying to unify them. All of the arts, when integrated, can become a new and vital performing art, and our students have a chance to realize this for themselves, through the medium of performance."

The Center Ring program includes a variety of circus skills: juggling, rola-bola, stilt walking, plate spinning and balancing, and of course unicycling. According to Deeter, one of the reasons for the success of the program was the strong support they received from the parents within the school district. Because of the uniqueness of the group, Deeter and Maler found that they were unable to draw from traditional school funding. As a result of this, almost all of the equipment was and is being purchased by funds raised by the students and their parents. A very successful spaghetti dinner party recently allowed Center Ring to purchase several unicycles, as well as a number of pieces of juggling equipment.

In November of 1982, Center Ring students had the opportunity to participate in an all day workshop on Circus Skills led by USA Director JeanPaul Jenack and ON ONE WHEEL's Editor, USAm JOHN FOSS. After watching John Foss perform his individual trick routine from the 1982 National Unicycle Meet, a number of students were inspired to redouble their efforts on the unicycle, and now most of the "Center Ringers" are "on one wheel!" Center Ring is now using the official USA Skill Levels as a guideline for the students, and we hope to hear from a number of skilled unicyclists in the near future.

Both Deeter and Maler are enthusiastic about Center Ring, and are very interested in sharing their experiences with other teachers, schools and anyone interested in the program. If you would like more info please feel free to contact:

**KAREN DEETER or CHUCK MALER c/o CENTER RING  
BARTON AVENUE ELEMENTARY SCHOOL  
BARTON AVENUE  
PATCHOGUE, NEW YORK 11772**

# Juggler helps and entertains

by Linda Buskin

When JeanPaul Jenack, former circus performer, teaches a Three Village student how to juggle, he is also teaching their teachers how to identify learning disabilities by observing the students.

Jenack, a circus education specialist, visited Setauket School last week and is now at Minnesauke School relating circus arts to students through their physical education programs. Twelve years ago he found that practicing basic circus skills helped him recover from a broken neck. By relearning how to use the right side of his body, he became fascinated with the benefits of these skills and the mental developments they can reveal. Since that time he has continued performing and working as a circus education specialist sharing his knowledge.

"Juggling and using the rola-bola (a balancing device made of a flat board on a ball) improved my rate of recovery so drastically that I was back performing within a year and a half," said Jenack, who has performed with troupes throughout the world, including the On-stage European Circus.

According to Jenack, juggling is particularly useful in identifying learning disabilities because it is a "pure form" — there are no multiple steps to acquiring the motion necessary to do it.

"Juggling deals with the right and left side of the brain," said Jenack. "The left controls the right and the right controls the left. A child with some type of learning

disorder will show it vividly while juggling, where he might not in a standardized test."

One type of disability juggling can reveal is synchronicity, a condition in which both sides of the body move involuntarily when only one side is needed. While it could just be a lack of skill, Jenack said this difficulty can change a child's learning outlook.

"By introducing juggling at an early age," added Jenack, "children are on the right path to developing pseudoreflexology — having the power to use just the right hand or just the left hand."

Jenack said juggling can also help improve reading abilities because a juggler's eyes learn to track (assimilate information while moving rapidly left to right and right to left).

The former circus performer added that developing other skills such as mastering the rola-bola, develops not only balance, but confidence as well, which is helpful in any area of learning.

While at Setauket School last week, Jenack noticed approximately six students having difficulty learning the basic circus skills, and told teachers what the students' bodies were or weren't doing. He then suggested they be retested to determine if extra help is needed in any areas.

Jenack enjoys his work and generally performs for students before instructing them in the arts. His visits to Setauket and Minnesauke Schools are sponsored by the schools' P.T.O.'s. and student reaction to his performances has been pure enjoyment.

"I like him a lot," said sixth grader John Traugot. "I learned to juggle with three balls and I learned how to balance myself on a round ball with a board on top of it."

"I learned how to juggle with one ball," said first grader Blaise Napolitano. "I want him to come back."

