



# On One Wheel

Volume XVIII Number 2 1992 Spring



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.

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# On One Wheel

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**Cover**

The membership was asked to identify the 3 persons on the cover of the last issue of OOW. While the 2 on the left posed no problem (WALTER NILLSON in formal attire and HENRY FORD on the square-tired bike), the 3rd gentleman was not JOE MOLE as suggested by one member but half of the team of Olson and Johnson. Joe Mole, whose son Joe Mole, Jr. (Duane Lyons) is a USA member, is the subject of an article in BILL JENACK's Newsletter, (now OOW) Vol. 2, no. 1. For the cover of this issue see article next page----->

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YOU DON'T NEED A LOT OF PADDING ON YOUR SEAT TO RIDE THE "SLICKROCK TRAIL" in Moab, Utah because you don't spend much time sitting on it!! It is known as a

mountain bike trail and is marked by white dashed lines over the natural sandstone rock with its natural bumps, turns and slanted terrain. The STEEP ups and downs of this trail make it a trail for the advanced rider. I'm Level 6 and I still "dismounted" many times to strategically relocate my unicycle or even to walk over a five-foot section here and there. Many areas were so steep I needed to zig-zag my way up - but going down was a kick!

The scenery is awesome and among the best in the West!! The trail stays high giving one panoramic views of the canyon country. A short side tour ends with a skull and cross-bones warning to dismount. Walking the final 50 feet allows one a peek down into a lush green box canyon. Wonderful! The scenery gave me lots of good excuses to stop for some much needed rest. I rode the 2-mile "practice loop" of the Slickrock Trail in about 2 hours. There are more miles of trail for the hardy!

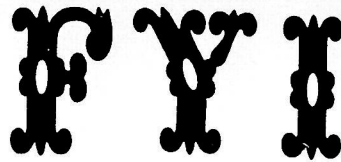
If you plan to go, practice riding up and down steep grades; take gloves, a helmet, plenty of water; be in good shape; and call me in Moab, Utah. Sally (White) Wackowski - (801) 789-8658.

(ed. note: An excellent source of information for a trip on the likes of "Slickrock" is the 22-minute video by George Peck entitled: ROUGH TERRAIN UNICYCLING. This is available for \$15.00 by writing to:

THE UNICYCLE FACTORY  
2711 N. Apperson  
Kokomo, IN 46901

\*\*\*\* Add \$7.50 for foreign Air Mail \*\*\*\*

On the use of helmets for unicycle riding that was raised by STEVE ARNOLD, a teacher in Lake Oswego, Oregon, (see OOW, XVII, no. 3, p. 18) Sally wrote the following:  
"I don't need statistics about the need for helmets on unicyclists. I taught hundreds of unicyclists from age 7 up and never saw a head injury . . . until my 5-year-old took his second solo. The stitches on his head destroyed his enthusiasm for about a year. His sister (4) and he (6) now both ride with helmets, kneepads, elbow pads and gloves. I have seen all of these pads get lots of abuse, but my kids just get on and start riding again. Perhaps older kids are more experienced at falling, but I vote for helmets. A beginner does not know the hazards of riding or what reasonable protection is needed, so the safety of new riders is largely the responsibility of the instructors."



**WHAT DOES THE EXPIRATION CODE MEAN ON MY ADDRESS LABEL?**

Volume XVIII (18) are the four issues of ON ONE WHEEL that will be printed in 1992.

- Issue No. 1 (winter)
- No. 2 (spring)
- No. 3 (summer)
- No. 4 (fall)

The expiration number beside your name indicates the LAST issue you will receive unless you send in money for renewal. Your last issue is marked in 3 ways:

- The expiration code is highlighted
- The back cover is stamped . . .
- Final issue - Renew today
- A renewal card is stapled in the issue

While we cannot offer "life-time" memberships, renewing for more than one year is ENCOURAGED!

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**WHY ARE THE IJA CONVENTION AND THE NATIONAL UNICYCLE MEET ON THE SAME WEEKEND IN 1992?**

An unexpected quirk in the 1992 calendar caused this conflict. It was a surprise and the realization came too late to make changes. This will not happen in 1993! The IJA Convention, scheduled in N. Dakota, will be July 20 through July 24. The National Unicycle Meet to be held in Michigan will not be scheduled for that same weekend.

\*\*\*\*\*

**CAMPING FACILITIES AVAILABLE NEAR 1992 NUM**

The 1992 National Unicycle Meet is brim-full of activities and staying on campus is almost a necessity to prevent missing competitive events. However, for those who wish to camp, both urban and rural campgrounds are available within a reasonable traveling distance. For a list of these facilities send a SELF-ADDRESSED STAMPED ENVELOPE to: St. Anthony Village U.C. P.O. Box 18901 - Minneapolis, MN 55418 (Motels were listed in the last issue of OOW.)

\*\*\*\*\*

Oops! JAN LAYNE was the over-50 racing champ at the 1991 National Unicycle Meet.



## 1992 NATIONAL UNICYCLE MEET "MINNESOTA" RULES SUMMARY

### RACING (separate events for boys and girls)

1. Age Groups 0-6 (16" wheel);0-8 (20" wheel);9-10 (20" wheel);0-12;13-14;15-16;17-18;19 & up;30-39;40-49;50 & up; Jr. Expert; EXPERT
2. Wheel size 24" maximum unless otherwise noted-you must use same size wheel for all racing events
3. Events Long (1600m-Ages 11 & up; 800m-ages 0-10; 400m-ages 30 & up) --Choose one only  
Backward (50m fast; 10m slow) --Choose one only  
Wheel Walk (10m-ages 0-10; 30m-ages 11 & up) --Choose one only  
Other ( 200m;100m;50m one ft.;official obstacle course;10m slow)--Choose up to 5
4. Scoring 1st place--8 pts.; 2nd place--6 pts.; 3rd place--4 pts.; 4th place--2 pts.; 5th place--1 pt.
5. Awards Individual Events: Medals for 1st, 2nd and 3rd places; Ribbons for 4th and 5th places  
Overall Age Group Winners: Trophies awarded for first three places
6. General Kneepads and gloves are mandatory for all races--helmet mandatory for fast backward  
Riders must compete in the same age group for all racing events  
The three groups of over 30 riders ride separate only in the 400m, 200m and 100m races.

### INDIVIDUAL FREESTYLE (Separate events for boys and girls)

1. Age Groups: 0-6; 7-8; 9-10; 11-12; 13-14; 15-16; 17-18; 19-29; 30&up; Jr. Expert; EXPERT
2. Time Limits Ages 0-14 (except jr. expert)--2 minutes; 15 & up (also Jr. Expert & EXPERT)--3 minutes
3. Awards Each age group: Trophy for 1st; medals for 2nd and 3rd; ribbons for 4th and 5th
4. General You need not compete in the same age group in singles and pairs--awards are separate

### PAIRS FREESTYLE

1. Age groups and time limits the same as for individual freestyle
2. Age group is determined by the older rider ; EXPERT the oldest group and Jr. Expert next oldest
3. Awards Each age group: Trophy for 1st; medals for 2nd and 3rd; ribbons for 4th and 5th
4. General You need not compete in the same age group in singles and pairs--awards are separate

### STANDARD ARTISTIC (Separate events for boys and girls)

1. Age Groups 0-12; 13-18; 19 & up (each age group has 4 categories as noted below)
2. Required skills (These skills must be a part of the overall routine. They may be done all together, or mixed with the other skills the rider chooses to perform in the routine.)  
Category I: Mount, Circle to the left and right, Dismount  
Category II: Side mount, Figure "8", Idling 5 times with each foot, Ride backward in a circle.  
Category III: Kick-up mount, Seat in front in a circle, One-foot in a circle, wheel walk 10m  
Category IV: Seat in front backward figure "8", Backward one-foot in a circle, wheel walk one-foot in a circle, Pirouette
3. Time Limits Categories I & II--2 minutes: Categories III & IV--3 minutes
4. Awards Each age group category: Trophy for 1st; medals for 2nd and 3rd; ribbons for 4th and 5th
5. Equipment A single "standard" unicycle may be used-- no props--music and costume are not judged
6. General Awards in this event are separate from other artistic events  
Age 19 and up--category IV is considered EXPERT and is open to all ages

### GROUP FREESTYLE

1. The maximum time is 3 minutes and the minimum number of riders is 3 people.
2. Each rider may enter this event only once.

### CLUB SHOW (clubs must be official USA Affiliates--write to USA P.O. Box for info if not an affiliate)

1. The maximum time limit is 6 minutes and the minimum number of riders is 5
2. All riders must be members of the unicycle club. All riding club members need not be used in routine.

