



# NEWSLETTER



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The 1982 National Unicycle Meet  
is dedicated to  
WILLIAM JENACK

William M. Jenack, generally believed to be the world's authority on unicycles and unicycling, passed away on Feb. 24th, in New York of a heart attack. He was 64 years old.

Running away from home to join the circus when he was 16, Bill began a life long involvement with unicycling and the circus arts that lasted for almost fifty years.

Originally appearing with Wagner Bros. Circus, Crump's Minstrels and Hubert's Flea Circus in New York City, Jenack was variously billed as "The Wizard of Wheels", "The Acrobatic High Bar Wonder" and as "Magic Bill". He also performed and lectured as "Mr. Electro" in electrical lecture/demonstrations for a New York power company throughout the late 1930's, while barnstorming and performing as an acrobatic pilot in his "spare" time.

At the end of the 1930's, Bill left the circus ring for the musical stage, running square dances and hoe-downs throughout the eastern U.S. as "Pecos Bill Jenack and Band" and the "San Antoine Trio." But his unicycle was a constant companion and Bill began to teach people to ride with his special method whenever and wherever he could. By the end of the 1940's, Bill was corresponding with almost 2000 unicyclists throughout the world and he realized an organization for unicyclists was badly needed.

In 1950 he founded the Unicyclist's Association of America, a correspondence group of professional unicyclists. Membership that year soared to 1300 and Bill personally kept in touch with all of them. At the same time he put together an amateur troupe of unicyclists called the "Jenack Cyclists" numbering almost 500. For the next 20 years they performed throughout the New York area at fairs and holiday events, under Bill's direction.

In 1971, Bill realized that unicycling needed another boost, so with the help of a major bicycle manufacturer he organized the first world unicycle meet in New York City. Unicyclists from all over the U. S. met and organized for the first time, and out of this meeting plans for a national non-profit unicycling organization were formed.

In 1973, Bill founded the Unicycling Society of America, Inc. and became its first corresponding secretary. From 1974 to 1977 he served as newsletter editor for the USA, Inc. and he continued to act as a contributing editor from 1978 until his death.

By 1982, Bill had personally taught over 10,000 people how to ride the unicycle and written more than 100,000 letters to unicyclists over a 47 year period. He had received a citation from the President's Council for Physical Fitness for his work with youth, the Outstanding Achievement Award for the Bicycle Institute of America, a lifetime achievement award from the Friends of Circus Arts, Inc., and the George M. Taylor Award of the Society for the Preservation of the Art of Clowning.

A documentary film of Bill's life and his involvement in unicycling was compiled in late 1981 by Cory Productions, Ltd. and will be shown on the educational television networks - PBS - sometime late this year.

At the time of his death, Bill and his son, John, were working on a book on unicycling, that should be out in late 1983.

Bill Jenack is survived by his wife Mary, sons John and Bill.