Jenack holds five world records, including one for riding the world's smallest wheeled unicycle. The wheel is one-sixteenth of an inch (smaller than a dime), but Jenack rides it with ease. After all, he's been riding unicycles since he was three and one half years old.



Jenack later shows Harlan Loveless how to handle a juggler's tools.

**PIONEER IN CIRCUS EDUCATION:  
THE BOND STREET THEATRE COALITION**

From USAm **JOANNA SHERMAN** comes news of a unique and extensive circus education program being offered by USAm organization **BOND STREET THEATRE COALITION**, of which Joanna is managing director.

For those who have not yet heard, BSTC is "an eight year old internationally touring ensemble of actors multiskilled in the circus arts, vaudevillian and cabaret styles, with its own marching band. Federally and state funded, the Coalition collectively creates unannounced theatre events, free-to-the-public performances, as well as box office performances in universities, schools, camps, theatres, community centers, hospitals and fairs."

According to Joanna, BSTC is now completing its sixth apprentice program, designed to train actors in its unique performance techniques of circus, clowning, mime, music, dance and combat choreography. Recent BSTC workshops have been conducted at the University of North Carolina, New York University, St. John's University, C.W. Post College, Bennington College, Manhasset (NY) Jr. and Sr. High Schools, and the very prestigious Lincoln Center For The Performing Arts, where their "BodyWorks" Series involved more than 450 high school students, and earned them high commendations.

One of the unique aspects of BSTC is that as a professional theatrical touring company they have maintained a serious and long term commitment to circus education, as well as entertainment. BSTC performances integrate unicycling, juggling, acrobatics, and a number of other skills, while also including all of the best elements of traditional theatre. Each of their performances is a learning experience, for the company members as well as the audience.

According to USAm **MICHAEL J. MCGUIGAN** (Editor's note: profiled in **ON ONE WHEEL**, Winter, '83), Circus Arts Coordinator for BSTC, "there is an incredible positive effect that comes to people who learn a circus-related skill. Besides the obvious improvements -- coordination, balance and agility -- there is an improvement in confidence and self-awareness that goes beyond the skill and into all aspects of their lives.

"Students find that their grades improve, and working people become more alert on the job, more relaxed at home. Physically, postures improve, indicating a stronger confidence in character and ability." Amazingly, the vast majority of BSTC's students are living proof of this.

McGuigan best sums up BSTC's educational philosophy when he speaks of the rewards of teaching: "I'm not suggesting that learning to ride a unicycle or walk a tightwire is the true key to success and happiness. But every time I see that marvelous look of astonishment that plays across the face of the beginner who realizes "I can actually do this", there's a different feeling of triumph.

On December 31, 1982 USA President **KEN FUCHS** and USA Director **JEANPAUL JENACK** were special

guests of the Bond Street Theatre Coalition at a New Year's Eve party in their Manhattan Studio. At that time, the members of BSTC agreed to act as "goodwill ambassadors" for the Unicycling Society of America, Inc., promoting unicycling in general, and "spreading the word" about the USA, Inc. during their extensive tours both in this country, and abroad. Already, a number of new memberships have come in as a result of BSTC's support.

Sherman, acting as a spokesperson for BSTC, expressed their belief that the various circus arts should be inter-supportive, especially since there is such a degree of overlap in the overall category of "circus". The USA, Inc. is grateful for BSTC's support, and wholeheartedly wishes them continued success!

If you are interested in any of the **BOND STREET THEATRE COALITION'S** activities, please feel free to write to:

**Joanna Sherman, Managing Director**  
**Bond Street Theatre Coalition**  
**2 Bond Street**  
**New York, New York 10012**

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**AFTER-SCHOOL CIRCUS ARTS PROGRAM:  
SUNQUAM ELEMENTARY SCHOOL, HUNTINGTON, NEW YORK**

The Sunquam Elementary School of the Half Hollow Hills School District in New York has an after-school circus arts program that will soon be entering its second year. The program is sponsored by the Sunquam PTA, and additional costs for programming are paid for by registration fees charged to the students. The basic cost of the program is \$18.00 per student for eight one hour sessions, and the students range in age from 7 to 12 years old. Class sizes are limited to 15 students.