### PARADE

1. The minimum number of riders is 5
2. Each individual may enter only once

### RACING TEAMS

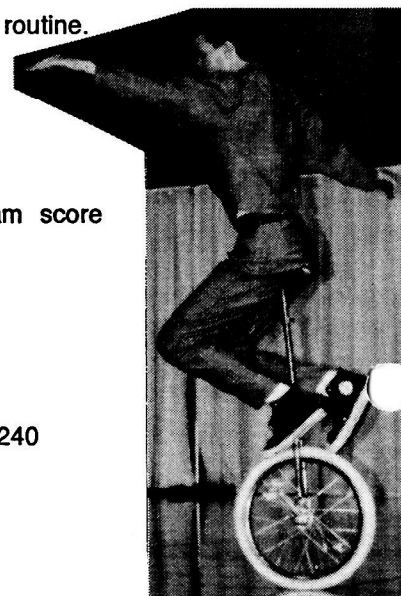
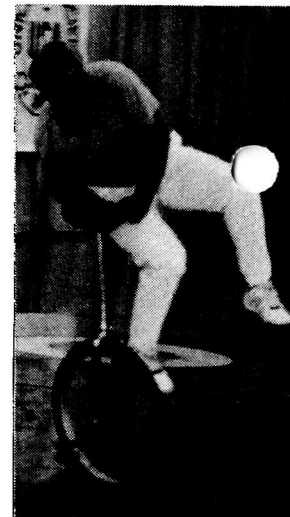
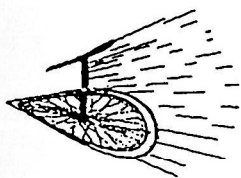
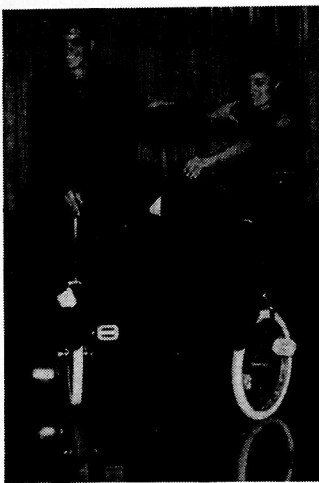
1. Clubs, or groups of riders, can register as racing teams.
2. The racing scores of the 10 highest scoring riders from each team are totaled to determine team score

### PERFORMING AREA (artistic riding events)

1. The size of the area for individual and pairs events is 14m wide and 11m deep
2. The size of the area for club and group events is 30m wide and 20m deep
3. Riders or groups going outside the above boundaries may get a reduced score.

### GENERAL INFORMATION

1. Age groups, awards, etc. may be modified depending on total number of registrations.
2. A set of USA rules can be obtained for \$2.50 from: P.O. Box 40534; Redford, Michigan; 48240
3. For additional information call: Jim Bernard at 612-636-4201
4. All participants must be members of the Unicycling Society of America; Inc.





ARTICLE REVIEW: ERVIN HALL  
 from JUGGLER'S WORLD  
 Spring, 1992



Members of USA/IUF have often read about well-known vaudevillian Mel Hall. Most can recite the story about Mel's teaching his daughter Jeannine to ride the unicycle when she was just 18 months old. And, of course, it was Mel who taught both a chimpanzee and an ape to ride "on one wheel."

But not nearly as much is known about his son Ervin, who is listed in "Ripley's Believe It or Not" as the youngest boy to learn to ride a unicycle. He was just 2 years old when he accomplished this - aided by a device invented by his dad.

This fascinating article by Mariah Skinner tells the story of the Hall family and young Ervin who, at age 6, added juggling to the unicycle act he had with his family. Rings was his specialty and each year he added another ring to the growing number that he spun around arms, legs and a mouthstick as he idled on his giraffe unicycle. His ultimate goal was 14. But (and this is good advice for any entertainer) it was so difficult that only the professional could appreciate it. So when you see this 44-year-old performer now, it is 12 rings that he keeps in perpetual motion along with the wheel on his uni.

As with most successful performers, Ervin's talents do not end with rings and a unicycle. He is an accomplished clown who is most effective dressed in suit and tie. Ervin's parents made sure that their children had skills other than those of the entertainer. His mother was the 8th generation of entertainers who traveled world-wide. Ervin developed linguistic abilities from her. His dad taught him welding, which made it possible for him to create his own juggling props.

From a member of one of the youngest performing groups through the awkward period of "has been" child star, Ervin has developed his own act that can vary from 3 to 25 minutes. In addition to his own talents, he sometimes includes a trained baboon who, of course, is also a gifted cyclist.

JUGGLER'S WORLD is the publication of the International Jugglers Association, Inc. For membership information write: Tom Bennett, Box 3707, Akron, OH 44314. Cost of a new membership is \$25.00; single issue, \$3.00.

CONGRATULATIONS!!! KAREN, NICK & GINA

Called a "Messamer Original Production" the announcement (below) heralded the arrival of Marcus, son of USA Treasurer KAREN MESSAMER and her husband, Dr. NICK. Congratulations to all!

*I'm a "Big Sister"*



*Announcing the Arrival of:*

MARCUS ALAN CHRISTENSEN  
 MESSAMER

February 9, 1992

8 lbs. 2-1/2 oz. 21" long

Sister: Gina Marie

Dad and Mom: Nick & Karen

\*\*\*\*\*

actual size NEW PINS AND CHARMS HAVE ARRIVED!



With far more detail than their predecessor these sterling silver or gold plated pins (with butterfly clasp) and charms are now available through USA for:

\$5.50 (sterling)  
 \$6.50 (gold plate)

(Price includes shipping.)

Order yours by writing "pin or charm" - "sterling or gold plate" - on the order form, back page of this issue. Plan ahead: order them now for unicycle club awards banquets or class graduation gifts. Or plan to purchase them at the 1992 National Unicycle Meet.

Also available at the NUM will be a "Bargain Bin" of publisher's overstocks - issues of NEWSLETTER or ON ONE WHEEL that the USA has in excess. These will be sold for \$.50 per issue. Available in limited supply will be complete sets (68 issues) for \$50.00.

## NORTHWEST CORNER

by **Rob Brown**

12505 SW N. Dakota #1306  
Tigard, OR 97223



Imagine living in Los Angeles. You're a unicyclist. You work hard at being your best on the uni - amid a sea of rollerblades, surfboards, Hondas and BMWs, all racing off to the local beach, S&L, condo development or tanning salon. (They need tanning salons?)

Now imagine moving away. To Oregon. Replace the sun with rain. Lots of rain. Replace the BMWs with minivans and rusted Chevys, the surfboards with windsurfers, and the tanning salons with - more tanning salons. (You need them here.)

You need to ride. But how are you going to walk the wheel on a rain-slicked whitewall?

Unbelievably, to me anyway, there is a major unicycle movement right here in Portland, thanks to a couple of elementary school teachers. **STEVE ARNOLD** of Westridge Elementary and **ERIC LIDER** of Lake Grove Elementary are P.E. teachers who now have in excess of 20 children riding unicycles at each school. Most are in the 5th and 6th grades. Steve Arnold started his class 6 years ago after seeing the classes taught at Seattle Public Schools. He didn't learn to ride until he had decided to teach a unicycle class! Steve and Eric have combined their students and alumni for parades - once entering more than 70 riders in the Portland Rose Festival Children's Parade. More than 70! Jeez!

So, how come it took me a year to find this WOW!-sized group when they're only five miles down the road?

Happily, anyway, we have met. Steve Arnold was eager to have me visit his class. The kids, being totally isolated from the Unicycling Society and the I.U.F. were wild to see tricks from all 10 levels and beyond, as well as the big wheel and the ultimate wheel. Due to the sheer number of riders, I found myself suddenly feeling very much like I was at a NUM again!

Please give Steve, Eric and the kids a warm welcome to the Unicycling Society. I hope they all can join and that you will see some of them at a meet someday.

OK, so all these kids have a dry place to

ride, but according to George Peck the environment is no excuse (see p. 3, this issue) Have you seen his all-terrain equipment? He can go anywhere; but I find dry flat pavement. Miyata whitewalls and Conver hi-tops are much more conducive to gliding, coasting and 360's. Luckily, there is a nearby paved schoolyard with a roof, the size of a few basketball courts. Always dry; always lighted. Thank goodness! Then there's the Portland Jugglers (name subject to imminent change), a brand-new affiliate of the I.J.A. We meet at Reed College and they allow unicycles in the gym! Many "professional" jugglers go there. Due to Portland's location between Seattle and San Francisco we get a lot of contact with the world of performing. Oregon and Washington have many festivals, too, which keeps a lot of juggler-types busy most of the year.