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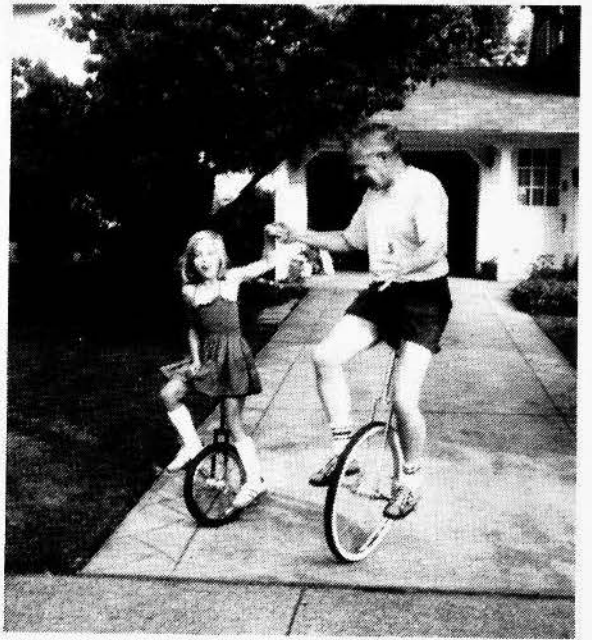
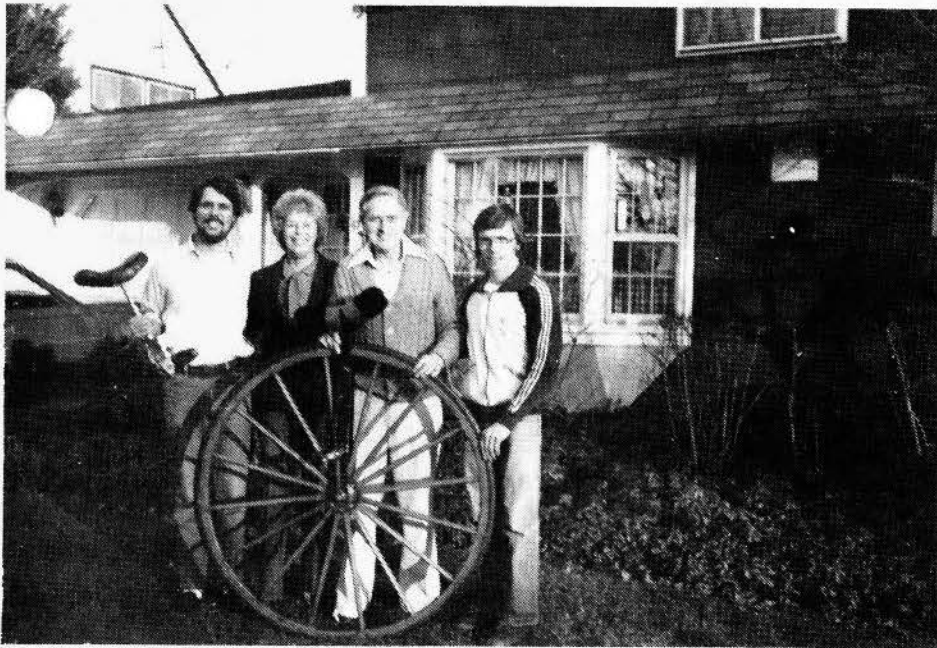
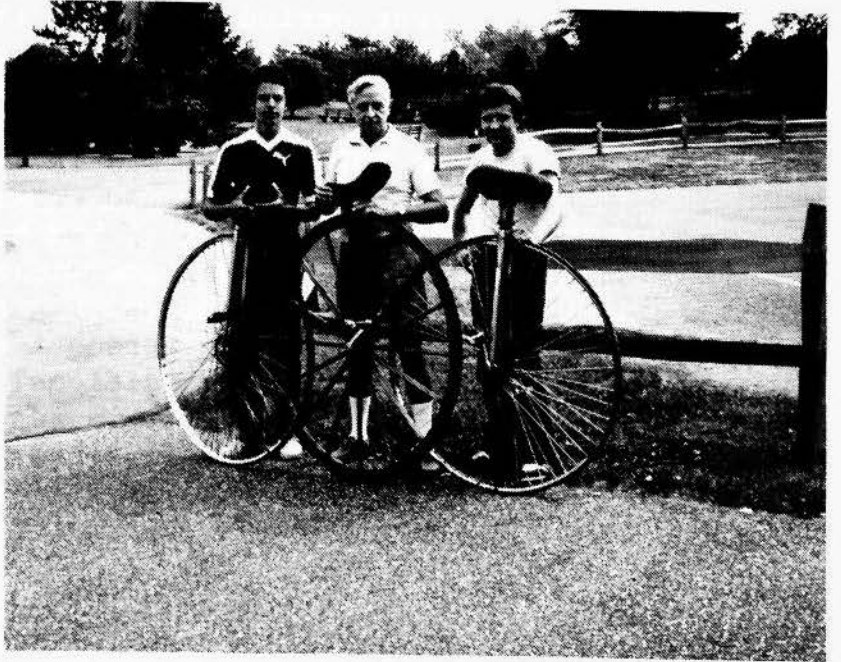
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## MEMORIES OF BILL JENACK

Bill Jenack freely shared his extensive knowledge of unicycling. The hundreds of letters I received from Bill over a nine-and-a-half year period attest to this. Bill also corresponded with many other unicyclists throughout the world.