The Director of the program, USAm **PETER KEIHM** (Editor's note: featured in "A Chance Meeting In Ireland", **ON ONE WHEEL**, January, '83) has structured it in such a way that the learning processes involved conform to the individual student's abilities. According to Keihm, "because of the individual and non-competitive nature of most circus skills, the students have a chance to work at their own speed, to choose their own direction, and develop a strong sense of self-discipline."

The basic skills taught in the course include juggling, sleight-of-hand, rope spinning and rope tricks, devil sticks, rola-bola and, toward the end of the eight week program, unicycling. The students are encouraged to try each and every skill, but once they "discover" an unknown aptitude, many like to specialize.

Keihm feels that learning a skill like unicycling or juggling at an early age has a definite and positive effect on his students, and it's evident that many parents agree. Recently the PTA ran into problems with the large number of students registering, and was forced to limit class size!



## WM '82 Part II by John Foss

Part one, in Winter, '83 ON ONE WHEEL, told about John's trip to Germany last November, along with some other USA members to learn about the sports of Artistic Bicycling, Cycleball and Unicycling.

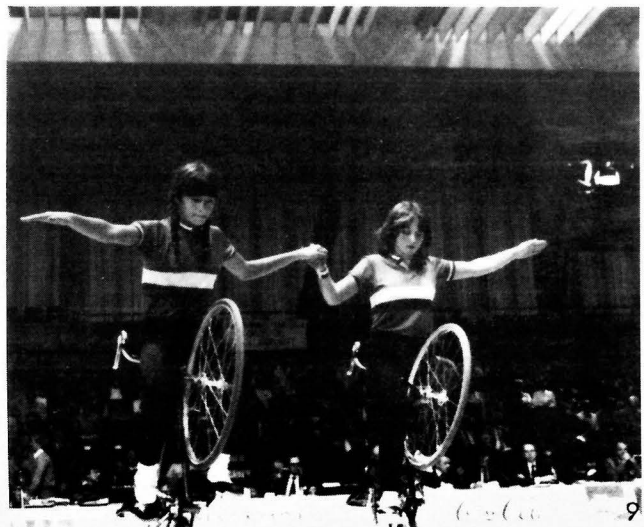
On the week before the WM (Weltmeisterschaften Hallenradsport -- Indoor Cycling World Championships), our international training group was to give three demonstrations that had been set up by HANS BORN previously. The first was at the Worms Cycle Club, mostly for its members and their families. Just before this, the group from Japan arrived, and they went with us, before unpacking, to play cycleball. We were extremely nervous, because none of us had ever done this in front of people before. However, we all did well with few, if any, mistakes. There was also a six-man group riding demonstration, UDO ISSELHARD'S individual program, and STEFAN and his partner in their couples program. These got very enthusiastic applause, because they are local heroes. We were not at all ignored, though, and could see that these people were honored to have these riders from all different nations with them. Afterward, we were treated to dinner & drinks in the Worms Cycle Club "Clubhouse", under the elementary school. Mr. Born made a speech in German and English, telling how special it was for all of these people to be together in friendship, etc.

For our second demonstration we drove through driving rain to the small town of Böhl, where they treated us like royalty. The mayor was there, and made a speech, presenting us with bottles of wine and heavy glass & marble trophies. The floor in this sportshall was wood, but it was extremely slippery. This gave us a chance to ride with adverse riding conditions, namely the bike always sliding sideways. Udo, performing in his home town, didn't seem to have any problem. During this time, we were trying to get our programs down to within 6 minutes, which requires speed and hard concentration. It didn't work here.