There's so much going on that I have even been swept up in the performing action. I'll be riding in an offbeat piece with a local dance/comedy/acrobatic troupe, DoJump, once or twice a month until summer. They also added a unicycle class to their schedule of circus skills classes; so I'm teaching again!

Excellent! Travellers, please put Portland in the Northwest on your itinerary, any time of year. Bring your uni's and check out the scene.

(OOW regularly reports on schools that are using unicycles in their P.E. programs. Add the following to this growing list:

**JIM HOYER** (Medford, OR) ordered the IUF Achievement Skill Level video and wrote:

"Thank you . . . for your excellent magazine. It has been a big help in renewing my interest in unicycling as well as encouraging me to teach unicycling to my 4th-grade class."

**LINDA BRYANT** (Roosevelt Elementary School, Spokane, WA) began a unicycle and juggling club 2 years ago. She needs help:

"The students quickly progressed past my knowledge and I need help in where to take the children in this coming year."

**NANCY HAINES, SND** (Sisters of Notre Dame, New Britain, CT) wrote:

"I'm struggling to learn to ride a unicycle so I can teach my elementary students."

and **RUSS GIBSON** (Fern Creek High School, Louisville, KY) requested instructional material to help in teaching unicycle riding because:

"Our school recently purchased unicycles.")

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**HOW**

can I be certified for the IUF Skill Levels when I live miles from any qualified unicyclist? This question was asked by both ABIGAIL FEEKES (Harlan, IA) and DUSTEN GALBRAITH (Silvis, IL). It takes a qualified person to certify completion of all but, possibly, Level I. People are available at National Unicycle Meets to do this. But if a rider is unable to attend a NUM, there is no prescribed certification method at this time. Certification by mailing a video to a qualified person was discussed at the 1991 Annual USA, Inc. Meeting but no conclusion was drawn. Do members have any ideas on this?



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**WHO**

was the oldest rider to begin Level certification? asks DUSTEN GALBRAITH. At age 42 he is laboriously working on the free mount to qualify for Level I. The "RIDER" patch is all 52-year-old H. CURTIS BROUGHTON (Largo, FL) is hoping to achieve. He writes, "I have a Larun Skate Bike. That's the one that looks like a uni but has coaster brakes and skate bike wheels up front. I can ride this with no trouble at all and it has given me confidence that I will master the uni." He adds that reading the books available through USA has helped him but he knows the bottom line is: PRACTICE . . . lots of it! 64-year-old BRUNO HAUCK (Sterling Hgts., MI) began riding while awaiting knee-replacement surgery due to an arthritic condition. When heart by-pass surgery was necessary first, he had to put aside his 24-inch unicycle for a few months. But as soon as he received doctor approval, he was back practicing. What got him going, he says, was a switch to a 20" wheel. He now practices tirelessly with the side benefit of a lower cholesterol level than he has had for many years.

While W.S.C. COX (Grande Prairie, Alberta, Canada) may not be interested in achieving various levels, he is an inspiration to the middle-agers who are attempting to ride. He wrote, "I am enclosing a photograph of myself in the August, 1991, parade in Grande Prairie. My two helpers (my son and his friend) can be seen in the background with the ladder. It is a favor they do for their dad every year! The unicycle was built by TOM MILLER. I took up unicycling at the tender age of 49 (I am now 53)," The picture (top, right) is of Mr. Cox followed by his uniformed helpers.

?

**HOW**

can I promote myself? asks KEITH RAY (Hungerford, TX). Rob Brown ("Northwest Corner" in this issue) told how association gained him a job teaching unicycle riding as well as a small riding part in a local production. STEVE CURTIS got his start (performing for birthday parties) by giving programs at the local library. He combined his unicycle riding with balloon sculpture, juggling and magic. Volunteering to perform (nursing homes, church, Scouts, etc.) gives you an opportunity to polish your routine and makes the public aware of your talents. Be sure to have fliers or business cards readily available at these functions. These do not need to be expensive. Computers, copiers and brilliant paper make it possible to create artful, inexpensive handouts.

Keith, who became a member through TOM MILLER and THE UNICYCLE FACTORY, also wants to know about different styles of unicycles. If he knows Tom, he knows the master of the unique uni. However, he can pick up many ideas by reading JACK WILEY's UNICYCLES AND ARTISTIC BICYCLES ILLUSTRATED (available through USA, see "order form" in this issue). This 168-page book is filled with computer-generated pictures of unique one-wheelers along with sketches of unusual unicycles and bicycles from the past.

For a brief description of all of the books available through U.S.A., Inc., or a list of the 10 I.U.F. Levels, send a self-addressed stamped envelope to the USA P.O. Box.





C N  
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U W  
B S

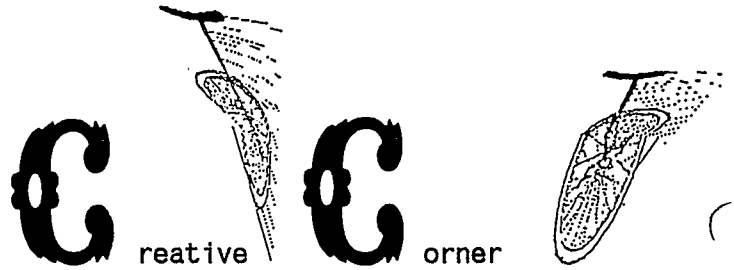
Members who regularly attend NUM's know the great size of the **WOOD ONE WHEELERS** (Bowling Green, OH). At the 1991 NUM they had 75 riders on their roles and this year's begin-

ning class has expanded that number even more. With that many riders, much parent support is necessary. The Club letterhead names the parents and their office in an impressive list down the left-hand side of the paper.

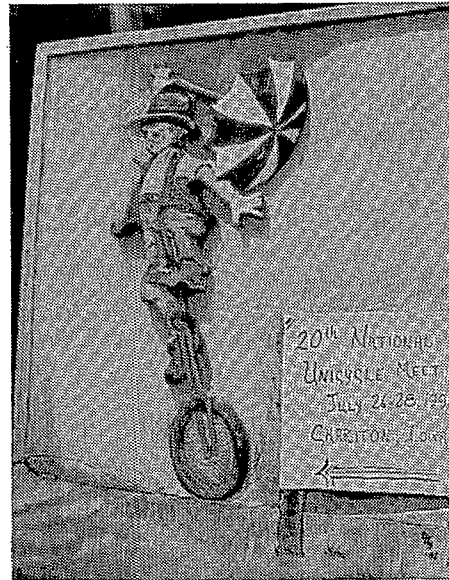
Congratulations to **THE REDSTICK RIDERS** [Baker (near Baton Rouge), LA] who were featured both on the cover and in the centerfold of the March 6, 1992 edition of **FUN**, the newspaper magazine put out by Capital City Press. ["Red Stick," by the way, is the English translation of the French words "Baton Rouge."] The color photo's caught riders playing basketball, riding giraffes, juggling and riding in formation. The accompanying article said the club began in 1989 due to the admiration Nelda Davis had for the 4-H Unicycle Club that was so active in her home state of Ohio. The Redstick Riders originally met outside the Davis bicycle shop but they now rent a gym every Monday evening, so that practices may go on rain or shine. To cover the cost of gym rental, each family pays \$5.00 per month for the first rider and \$2.50 per month for any additional rider. Families are required to become members of the USA and the IUF Levels are stressed at practices.

A number of unicycle clubs use a tri-fold publicity handout similar to the one RSUC has. The tri-fold includes information on what to look for when purchasing a unicycle, basic facts about learning to ride and information about the Club as well as USA.

Pictures, of course, are worth 1,000 words and the tri-fold has a number of photo's. If you are interested in putting together something like this, picture quality can be greatly improved by using a "Copyscreen-2," put out by Graphic Products Corp. The screen, which is available in some business supply stores, costs less than \$4.00 and, when used with a photo on a copy machine, simulates the half-toning done by professional photographers.



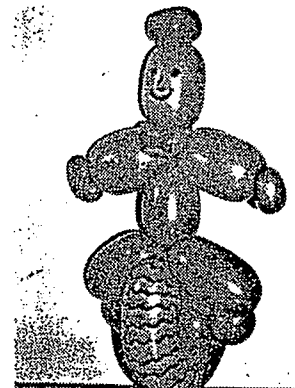
Both of your editors have recently requested unicycle art - 2 dimensional or 3 - to be shared with members of USA and IUF. We would be cheating our membership if we did not print a picture of some of the wonderful wood carving done for the 1991 National Unicycle Meet by a woodcarvers' club in Chariton, IA. This



plaque, carved from a single piece of wood, was donated by the club members to be used as one of the coveted raffle items at the 1991 NUM. The impish unicyclist sports a jaunty derby while brandishing a brightly colored umbrella. Available for sale at this meet were beautifully carved unicycle figurines.