My correspondence with Bill began in 1972 when I was in the process of researching and writing The Unicycle Book. I had been building and riding unicycles since the seventh grade, but I wanted to supplement my personal experience with as much additional information as possible. In my research, I kept coming across the name "William Jenack." However, it wasn't until November of 1972 that I finally got his address.

On November 20, 1972, I wrote my first letter to Bill. Bill fired back with a six-pager that was dated November 28, 1972. He generously provided me with information and photos for use in my book, even though he had plans to someday write a book of his own about unicycling. He later wrote the "Foreword" for The Unicycle Book.

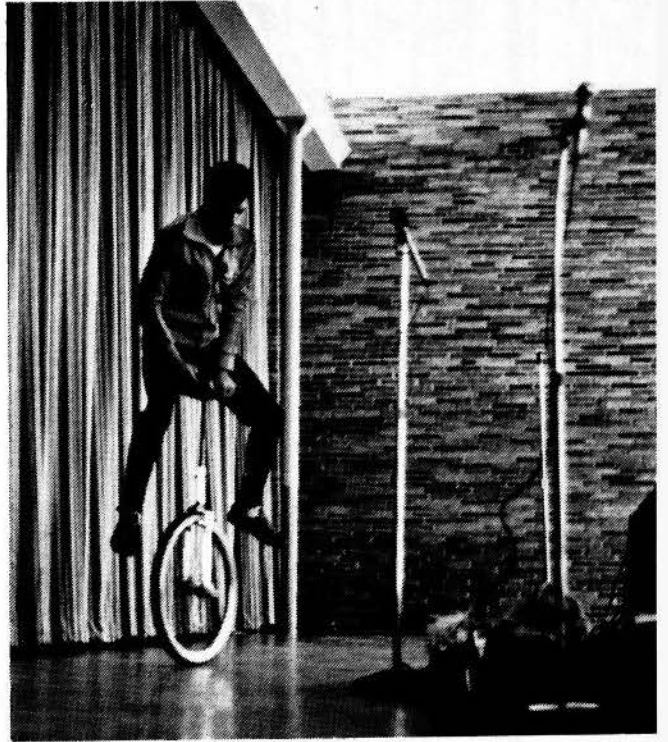
And thus began what was to me an enjoyable and informative correspondence that lasted some nine-and-a-half years. The last letter I received from Bill was dated February 9, 1982. Bill was looking forward to attending the International Cycle Show in New York City.

I only had the opportunity to meet Bill Jenack in person one time, when he came out to California with his wife, Mary, and their son, John. That memorable visit lasted only a few hours. Part of the time we spent unicycling and juggling.

Bill Jenack probably knew (and in my opinion did know) more about unicycles and unicycling than anyone else in the world.

Jack Wiley  
P.O. Box 623  
Stockton, California 95201





The Bill Jenack Memorial Tribute

Photographs by: John Foss











How to Become a Unicyclist  
by Kenneth G. Fuchs

The following will describe steps you can take in becoming a unicyclist (learning to ride a unicycle). Both Ch #5 of "The Unicycle Book" by Jack Wiley and "Learning to Ride a Unicycle in a Hurry" by Bill Jenack on p. 4 of the January 1974 USA newsletter are excellent references.