Lastly we drove to Mainz, in a convoy of 11 cars & vans along the Autobahn. This was most of the way to Wiesbaden. The floor was perfect, and it was another great time. Then, on the day before traveling to Wiesbaden, there was no training so we would not be tired athletes

Wiesbaden is a beautiful city of ancient Cathedrals and modern office buildings & stores. The WM '82 was held in the Rhein-Main-Halle, a convention center, in a cavernous room with over 2000 seats for spectators, and TV cameras & lights set up. LUC

1. This exhibitional group piled 22 girls onto 3 bikes in a growing series of mounts. In background note the flags of all participating nations which lit up while people from their respective countries performed.
2. PEPPE (his nick-name) riding in a difficult place, a wall of (thin!) vertical logs in Worms.
3. CYCLEBALL. The ball is being brought into play near the net, and the man on left must guard his goal because the opposing teammate may try to bounce the ball off his bike and into the net.
4. Brand new LANGENBERG unicycles. Only difference between them is wheel size; 26 & 24". Seat post slides up & down with pinch bolt and is square. Split fork like Schwinn uni. 26" was purchased by your Ed. who hopes to have it on display at the Meet.
5. 1982 World Champion Mens Doubles riders ROLF HALTER & HELMUT SCHNEIDER face to face. In a figure like this, both riders must work together to balance the bike!
6. LUC TREMBLAY doing Handlebarseat, one of the easier figures. His left foot is on the down tube, and does the steering. You can see Mr. Born above Luc's foot, judging his performance.
7. One of the two brothers POSPISIL, cycleball World Champions since 1968, were upset in '82 by the German team (IN Germany, where the capacity crowd went absolutely berserk). The ball is visible at right above turtle.
8. HANS BORN, Secretary, CIS (International Indoor Cycling Commission) and representative of IUF in Germany.
9. These two girls of the French team are displaying their concentration.
10. DALE REISDORPH on his home-made artistic bicycle doing Raiser Headtube at 1982 NUM. Notice unicycle saddle.
11. OAK VIEW'S Bicycle Unicycle. A Schwinn unicycle saddle is attached where rider is sitting to allow him to stay sitting for longer periods. Also, control is reduced on smaller bike frame.
12. AL HEMMINGER on his uni., KEN FUCHS on 2 wheeler, PETER MILLS on ultimate wheel, HANS MILLS on 40" big wheel, JOHN FOSS cruising past on artistic bike, MARK SCHAEFER on German unicycle and TERESA HEMMINGER doing Stillstand on artistic bike. Photo was expertly snapped by LIZ MILLS.







### Kunstoffahren



TREMBLAY, JOHN HELD and I stayed in El-Cheapo youth hostel across town, while cyclists with more money (and reservations) stayed comfortably in hotels.

Cyclists were allowed only a small amount of time to train on the actual floor they were to ride on in the competitions. This floor was made of brand new particle board, which was kept clean by wiping off shoes & tires before going on. The particle board proved to be an excellent surface for riding on. The lines were marked, not with slippery tape that could mean your downfall, but with a sandy paint that gripped just as well.

On Friday Nov. 12, the Single Women's and Mens Doubles Competitions were held. Order of performance was determined by the starting score of the riders. LENE JOSSAISSEN and MAN PAK TONG/CHENG FU CHI were the first to go in their respective categories, and though they came in last place, they were the first from their countries to participate in the WM.

The seats were not really filled, and the TV camera turned on, until evening, when the really high-scorers rode, the tops in the classes of Mens Double and Womens Singles. PETRA BENDER, the 1981 Champion, had a few problems that lowered her score. ELAINE MAGGI, from Switzerland, the 1980 Champion, had even more mistakes, and ended up on her rear a few times. However, she handled it in a truly sportsmanlike manner, getting back on the bike with hardly a change of expression. Looking angry, or even making a face, do not look good in front of all those people and judges. With the third-highest starting score was MARIA BEERLAGE, of Germany (Germany won the gold in all events this year), had less mistakes/rough spots/bad luck, and finished with a score of 310.55, for first place.

The cycleball games were played between every two or three artistic riding performances, making what at first seemed to be a very strange mixture of quiet & concentration for the artistic riders, and grunting, sweating & noise during the cycleball games. The audience, quiet and placid while the individuals & couples rode would turn rowdy and loud with their car horns & other LOUD noisemakers for the games of team sport. Thus there was a constant switching back and forth of atmosphere, that seemed to somehow work!