Using a different medium - but just as much skill - is the balloon-sculptured unicyclist presented to your

ON ONE WHEEL ed. recently by **DONNA COLE** (Rochester Hills, MI). With directions from **STEVE CURTIS** (Troy, MI), Donna created the rider and unicycle from a single balloon. The personality of the rider and the details of the unicycle were skillfully added with permanent marking pen.



In the future all personal artistic endeavors should be sent to **JOHN FOSS** for his column "Unicycle Art." Your OOW Editor will report on commercially made unicycle items. This will include a holiday tree of unicycle decorations in the fall issue. Contributions for either column may be mailed to: Editors, P.O. Box 40534, Redford, MI 48240.

TO BE FILLED OUT BY EACH RIDER

1992 National Unicycle Meet  
July 24-26, 1992  
St. Anthony Village Unicycle Club

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age on 7-24-92 \_\_\_\_\_

Address \_\_\_\_\_ Phone ( )- \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

USA Membership Number \_\_\_\_\_ Club/Group Affiliation \_\_\_\_\_

RACE CATEGORY Age Group: Jr. Expert: Expert ARTISTIC SINGLE CATEGORY Age Group: Jr. Expert: Expert  
Circle One Circle One

INDICATE EVENT PREFERENCES (\*means no points awarded)

<u>Friday Events</u> (1:00 p.m.)	<u>Saturday Events</u> ( 8:30 a.m.)	<u>Sunday Events</u> (8:30 a.m.)
_____ 50m Juggling*	_____ 100m	_____ Ind. Routines
_____ 50m Ultimate Wheel*	_____ 50m One Foot	_____ Pairs Routines
_____ 400m Relay*	_____ 10m Wheel Walk	_____ Group Shows
_____ 800m	_____ 30m Wheel Walk	
_____ 1600m	_____ Slow Forward	
_____ 400m	_____ Obstacle Course	
_____ 400m Non-Rider	_____ Ind. Routines	
_____ 200m	_____ Group Parade	

THE FOLLOWING EVENTS MUST BE REGISTERED FOR IN ADVANCE (no changes after July 1, 1992)

- A. Backward Race (Choose One Only): \_\_\_\_\_ Slow Backward  
\_\_\_\_\_ Fast Backward (helmet required)
- B. Singles Artistic (Choose One Only): \_\_\_\_\_ Freestyle  
\_\_\_\_\_ Standard (Circle Category) I II III IV
- C. Pairs Artistic(Compete at Highest Category) \_\_\_\_\_ Partners Name  
\_\_\_\_\_ Partners Category

WAIVER OF LIABILITY

1992 21st National Unicycle Meet Release Form

In consideration of the St. Anthony Village Unicycle Club, the Unicycling Society of America, Inc, and all other sponsors, agents, and representatives organizing and conducting the National Unicycle Meet, on July 24-26, 1992, at Bethel College, Mounds View High School and St. Anthony Village, and allowing me to participate in the said meet, I hereby waive, release and discharge forever, said St. Anthony Village Unicycle Club, The Unicycling Society of America, Inc, and its sponsors, agents and representatives from all claims, demands, rights and causes of action of whatsoever kind and nature arising directly from any and all known/unknown, foreseen or unforeseen, bodily and personal injury, damage to property, and consequences thereof resulting from my participation in said National Unicycle Meet. I assume all risks of injury or mishap resulting from my participation and covenant, not to sue the aforementioned parties for said injuries and/or damage. I also permit you to provide, furnish or engage emergency medical treatment to me or my said son or daughter. I give permission for the use of my name and/or picture in any broadcast, telecast or other account of this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent or Guardian (If Participant is Under 18) \_\_\_\_\_

**TO BE FILLED OUT BY EACH FAMILY UNIT**

Name \_\_\_\_\_

1. Registration-\$15/rider(staying on campus); \$18/rider(not staying on campus) Total Reg. Fee\_\_\_\_\_  
 Late fee (after 6-1-92)-add \$5 to above amounts

2. Lodging Reservations for Bethel College (We encourage everyone to stay on campus)

a. Dormitory (Sleeps one or two) (youth ages 12-18; child ages 3-11)

#	Nights	Rates	Total \$	Names
Adults	_____	x\$15=	_____	_____
Youth	_____	x\$12=	_____	_____
Child	_____	x\$6=	_____	_____
Single	_____	x\$18=	_____	_____

Total Dorm Fee\_\_\_\_\_

Indicate Roommate(s) if not on this form\_\_\_\_\_

b. Townhomes (sleeps 4-6) (youth ages 12-18; child ages 3-11)

#	Nights	Rates	Total	Names
Adults	_____	x\$15=	_____	_____
Youth	_____	x\$12=	_____	_____
Child	_____	x\$6=	_____	_____

Total TH Fee\_\_\_\_\_

Indicate Roommate(s) if not on this form\_\_\_\_\_

3. Meal Reservations (Child ages 3-11): NO REFUNDS after 7-1-92: No meals Friday

**SATURDAY**

	#	Adult	#	Child	Total Meals	Total Cost
Breakfast	_____	x3.75	_____	x2.00	_____	_____
Lunch	_____	x4.75	_____	x2.50	_____	_____
Dinner	_____	x6.50	_____	x3.25	_____	_____

**SUNDAY**

	#	Adult	#	Child	Total Meals	Total Cost
Breakfast	_____	x3.75	_____	x2.00	_____	_____
Lunch	_____	x4.75	_____	x2.50	_____	_____
Dinner	_____	x6.50	_____	x3.25	_____	_____

Total Meal Fee\_\_\_\_\_

Minimum deposit on Meals/Lodging is \$30 due at registration

4. 1992 NUM T-Shirts/Biker Hats

Adult/Youth Sizes: \$10/Shirt Adult Size XXL: \$12/Shirt

Youth: Sm\_\_\_\_\_ Med\_\_\_\_\_ Lg\_\_\_\_\_

Adult: Sm\_\_\_\_\_ Med\_\_\_\_\_ Lg\_\_\_\_\_ X-Lg\_\_\_\_\_ XX-Lg\_\_\_\_\_

Total Shirt Fee\_\_\_\_\_

Biker Hats: \$5/Hat; one size fits all\_\_\_\_\_

Total Hats Fee\_\_\_\_\_

No Refunds after June 1, 1992

TOTAL COST\_\_\_\_\_

Send: Rider Registration Form  
 Family Registration Form  
 Full fees for Rider, T-shirts and hats  
 \$30 (or more) for meals and lodging

Payable to: 1992 National Unicycle Meet  
 (send one check for all fees)

To: St. Anthony Village Unicycle Club  
 P.O. Box 18901  
 Minneapolis, Minnesota 55418

For Further Information: Call Jim Bernard  
 (612)-636-4201

Balance of Lodging/Meal payment due by July 1, 1992



# Unicon VI - Sixth International Unicycle Championship

# Registration Form to send back

This Registration Form may be reproduced without permission from Tournoi Unicon 92.

**Personne in charge:**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

**Participant:**

L name: \_\_\_\_\_

F name: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

City: \_\_\_\_\_

Country: \_\_\_\_\_

Zip code: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Birth day: \_\_\_\_\_

Age on August 4 1992: \_\_\_\_\_

Sex: \_\_\_\_\_

**Races** (Please mark the items in which you wish to participate):

Age categories:

- 0-10  19-29
- 0-12  30-39
- 13-14  40 and up
- 15-18  expert

Wheel size:

- 0-10 years old 16" Min. crank arm length 4,5 inches
- 0-18 years old 20" 4,5 inches
- 11 years old and up 24" 5,0 inches

- 100 m.  ultimate wheel race
- 400 m.  coasting (expert only)
- 800 m. (16", 20")  downhill gliding
- 1500 m. (24")  slow forward 10 m.
- UMX (1-2km)  slow backward
- obstacles races  50 m. one foot
- marathon (8-10 km)  30 m. walk the wheel (24")
- 30 m. walk the wheel (24")  10 m. walk the wheel (16", 20")
- 100 X 4 relay

Only underline races are available for 0-10 years old.

Kneepads and gloves are mandatory for all races.