The first thing you need is a unicycle. I recommend getting either the Miyata or Schwinn brand. Other brands sold by a bike shop should be OK too. Avoid hardware or department store unicycles, as they are usually of poor construction and it is difficult to get parts & service for them. The next thing to consider is wheel size: The best size for small children is 16". Miyata has a very nice 16" unicycle. For everyone else a 20" wheel will be easier to learn on, but a 24" should be considered for long distance riding and sharp cornering (with 16" or 20" wheels, pedals may hit the ground). Crank length should be 5" to 5 1/2" for 20" wheel and 5" to 6" for 24" wheel.

The next step is adjusting the saddle height and angle. The saddle height should be adjusted so the leg is straight when heel is on pedal in down position. While riding, the ball of foot should be on the pedal, so leg will be slightly bend when pedal is down. Saddle angle should be adjusted so the saddle is level (both front & back of saddle are at same height). If while learning to ride, the saddle slips out backwards, the front of the saddle can be raised to help prevent this.

You are now almost ready to ride. The best place to learn is on a hard smooth surface such as those found in an athletic building. A vacant parking lot is OK too. Learning on a slight down grade may help. You should also choose a place with a fence or railing to hang onto while getting on your unicycle. A curb or stop block can also be used to help you get on your uni. Although they aren't essential, getting a couple people to help or spot for you can speed up the learning process. Holding your hands, one at each side, the spotters should provide you with side-to-side balance while you learn forward-backward balance. Try to rely on spotters as little as possible.

Finally, you are ready to learn to ride. Practice each of the following steps, first using two spotters, then one spotter on one side (alternate sides), and finally no spotters.

- 1) Place back of wheel against curb or stop block, so dominant (right) pedal is back and down. Place your foot on the back pedal and push yourself up & over the balance point without touching the other pedal. The wheel should not move away from the curb. Repeat this step going over slower to get a better feel for where the balance point is.
- 2) Position unicycle against curb with foot on back pedal as in step 1. Push yourself up to the balance point placing your other foot on the forward pedal. Lean cycle forward a bit, press down on forward pedal until pedals are horizontal, balance momentarily and dismount forward. The wheel should have moved away from the curb. Repeat this step trying to increase balancing time to a second or two. Do not try balancing for 3 or more secs. as that is an advanced skill.
- 3) Position unicycle against curb with foot on back pedal as in step 1. Push yourself up to the balance point and ride forward as far as you can. Note, when you lose your balance using spotters, you can freeze your body with pedals horizontal and spotters can then easily restore your balance.
- 4) Next to a fence or railing you can hang onto, position the unicycle with dominant pedal down (no curb or stop block). Grab fence with one hand, hold seat with other hand and place dominant foot on down pedal. Lift other foot to top pedal. As you do this, the wheel will rock back and forth a little, but the unicycle will remain stable enough to get on. This can be done without spotters by maintaining pressure on down pedal and utilizing your hold on the fence. Now, while holding onto fence, turn wheel so cranks are horizontal and twist uni so your back is to the



fence. Let go of fence, lean slightly forward and ride forward as far as you can.

Here are some tips for learning to ride:

- 1) Keep most or all of your weight on the saddle.
- 2) Keep your back straight up.
- 3) Keep your head up and look straight ahead.
- 4) Lean slightly in the direction you are pedaling.
- 5) If you lose your balance to one side, use up-down arm action plus twist the wheel in the direction you're falling to regain your balance.

Once you are able to ride for a block consistently, you will want to learn how to turn your unicycle. You control turning (and side-to-side leaning) by up-down arm action and twisting your body about the vertical axis. Twisting your upper body in one direction will cause the wheel to twist in the opposite direction. To turn right follow the steps below. To turn left follow the same steps using the directions in parentheses.

- 1) If you are not already leaning to the right (left), briefly twist your wheel to the left (right). Your base of support (wheel) will move to the left (right), resulting in the desired lean to the right (left).
- 2) Maintain your right (left) lean by following a circular path to the right (left) until you are facing the direction you wish to go. As you get better at turning, you may want to vary the amount of lean during this step, so you are not leaning at the end of turn or to make a noncircular (spiral, parabolic, etc.) turn.
- 3) If you are still leaning to the right (left), briefly twist your wheel to the left (right) until you are no longer leaning.