There is a diagram of the Cycleball playing area in the Jan.'83 part one of this article. It shows the goal creases and semi-circular lines that are similar to the red & blue lines in ice hockey.

The game is simple. There are two teams of two each, and the object is to get the small fabric ball into the opposing team's net, similar to soccer. The main difference is that the ball may only be moved by the bicycles. If the players touch it, it is taken out by a referee and given to control of the other team. This is what makes cycleball more than just bashing about on bikes, in fact it puts what I've seen of BMX trick riding to shame in all its skillfulness. For this reason it does go well with the kunstfahren (artistic bicycling). The players, in order to get their bikes where they want them to be, are able to make some really crazy moves. The most impressive is a quick-turnaround, where the rider backpedals sharply, then stops, going up onto his rear wheel, and spins around until facing the desired direction, where he comes down and takes off. This is handy if you consider what it normally takes to suddenly be heading the other way! watching the players practicing this, I saw some of them spin one and a half times around before coming down! Another interesting move is the method of going backward when necessary. Instead of just pedaling backward (steering backward involves swerving, which is not accurate to get bike on the desired side of

the ball), the riders hop backward with slight turns of the pedals, keeping them level. They also have to sometimes make quick stops by sliding the bike sideways.

The cycleball bikes have the same wheels and drive systems as the artistic bicycles, though many of them have 48 spoke wheels, because there is often bicycle clashing that results in the sound of popping spokes (ouch!). The saddles are low and far back to be out of the way, and the handlebars are upright for strong leverage. The front forks are straight, but at a much lower angle than the average bike. This makes more of an area behind the axis of the head tube for hitting the ball. It also makes the bike very difficult to steer! Most of the ball hitting is done with the front wheel, some blocking and incidental hitting is done with the rear wheel by jumping sideways.

The goalie (one of the two team members tries to always be in the goal when the ball is at their end) is allowed to hold the ball in his hands. In some cases, the goalie jumps clear off his bike to snatch the ball from entering his net. If he is able to catch the ball and there is no one between him and the other net, he can do a move that is very embarrassing to the other team. He simply drops the ball, and before it hits the ground, he gives it a whale of a hit with his front wheel, usually sending it right into the opposing team's goal!

Peter Rosendahl and I played some UNICYCLE-BALL, and batted the ball around with our unis., but it didn't work so well. With four players, who knows?

The next day was Saturday, Womens Doubles and Mens Singles competitions. I had to go first, at 9:30 in the morning. At least there were few people watching. I did good, except I couldn't keep my wheelie up for a full circle. My starting score was 230.6, and I finished with 225.25, in 15th place. Then was Cheng Fu-Chi with 220.70, and Peter Rosendahl with 219.35. 14th place was Kwong Kwok-Lam with 227.95, 12th was John Held with 241.0, and Luc Tremblay was 11th with 244.55. Above us were the really competitive riders. We knew we were only there as tokens, but we were accepted by the other riders and not even laughed at.

Around 2:00 in the afternoon I went out looking for 400 ASA film and learned one of the harsh facts about Germany. Everything closes at 2:00 on Sat.!! There are no 7-Elevens, no Quick-Picks, not even 24hr Dunkin' Donuts! I was very angry at the moment. Fortunately, I still had film, and returned to the Rhein-Main-Halle, rainsoaked, on my unicycle, to witness the climactic finish of the WM '82.

That evening the macho champions of Mens Singles and Cycleball would be proven, along with the Womens Doubles. It was made especially special by the fact that the German team managed to win the Gold in every single event, in a hall that was filled to capacity by very rowdy German fans. There were no strange twists of fate in the Mens Singles, FRANZ KRATOCHVIL rode through his 330.0 point program, and finished with a score of 328.25, a new record. This was the second to last event, before the final cycleball game, and so the crowd was very worked up and tense. Franz had a couple of rough spots where he almost lost it, making incredible expressions of strain and concentration, while the whole audience went "OOOOO!".