**Artistic** (Please mark the items in which you wish to participate)

Age categories:

- 0-10  0-12  13-14
- 15-18  19-29  30 and +
- expert

Standard skills and/or

- Freestyle
- individual:
- pairs

Partner name \_\_\_\_\_

Age \_\_\_\_\_

group

Partner's name \_\_\_\_\_

Ages \_\_\_\_\_

If there is less than 3 persons for a category, we may change categories.

**Unicycle basketball**

Participation of your team:

- Yes  No

Name, address person in charge: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Team's name: \_\_\_\_\_

# Unicon VI - Sixth International Unicycle Championship

# Registration Form to send back

**Shows:**

You are invited to participate in the International Unicycle Day which will be held in Quebec City August 4, 1992 and also for other activities during the week. A selection of variety shows will be presented in front of a large public.

I am to  Yes  No give a unicycle demonstration.

If yes, please answer the following questions:

Type of demonstration: \_\_\_\_\_

Duration: \_\_\_\_\_

Name of participants \_\_\_\_\_

Try to be as precise as possible and join any written or visual documents concerning your show. Thank you.

**Miscellaneous**

- Registration fee: 20,00\$ (canadian) per participant \_\_\_\_\_

- Accommodation cost: Participant(s): \* \_\_\_\_\_ \* 10,00\$ = \_\_\_\_\_ (no. pers) (no. days)

Relative(s): \* \_\_\_\_\_ \* 13,00\$ = \_\_\_\_\_

- Please reserve me one or several t-shirts:

Yes  No

S M L XL = X 15,00\$ = \_\_\_\_\_

Total = \_\_\_\_\_

Please send your Registration Form and payment (money order in canadian dollars) to:

Tournoi Québec Unicon  
1428 St-Luc

Ancienne-Lorette  
Quebec, Canada G2E 1V3

Phone: 418-872-1960 Fax: 418-656-5749

Do not hesitate to write to this address if you need more information.

If possible, please confirm the date and time of your arrival and departure and your flight numbers. This way we will be able to give you a better service.

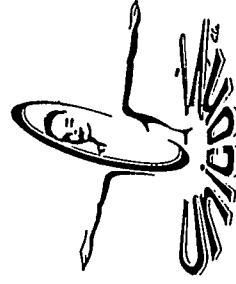
Arrival date and time \_\_\_\_\_ Flight \_\_\_\_\_

Departure date and time \_\_\_\_\_ Flight \_\_\_\_\_

REGISTRATION TIME DATE:

15th APRIL 1992

Please send your Registration Form as soon as possible to help us to organize the event. Thanks for your cooperation. Hoping to meet you next August in Quebec.



THE INTERNATIONAL UNICYCLING FEDERATION

# Unicycling

Quarterly



MIT SENSATIONELLER NEUHEIT  
EINRAD HANDSTAND-FAHREN AUF DEM DRAHTSEIL

 INTERNATIONAL  
UNICYCLING  
FEDERATION

Vol. 6 No. 2 Spring, 1992





# On the Cover:

## REINO

As you can see, we have a new name, *UNICYCLING QUARTERLY*. We can now call it that, because now we're reasonably sure our publication *will* come out four times a year! Our cover features what may have been the most difficult unicycle feat ever accomplished, Swedish performer Reino riding an ultimate wheel, with his hands, on a slack wire! If this is not the most difficult unicycle feat ever performed, we welcome pictures and stories about others!

Your editor has little information about Reino. The picture was sent to him from Jack Wiley some years ago, and it's a 1952 advertisement, in German, for Reino performing in Sweden. In a 1986 interview with unicycling innovator Joake Malm of Sweden, your editor learned that Reino (at the time) was still performing, and that Joake had met him at one time. He told that Reino had last performed the ultimate on the wire in Moscow, for a standing ovation, probably in the early 1960's. He stopped performing the trick because, in Joake's words "The audience had no idea how extremely difficult and dangerous it was, and how long it took to learn."

The Reino postage stamp is part of a Swedish issue from 1987, celebrating 200 years of Swedish circus. To your editor's knowledge, this is the only postage stamp in the world featuring a unicyclist. Is this true, stamp collectors? *Editor's note: Joakim (Joake) Malm, who is pictured on p. 4 of the Miyata book ANYONE CAN RIDE A UNICYCLE, is credited with the invention of coasting as a unicycle trick, and "Swedish style" unicycling, which generally consists of fast-paced innovative skills on a 20" wheel with a low saddle.*

## International Calendar:

Major unicycling events around the world. We are looking for upcoming events in other parts of the world!

- June 27-28 2nd Bremen Unicycling Convention, Germany. Uni. rally, hockey, workshops, buffet, open stage, party. Bremen University sports halls. No black tires please. Contact: Zentrum für Hochschulsport, W-2800 Bremen 33, Germany. Tel: 0421 2183457, or Jens Stemming, 0421 353698. Price: DM25.
- July 24-26 USA National Unicycle Meet, St. Paul, MN. See registration form in this issue.
- August 3-9 World UNICON VI, Québec, Canada. See registration form in this issue.

**UNICYCLING QUARTERLY:** Volume 6 No. 2, Spring, 1992. Published quarterly inside **ON ONE WHEEL, UNICYCLING QUARTERLY** is the official English-language publication of the International Unicycling Federation, Inc. **PRESIDENT:** Jack Halpern. **SECRETARY/TREASURER:** Al Hemminger. **DIRECTORS:** Jean Ascher, Paul Fox, Alberto Ruiz. **EDITOR:** John Foss. 1992 **CONVENTION HOSTS:** Normand Beaumont and Nathalie Noël. Entire contents copyright © 1992 by John Foss for the IUF Inc. All rights reserved. Reproduction or use of the material in this publication without the express permission of the IUF Inc. is prohibited. Editorial submissions welcome. Send to John Foss, 20 Turn Lane, Levittown, NY 11756 or call (516) 796-8762. All submissions become the property of the Editor unless accompanied by a stamped, self-addressed envelope. Views expressed herein are those of the authors and do not necessarily reflect those of the directors or officers of the IUF Inc. Only hardcore enthusiasts read this tiny print.

## IUF REVITALIZATION UPDATE:

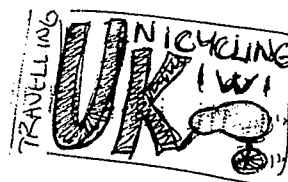
**PUBLIC RELATIONS:** So far, little interest is being shown. Your editor, who is in charge of revitalizing this committee, will not be running it. We're looking for someone who is interested in getting involved in publicizing our sport.

**SKILL LEVELS/RULES:** Due to her busy schedule and other commitments, Constance Cotter has turned this job over to John Foss, who will be contacting old committee members. If you are interested in being involved, contact Foss at: 20 Turn Lane, Levittown, NY 11756 (516) 796-8762.

**CONVENTION:** Alberto Ruiz is in charge.

**NOMINATING:** We are currently seeking nominations for new IUF officers, for an election which may take place in Québec.

## Letters



### ENGLAND:

I've been riding a unicycle since 1982. I'm from New Zealand and am presently traveling the world with what I think is the most practical form of transport.

I've never known there was an organisation for the unicyclist. I am very keen to find out all I can about other clubs & events involving unicycles. I would be grateful if you could help me with loads of information. I will be using this information to help me decide where to travel next.

Ross Mackintosh, writing from Broms, Worchester, England Ross has been sent a copy of the USA Membership Prospectus, a letter explaining how the USA and IUF are linked, information about the upcoming NUM and UNICON, and an invitation to write to the USA for a list of unicycle clubs. Your editor admires Ross' love of the unicycle as "practical" transportation, but he still prefers to use airplanes to cross large bodies of water.

### CALIFORNIA:

To dispel any rumors about me: yes I am still alive, although since my last convention (UNICON, Tokyo, 1987) I have finished college, gotten married, and moved from Chicago to Los Angeles. I still know how to ride a uni. (I sometimes question this) and manage to ride once a month with a group down in Whittier (100 miles round trip!). This is the group that Rob Brown started out with, actually a class taught by Jim Colwell through the Whittier Park District. I plan on attending either NUM or UNICON in '92.

David Winston, Canoga Park, CA David wrote to offer his services as a "staff writer" for UNICYCLING, and we look forward to reading his articles!

### PENNSYLVANIA:

Instead of just wishing that unicycle racers could compete in the Olympics (State of the Uni. Address), why not strive for it? Since the 1996 Olympics will be in Atlanta, Georgia, perhaps now would be a good opportunity to lobby for unicycle racing as a demonstration sport in Atlanta. Has there been any international-level discussion of this concept? Is there any current support? Has this been tried at previous Olympics?