Note that it is possible to turn on dime with a unicycle. To do this bring your unicycle to a standstill with pedals horizontal. Twist your outstretched arms and body in the direction opposite that of your desired turn. Bring your arms in along your body and twist in the direction of your desired turn. Repeat these two twisting actions until you are facing the desired direction. (This is an advanced skill.) Both these actions are required to produce a net change in direction or angular momentum.

A unicyclist riding (balancing on) a unicycle is analogous to a stick being balanced on end except the unicyclist must turn if he starts to fall sideways.

While riding, chafing in the crotch area may occur. To help alleviate this problem, chamois or vellum may be sewed inside briefs. Vellum may be better as it is washable. Bike racers or dealers may know more about this.

While learning to ride or turn would be a good time to learn to free mount (without a stop block or curb). After that there are more thrills and excitement to be had in learning new skills such as idling and backward riding!

#### Two Basic Standard Unicycle Mounts by Kenneth G. Fuchs

I know of two basic mounts. The first one described is easier to learn, but requires a little more strength than the second mount. The second mount which involves a half cycle of idling is considered by many to be the standard.

First mount:

- 1) Place unicycle in front of you with the dominant (right) pedal back and down, anywhere from 0-45 degrees from horizontal.
- 2) Place saddle between your legs in a "ready to ride" (comfortable) position.

- 3) Place your dominant (right) foot on the back pedal.
- 4) The actual mount: Without moving the wheel yet maintaining saddle and pedal contact, push yourself (with foot on ground) up and forward over the wheel placing your nondominant (left) foot on the free pedal. Do this so you and your cycle are leaning slightly forward.
- 5) Ride forward.

Point 4 above can be thought of as an attempt to jump over the wheel, but not quite making it over, you ride forward instead. This mount can be practiced with a stop block, attempting to reduce the pressure against it each time until the stop block is no longer needed. I believe this is the mount described in the "MOUNTING" section of Chapter #6 in "The Unicycle Book" by Jack Wiley.

Second mount:

- 1) Place unicycle in front of you with the dominant (right) pedal back and down, anywhere from 15-45 degrees from horizontal.
- 2) Follow points 2 and 3 of the first mount.
- 3) The actual mount: Press down on the dominant (right) pedal about 1/3 a revolution, causing the wheel to go under you and prop you above it. At the same time, place your nondominant (left) foot on the free pedal. This is essentially a half cycle of idling. You and your cycle should now be leaning slightly forward.
- 4) Ride forward.

This mount is also described by Bill Jenack in the April 1974 USA newsletter.

The first mount can be done using less strength by allowing the wheel to roll back 0-60 degrees from an initial horizontal pedal position. (This would be somewhat of a hybrid of the two mounts described, as the wheel moves back but doesn't complete even a quarter cycle of idling.)

Since bruises are common when learning to mount, you may want to double up on socks and pants or do something else to protect your legs and ankles. Leather shoes do quite well in protecting feet.

#### Idling and Backward Riding by Kenneth G. Fuchs

Once you have learned the skills of riding, turning and mounting, you may desire the thrills of learning to idle and ride backwards. Upon learning these two new skills you will have most of the unicycle's maneuverability at your command. Your riding enjoyment may also double or triple. You may wish to examine both Chapter #7 of "The Unicycle Book" by Jack Wiley and the second part of "Learning to Ride in a Hurry" by Bill Jenack on pp. 5-6 of the April 1974 USA newsletter.

Idling is a means of staying in approximately the same place on a unicycle for a period of time. The most common type of idling consists of a repetition of a half revolution forward & half revolution backward. At the end of the forward (beginning of backward) stroke, the unicycle should be leaning backward; at the end of the backward (beginning of forward) stroke, the unicycle should be leaning forward. In the middle of every stroke, the same pedal is in the down position. Up-down arm action and body twisting are used to maintain sideways balance.