Now let me describe what happened after each of the different competitions was finished. Once the last riders in the category had finished, the whole audience knew who the winner was, and went crazy. The riding area was swarmed by an army of photographers, from pros with Nikons to mindless snappers, with myself somewhere in between. There was a cer-

emony with trophies, medals, flowers, and the playing of the winning nation's national anthem. After each of these, the floor was again cleared for the next event which, in this case, was the final game of RADBALL.

JAN POSPICHIL, (37) and his brother JINDRICH, (40), of the CSSR were the favorites, with over 20 years of training behind them, they just sort of squashed their opponents with bull strength and superior skill (these guys are very big). They were also the cycleball World Champions since 1968! However, the German team of TOMAS & ANDREAS STEINMEISTER were local favorites (of course), and had much cheering and mental push behind them. The game was very close, but the Steinmeisters managed to edge out the Pospichils for a 1982 victory. With each goal the Germans made, almost the entire crowd leapt to its feet and cheered. It was the wildest, loudest crowd I had ever seen!

After all of this was a party in a huge banquet hall with dinner, dancing and drinks. Trophies were also given to all of the participating athletes. During this time a huge crowd of people squeezed their way out of the banquet hall to watch the final parts of the competitions on a small TV that was being watched by two hat-check ladies in the lobby. About 200 people crowded into a not-large space, standing all across the counter and sitting on one another's shoulders for a few exciting minutes of instant replay. Don't know what the hat-checkers did during this!

The party carried on with Mr. & Mrs. Born dancing until at least 4 a.m. John Held and Luc, who walked back to the Youth Hostel, were locked out until the late-nighters arrived to let them in.

The next morning, most of us returned to Ludwigshafen in a semi-alive state. Peter Rosendahl & his Grandfather drove home to Sweden from Wiesbaden. It was a time of preparations for leaving, and goodbyes. John Held still had to ride his bike around in the gym one last time, and managed to do a Handlebarstand for a complete circle, and also rode for a distance standing on his head (head on saddle)! I had to figure out how I would get my standard unicycle & 6', plus 26" uni. and artistic bike which I'd just purchased, into a box. I ended up the next morning at the Frankfurt Airport with a HUGE box weighing 72 pounds, containing all of these plus some other stuff. I'll never know why, but the baggage checker merely raised her eyes, and didn't charge me anything extra! I wasn't about to argue, because I only had \$6 in my pocket. I said goodbye to Stefan and Hans Born, thanking them for an incredibly well-planned and enjoyable two weeks, hoping that I could show them an equivalent amount of hospitality if they ever came to the USA.

I was picked up at Kennedy Airport 9 hours later by USAm's JeanPaul Jenack & Ed Mandel, who helped load my now sagging and broken giant box into the car and away. During my one week stay in New York I got to assist JeanPaul in a one-day residency at the Barton Elementary School (see article, p. 5), where we taught circus arts to a very attentive group of 5th & 6th graders. Teaching circus arts in schools is not only good because it teaches students how to learn other things better and increases their overall confidence in themselves, it also (naturally a unicyclist would say this) is good, in fact necessary for people to be able to use their bodies as well as their brains.

I got to meet about 20 USA members there, including MICHELLE CLINE, EDDIE SAX, JOHN SHADY & family, CORY RIBACK, and many others that have not been mentioned in the Newsletter before. We finally drove to Detroit on Nov. 24, just in time to ride in the Thanksgiving Day Parade.

Since then I have trained on my artistic bike when possible, but this almost always had to be done outside, on pavement that will eventually tear up the tires on my bike. I have also taught some figures to USAm's TERESA HEMMINGER, MARK SCHAEFER, HANS & PETER MILLS, KEN FUCHS and KEN KRAKAT. If I ever get the regular use of a gym around here, I'd like to start the Michigan Artistic Cycling (and Juggling) Club. This will be open to every type of pedal cycle that comes along, including ordinaries, BMX bikes, recumbents and unicycles! Peter Rosendahl is planning on making a trip to Livonia this summer to travel with me to the NUM in July, and then to the IJA Convention. I have also just learned that USAm PETER HOLMGREN will be coming too. Hope USAm DANIEL DUMENG, of Puerto Rico, is able to make it too!