Bruce Rogers, Bensalem, PA For acceptance by the International Olympic Committee, they would like to see approximately 40 or more countries with recognized national unicycling organizations. But to do unicycling as a demonstration sport, this may not be required. No one is currently working on such a project, but it would be the kind of thing for which the IUF was created. I urge any persons interested in pursuing the idea of conducting such a lobbying campaign, and seeing unicycling at the 1996 Olympics, to contact me at once; Editor.

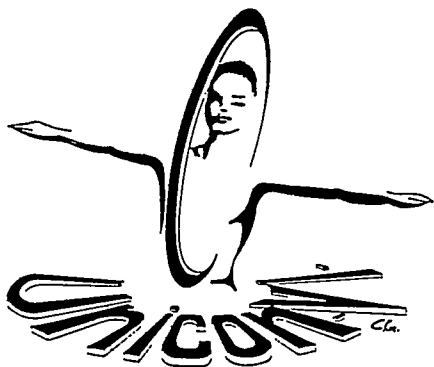
## Attention All Americans Planning to attend UNICON VI: Join the USA Unicycle Team!

Whether you plan on competing, or just being a spectator, all American UNICON attendees will be part of the USA Unicycle Team. In the interest of national image, ease in communication, and in forming teams for events such as Group Freestyle, Basketball and the Relay Race, a team will bring all of the Americans together. The team organization will be loose, with little more than T-shirts, possibly patches, contact persons, and places to meet at the UNICON.

All Americans (excepting residents of Puerto Rico, who compete under the Puerto Rican flag) are encouraged to get a USA Team T-shirt, and cooperate with making the U.S. look good at the world championships. If you are thinking of going to the UNICON this summer in Québec, please contact:

Jim Schlosser  
4360 NTR-47  
Fostoria, Ohio 44830  
(419) 435-7681

You will receive information about T-shirts and patches, and sources of answers to other questions you may have about being a part of the USA Unicycle Team.



The Sixth International Unicycling Championships

## Québec City, Canada

August 3 - 9, 1992

In the centerfold of this issue of ON ONE WHEEL - UNICYCLING, you will find registration forms for both the National Unicycle Meet in Minnesota, and UNICON VI in Québec. If you don't want to cut up your newsletter, you can just copy them instead. One recent change has been made; more age groups. They now are: 0-10, 0-12, 13-14, 15-18, 19-29, 30-39, 40-UP, EXPERT. Wheel sizes: 16", 0-10, 20", 0-18, 24" 11-UP.

A rough schedule of events: Mon (Aug. 3): Registrations, Practice, Officers Meeting. Tue: Opening Ceremonies, Racing, International Unicycle Evening in Québec (show). Wed: More racing, Basketball. Thur: Downhill Gliding, Coasting, UMX, big evening ride in Québec. Fri: 10km Marathon, Artistic events, Workshops. Sat: More artistic (Standard Skill), Basketball semi-finals, "Animation and shows (donk demo)". Sun (Aug. 9): Artistic (Freestyle), Basketball finals, Closing Ceremonies and awards, more shows. Sound good?

## What Unicycling has done for Me Tom McKay, Calgary, Alberta, Canada



Tom McKay in costume (photo: Kate Most)

In July 1988, while visiting my cousin Ellen in Pleasanton, California, I noticed her husband Doug had a 24" Schwinn unicycle. That was the first unicycle I had ever seen outside of a circus or parade.

Every day while Doug was at work, I worked at learning to ride his unicycle. I started out next to their old car and every day I could ride it just a little bit further. A bunch of kids would gather on the curb to watch me, until I got fairly good at it and my falls were less spectacular. By the end of my vacation I could freemount it and ride it around the block.

On the day that I flew back to Calgary, I headed straight to a bike store and bought a unicycle. I continued to practice, and when I got good enough I started riding to work every day, which is something I still do, even in the winter. I also do my grocery shopping on it.

I used to go for long rides along the bike paths in the city and often people would ask "Do you juggle too?" I bought a book on juggling and practiced daily. Once I was able to ride my uni. while juggling, people started calling me a clown regularly.

I bought a giraffe unicycle from a local bike store, and they told me about a parade that was going to go right by their store, and invited me to ride my giraffe in it. At the parade, I found out about a clown school in town, and took beginning and advanced clown courses. I now perform regularly as a clown, "Jerome the Jester," using my uni. and juggling skills as the main part of my performances.

So learning to unicycle has led to a rewarding second job that I thoroughly enjoy. I've been on local television a few times, I've ridden in a few small parades around Calgary, and hope to ride in the Calgary Stampede parade this year.

I learned about the Unicycling Society of America from the owner's manual of my Schwinn unicycle. I joined the USA and attended the 1991 National Unicycle Meet in Chariton, Iowa, which was one of the "funnest" events I had ever been to. I plan on attending the 1992 NUM in St. Paul, MN.

It's exciting where unicycling has taken me so far, and it's hard to imagine where it will lead in the future!

Editor's note: "What Unicycling has done for Me" would make a good regular column. Just send us a letter about yourself, and your experiences, triumphs, travels, or education with unicycles. A single paragraph is enough!

# The IUF Welcomes China!

IUF President Jack Halpern spent five weeks early this year studying Chinese at the Beijing Institute of Foreign Language. For those not familiar with our President, he is a well known non-Japanese expert on the Japanese language, and speaks about 9 others. Last year, his long-awaited book, *THE NEW JAPANESE-ENGLISH KANJI CHARACTER DICTIONARY* became available, and is sought by students of the language.

American Unicyclist Stephen Dressler was also there for a week of study during the same time. Steve lives in Hong Kong. He's making the new unicycle pins which are to be offered for sale by the USA Inc. Steve described Jack as a "Language Animal," the way he "devours languages."

China is a country with over a billion people, and nearly all ride bicycles. Only about one percent of the population have cars. But, with all those bicycles, there isn't a single unicycle to be seen on the street. The only place unicycles can be seen is in the circus, or acrobatic shows, for which China is famous. While in China, Jack and Steve were able to meet with unicyclists at the *Zhongguo Zaji Tuan* (Chinese Acrobatic Troupe School). They met with Yanyang Zhao, and his sister Yingying Zhao, performers who have traveled extensively. They are now new IUF members, and are interested in forming an official unicycling organization for China, and attending UNICON VI this summer.

On January 23<sup>rd</sup> they met, and discussed the problems of starting a unicycling organization in China. To begin with, all of the talking had to be in Chinese, the only language everyone had in common. Good thing the Language Animal was there. Their plan consists of 5 basic parts:

- 1.) Form the China Unicycle Association (CUA). It may begin as a private organization, but must eventually be recognized and accepted by the government to be successful.
- 2.) Manufacture. This is really the #1 problem, because there are no unicycles available in China! The cycles used in the circus are all hand made. Importing is out of the question, because it would be far too expensive for the Chinese, where, in Jack's words "The average salary is something like the price of a dinner and a beer in Japan!" Currently, they are looking for anyone interested in donating used unicycles for them to begin with.
- 3.) Print up a publication explaining the "sport" aspect of unicycling. So far, in China it's only known as a circus or acrobatic skill, and people need to learn about how unicycles can be used for recreation, education, and sports competition. The Chinese language has no official terminology for unicycling, so Jack sat down with the people for a few hours and they literally *invented* Chinese words for common unicycling terms. Halpern's book *ANYONE CAN RIDE A UNICYCLE* may be translated into Chinese.
- 4.) Send a team to UNICON. The main problem here is the tremendous cost, coupled with horrendous paperwork which is required for permission to travel. They're working on it, and hope to have at least 2 or 3 people there. The government will not pay, because the sport is not yet recognized.
- 5.) Publish articles about the new CUA, and about UNICON VI in the acrobatic magazines. Acrobatics and circus are more or less the same thing in China, with large numbers of enthusiasts who are likely to be interested, and the possibility of government money and resources in the future.

At a practice session at the acrobatic school, Steve and Jack "showed their stuff." Wheel walking, gliding, and many other common (to us) skills are unknown in the realm of Chinese Acrobatics. Their emphasis lies mostly in combining rocking on a giraffe unicycle with performing other difficult skills, such as kicking cups and saucers up to stack on the head. Unicycles are usually a part of larger bicycle acts.

They met a girl named Wang Ying (see photo), who Jack described as the best unicycle spinner he has ever seen, possibly the best in the world. She does a high speed spin into a pirouette, into a backward spin. They also saw an 8 or 9 year old boy who could roll his ultimate wheel in a

circle, and then jump onto it.

Halpern and Dressler also did some impromptu performing on the streets of Beijing, and described their audiences as "incredibly receptive." They handed out leaflets describing the new CUA, and everyone had the same response, "How can I get one?" (a unicycle). When just pushing their unicycles down the street, people would mime the action of pedaling with their hands, and say "Chee Ga," which Jack translates as "Ride One!" or "Hey man, lemme see one!"

So it looks like China could be a great place for unicycling. Ironically, all they need are unicycles! When they become available, we can expect to see an incredible amount of unicycle riding in such a populous country.



Stephen Dressler, Wang Ying and Jack Halpern outside the gates of the Chinese Acrobatic School in Beijing.

## IUF News in other Languages

*UNICYCLING QUARTERLY* is only published in English. This is great for USA members, and other English-speaking people, but what about unicyclists who can't read English? Arrangements are being made for the IUF to have a page, or a section, in some other publications around the world.

If you can read Danish, you're in luck. IUF Director **Jean Ascher** has included IUF information in his *ETHJULER'N* newsletter since it's first issue in 1984.

If you can read Japanese, there is already a publication being put out by the Japan Unicycling Association called *JUA NEWS*. It's in a newspaper type of format, but it's on glossy paper, in full color, and very classy. International news is occasionally included, but we are working to have them put in an official IUF section, to keep Japanese riders up to date on what's happening on the international unicycling scene.

If you can only read Spanish, you're in trouble. Many of the world's top unicyclists only speak Spanish, and there is no unicycling publication available in that language. We are hoping that someone in Puerto Rico will take this hint and start putting something out for the Spanish speaking unicyclists of the world, which are many.

What about Europe? The European juggling magazine *KASKADE* is published in both German and English, making it a great source for information passing through language barriers. Editors **Paul & Gabi Keast** frequently include unicycle stories and information. **John Foss** is working for the inclusion of an official IUF section in this fine magazine.

The rest of the world? As you can see, we have a long way to go. Some countries still don't seem to have any unicyclists at all. Part of the purpose of the IUF is to spread unicycling information all around the world, so any help you unicyclists out there would like to offer in this, or other areas, will be more than welcome. Remember, all IUF officers and workers are volunteers, working on their own time.



# UNI TECH

## THREE BASIC METHODS OF MAINTAINING BALANCE ON A UNICYCLE

by Ken Fuchs

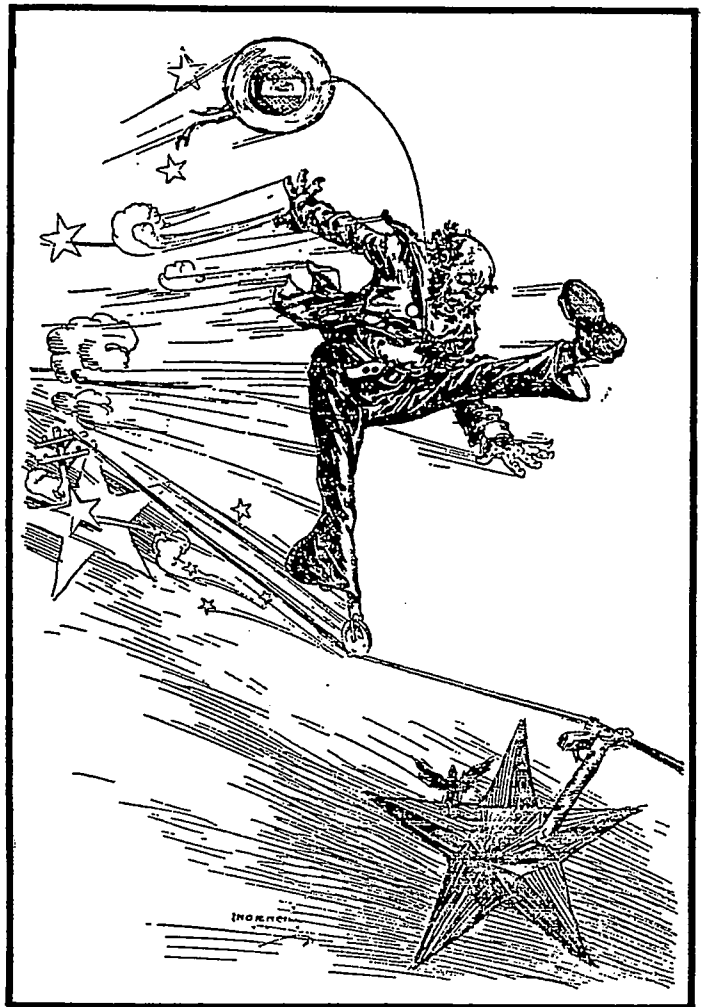
The balance system of absolutely all unicycles, standard, giraffe, ultimate wheel, reverse drive, BC wheel, forward only drive standard, coasting or wheel walking unicycle, etc. (for additional types of unicycles see UNICYCLES AND ARTISTIC BICYCLES ILLUSTRATED, or THE COMPLETE BOOK OF UNICYCLING by Jack Wiley), is maintained by causing the wheel, in contact with the ground, to move in the general direction that the unicycle and rider are falling. To be more explicit, the balance system of all unicycles can be divided into two independent, yet interacting balance subsystems; forward-backward balance and sideways (lateral) balance. Three methods (maybe all) of both forward-backward balance and sideways balance are described as follows:

- 1a. Forward-backward balance can be maintained by increasing forward velocity when falling forward and decreasing forward velocity when falling backward (Rephrased for backward riding, forward-backward balance can be maintained by decreasing backward velocity when falling forward and increasing backward velocity when falling backward). This can be done with feet or hands on pedals, tire, or spokes.
- 1b. Sideways balance can be maintained while the wheel is moving forward, by twisting upper body right when falling to the left and twisting upper body left when falling to the right. Sideways balance can be maintained while the wheel is moving backward, by twisting upper body left when falling to the left and twisting upper body right when falling to the right. In both cases, due to angular action-reaction, the wheel twists in the opposite direction to the upper body twist. The arms provide the most force during upper body twisting and can be used alone for minor sideways balancing (steering) adjustments. When upper body and arm twisting may not be enough, circling with one arm or circling both arms in opposite directions can increase the effect the arms have on upper body twisting (use only when necessary).
2. Both forward-backward balance and sideways balance can be maintained by hopping in the direction of fall. Hopping can be done with feet on pedals or tire.
3. Though to a lesser degree, both forward-backward and sideways balance can be adjusted or maintained by the rider bending (or straightening) his body at his waist; the bending must be fast or long enough to allow subsequent straightening. The arms should move in the direction of the rider's bend and can be used alone for minor balancing adjustments.
- 3a. Forward-backward balance can be adjusted or maintained by bending upper body forward (or straightening from backward bend) when falling forward and bending upper body backwards (or straightening from forward bend) when falling backward. This works since bending the upper body forward or backward also moves the wheel forward or backward while the center of gravity moves in the opposite direction, because the forward or backward part of the rider weighs less. Note that this is the primary or perhaps only method of forward-backward balance for coasting. When upper body and arm bending may not be enough, forward arm circling can also be used while falling forward and backward arm circling can be used while falling backward.
- 3b. Sideways balance can be adjusted or maintained by bending upper body left (or straightening from right bend) when falling to the left and bending upper body right (or straightening from left bend) when falling to the right. This works since bending the upper body left

or right moves the center of gravity in the opposite direction, because the left or right side of the rider weighs less and the other side weighs more ("balance pole effect"). This is the primary or perhaps only method of sideways balance for tight wire riding.

Remember to use caution when riding a unicycle! Whenever you're not sure you can maintain your balance, it is best to dismount while you still have some control and land on your feet rather than attempt to regain your balance and land on some other part of your body, possibly hurting it, and other people as well.

## UNICYCLE ART



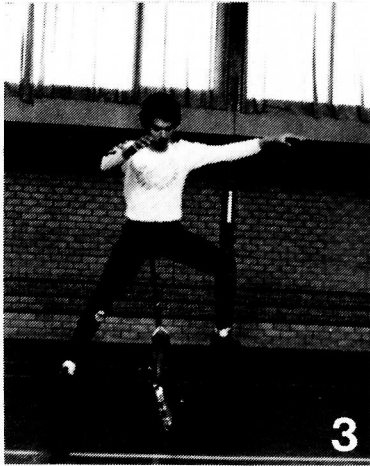
*"Sky Island", John R. Neill  
from a book written by L. Frank Baum, 1913*

For those not familiar with the name L. Frank Baum, he is the author of *THE WIZARD OF OZ*, which was part of a series of nearly 20 books. *SKY ISLAND* was another one of his stories, and your editor has no information about it other than this illustration. All of Baum's books were filled with fanciful and detailed illustrations like this one.