Meanwhile, anyone wishing further information on the subject of artistic bicycling can write to me: John Foss, 18826 Melvin, Livonia, MI 48152. Or, better yet, you can write to Hans born, Gaustr. 77, D-6520 Worms, WEST GERMANY. Anyone wishing to purchase an artistic bicycle can write to USAm Jim Bayliss, 2409 E. Side Drive, Austin, TX 78704. Please send S.A.S.E.

## THE GERMANS ARE COMING!!

USAm HANS BORN has managed to set up tours in the U.S. by two different groups of artistic bicyclists, cycleball players and unicyclists! They need your help. One group will be attending the NUM and then traveling around the state of New York for a week or two afterward. This group will include Hans Born and a group of 4 unicyclists, plus some artistic bicyclists; 7 or 8 in all.

The other group, which will include Stefan Born and Franz Kratochvil, the Mens Single Artistic Bicycling World Champion, will go south from New York to Florida, then up to Indianapolis, where they have a demonstration planned, up through Detroit into Canada and to Montreal. From there they will return to NYC after about 4 weeks. This will be a group of 8.

You can imagine the cost of traveling here from Europe and driving all over the country, and so these people are looking for any USA members, or any other interested parties that might be able to find places for them to stay, and possibly arrange demonstrations of the European cycle sports. If you live in any of the areas where these cyclists will be traveling and you would like to have them stay with you, please write to Hans Born at this address as soon as possible: Gaustrasse 77, D-6520 Worms, WEST GERMANY. They (and we) would be very grateful if some support for these great people, whom your Ed. has met last fall, can be found. And don't worry, they will have English speaking people with them!

### NEXT ISSUE:

Here are a few things which should be appearing in the Summer, 1983 ON ONE WHEEL:  
Unicyclists at the Mardi Gras  
The Mobile Unicycle Club  
More book reviews  
Proposal for Skill Levels 1-10  
Unicycle Racing Article  
The Uniques of Lynwood, Washington  
IUF Report  
More news from all over  
MORE, MORE, MORE!

And now your Editor must get busy. . . bye!



UNICYCLING SOCIETY  
of AMERICA, Inc.  
P.O. Box 40534  
Redford, MI 48240



# The UNICYCLING SOCIETY OF AMERICA, Inc.

## AIMS:

To foster social and athletic interest in and promote the healthy, wholesome sport of unicycling among youth and adults of the country by establishing voluntary standards of performance and sponsoring and overseeing local and national meets.

To disseminate knowledge and information on all phases of the sport to all interested parties throughout the country via a newsletter and information service.

24"

20"

28"



WAUKEGAN ONE WHEELERS

**"Hey, this is the back!"**

(Unfold newsletter and start reading from the front!!)

### ACHIEVEMENT LEVELS

#### RIDER LEVEL

Able to ride unicycle forward; not able to self-mount.

#### LEVEL 1

Mount unicycle unaided  
Ride unicycle 100 yards  
Dismount gracefully with unicycle in front

#### LEVEL 2

Ride 25 feet between 2 parallel lines one foot apart  
Ride in a figure "8" staying within 10 foot diameter circles  
Ride down a 6" curb or ramp  
Mount with "other" foot (foot not usually used by rider)

#### LEVEL 3

Ride 50 yards backwards  
Ride 50 yards one foot  
Rock 50 times (forward and back = one count)  
Ride one mile forward in less than 8 minutes

#### LEVEL 4

Ride through regulation obstacle course in less than 40 seconds  
Rock 25 times one foot (forward and back = one count)  
Ride forward, hop over a 2" by 2" obstacle, and continue riding forward  
Ride for 30 seconds while continuously performing one additional skill (juggling, baton twirling, playing instrument, etc.)