Your editor considers this a "borderline" unicycle art illustration, because the man is not really unicycling; he is more like trying to manage with an inopportune mode of transportation (that is *not* what a unicycle is!). We're still looking for good examples of unicycle art.



## Things not to do on a Unicycle



**#3: Coasting with no feet on the frame** Ask anyone including this rider, Sem Abrahams, and they will tell you that this simply will not work. In case you're wondering how he did it here, remember that a still photo does not show what happened a split second after the picture was taken!



**#4: Giraffe unicycle coasting, in a headstand** This crude imitation of Reino's skill (see cover) is not being performed by a professional. If you are thinking of trying this trick, first get "professional help." Pictured is Kip Vennix of Livonia, MI in 1980, and this picture was taken about 100' away from our #2 "Thing" from the last issue!

## THE STATE OF THE UNI. ADDRESS

by John Foss, the Uni-Cyclone

My Mom sent me an article from the Detroit Free Press, dated Feb. 11, 1992. This was her birthday. It was also the date, back in 1980, that I bought my first unicycle. The article was very interesting to me, because it was about someone who has had life experiences very similar to my own. I'm writing about it because I'm sure many of you out there will see similarities to your own lives, and to your own involvement with unicycling.

The article was by Mitch Albom, writing from the Olympics in Albertville, France. The headline was: **Luge taught Warner rare way around.** It was about Bonny Warner of the US Luge Team, and her travels around the world to participate in an obscure sport that most people never would have heard of, were it not part of the Olympics. Does this ring a bell? She was a torch carrier at the 1980 Olympics in Lake Placid, NY, and tried a luge run on a dare from a friend. Though she ripped up a brand new sweater, she was hooked. Since then, as the article said, "she has had this incredible life, been around the world, made friends in countless nations, had one adventure after another."

With money, she won in a sweepstakes contest at just the right moment, she went to a luge camp in West Germany to begin learning the sport. Then she spent the next 12 years going to the luge tracks of the world for competitions. In the early 1980s, the U.S. Luge Team consisted of a dozen sledgers who traveled from one country to the next with their sleds tied on top of a van, and usually very little money to spend on luxuries such as food. "You had to love this sport to endure it," the article said. During the warmer months she went to school, and she worked when she could. Money was not the object; going faster was.

She was part of the U.S. Olympic team at the '84, '88 and '92 Winter Olympics. Walking into the stadium with her team in the opening ceremonies and hearing the cheers of the crowd brought tears to her eyes each time. This was to be her last Olympics, and the end of her luge career. She never won an Olympic medal; her best finish was 6th in Calgary in 1988. "Her career memories," the article said, "are not about gold, silver or bronze. They're better." They're about the experiences she's had, the people she's met, the places she's seen. She went to East Germany, Russia, and Romania; places that will never be the same again. She has been to 30 countries, and has friends with whom she can stay in at least 25. These are experiences that can't be bought.

"This is the part of the Olympics that they never talk about, how the sports can take you from a small-town kid and stretch you, enrich you, pull you around the globe and leave you on a much higher plane than you could ever have reached in your own backyard. She has no medals. But she has perspective. She has wisdom. She has a hell of a scrapbook. For that, she can thank a sled."

The similarities between her life and mine are amazing. We are the same age. I started unicycling in 1979, she started the luge in 1980. We both set aside college and career plans to pursue our sports. We both went to training camps in West Germany, though mine was for artistic bicycling. We traveled, often on a shoestring budget, because we loved what we were doing. We both took our sports as far as we possibly could. In 1990 I went to Russia and Latvia; places that will never be the same again. I've met friends with whom I could stay in at least 11 countries. I have a hell of a scrapbook; actually, 27 photo albums. The similarities go on. For all of it, I can thank a unicycle.

Bonnie Warner got to be in the Olympics; her rubber-clad body plastered on television screens all over the world. I did not. Though our world championships aren't very large or well known, I have won my share of gold medals and world titles. I've also had the joy and satisfaction of helping to make the IUF and UNICONS a reality.

How many of you can relate to these experiences? Perhaps we wonder what life would have been like had we, or our children, never struggled to ride a unicycle in the first place. I would most likely be an industrial designer working for a large company such as GM, Ford or Chrysler, making lots of money. But what kind of memories would I have? What kinds of stories would I be able to tell? In any case, my education and career can still be resumed, though my experiences have changed my goals. No longer the unsure teenager I was back in 1979, I am strong, healthy, confident, and comfortable wherever I may be in the world. Life doesn't just happen, it's what you make it. If you want adventures, make them happen. Adventures like riding my unicycle up the side of a mountain in Kobe, Japan. Or drinking just-picked coconut milk on a beach in Puerto Rico. Or racing to a train station in Holland with Sem Abrahams to catch my train because we'd overslept. Or being one of the first Americans to perform in a Soviet circus ring since 1967. I would not trade these experiences for anything!

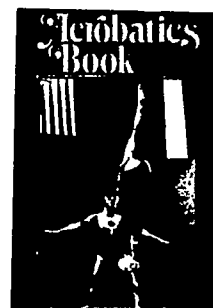
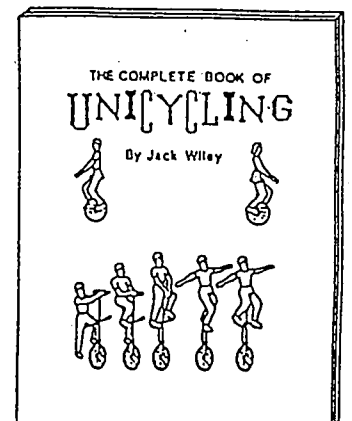
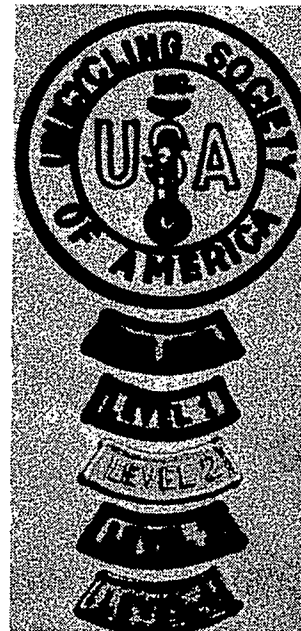
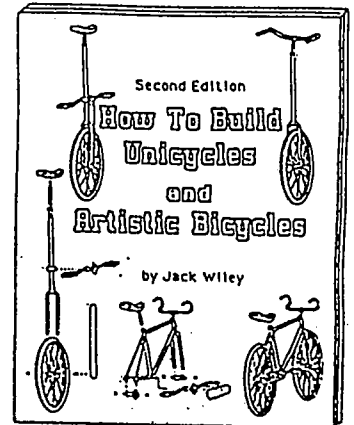
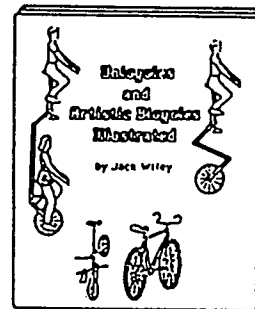
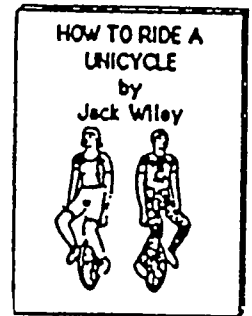
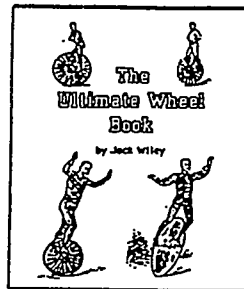
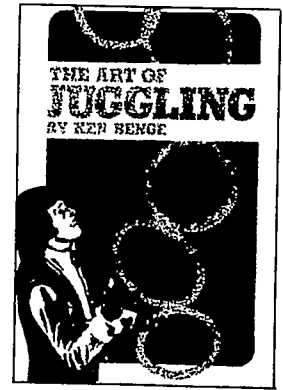
Thank you, Mitch Albom, for helping us to feel better about what we do. For reassuring us that our involvement in what we do is worthwhile, not in just one, but in many ways. Thank you for a vote of confidence that we can extend from Bonnie to ourselves.

Bonnie Warner has finished her career with the luge, and last year was my final year of full unicycle competition. However, I'm not leaving the sport. I will still be around to help run the competitions, to teach unicycle workshops, and to write about our sport. And I will still be competing in a few events this summer. Whatever my final career may turn out to be, I think I will remain involved with our sport. Outside of show business, there seem to be few or no careers available in unicycling. Perhaps this will change. Perhaps someone will **make** it change. . . .



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