When you first attempt to idle, hold onto a support (pole or fence) with one hand. When you can do this fairly well, try riding forward in the open, do a single idle cycle (forward & backward stroke), then ride forward again. As you get better at this increase the number of cycles.

Once you can idle in the open fairly well, try double idling. A double idle cycle consists of a full revolution forward & full revolution backward.

Learning this skill may help you learn to ride backwards as the double idle cycle contains a full revolution backward.

One way to learn riding backward is to advance from double idling to triple idling (1 1/2 revolutions forward & back). Then keep increasing the number of revolutions between direction changes until you can ride backward for any number of revolutions.

Other proven methods for learning to ride backward include: Riding along a wall using your hand against it just enough to maintain sideways balance. Riding backwards away from a support without spotters. With another person learning backwards, ride forward holding hands, then ride backwards each aiding the other's sideways balance. A variation on this is having one person ride forward while the other is riding backward.

Once riding backward has been learned, try turning while riding backward.

With forward, turning, mounting, idling and backward learned, keep improving them and look for new stunts to learn such as one foot idling, hopping (wheelie), forward holding seat in front, twisting in place, spinning, one foot riding, etc.

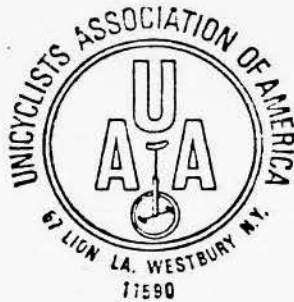
With each new stunt learned will come a sense of accomplishment that is a bonus on top of the fun of learning.

These three articles were written in memory of Pill, who helped countless children & adults alike enjoy the sport, he loved so much. I hope that our modest efforts can somehow continue his zeal for unicycling.





Al Hemminger  
16152 Kinloch  
Redford, MI 48240



June 22, 1981

Hi Al:

Sorry I'm a little late replying to your letter of June 14 but things were a bit busier than usual and we made a couple more trips upstate on weekends.

From address of Dave Steed I take it he is practicing at the Velodrome in Pa. I think both he and John Held would love to get over to Europe and participate in the Artistic Cycling.

On the clown from E. Lansing - I guess I had him confused with one from Minnesota. I do recall Bill Lockwood now - we met at IJA convention in Youngstown several years ago.

No, we haven't caught that TV short on unicyclists from Louisiana but it may be on the PBS program here most anytime.

I think probably Cory Riback could bring a copy of the unicycle film on VHS is that is easier for you to match up with existing available equipment. I'll try to contact him this week and ask him about it. If Jack Halpern's tapes are also on VHS it might simplify things all around to do that.

If theres no other kid riding a uni in Port Clinton Ohio your nephew's kids should be a big hit there soon as they learn to ride.

Sorry to hear you had rain during affair at Frankeruth but thats one thing we still haven't learned to control - the weather. The village sounds interesting and sort of like the Arish Little Switzerland we have often visited in Ohio when we want to get away from it all and be in beautiful surroundings.

Yes, I think a big wheel tour of the U of M should make an interesting event for the big wheelers and is much more sensible than a race on something that can travel so fast. Hope it materializes.

At the annual meeting a presentation of tentative By-Laws for the organization might be in order after some 8 years as might a vote on NUM Rules and Regulations. However I feel someone should caution everyone who votes on such to seriously look into their own interest in the sport and ask themselves how many years more they expect to participate and with that in mind not vote for anything that would not be in the best interest of the society after they have ceased to participate actively. I was particularly careful not to include By-laws when I incorporated the organization for that very reason.

Just got some prints from slides and will enclose a few so you can have a look. There are 5 regular 35mm prints and one small one of Barry Lappy. The small one of Barry you may keep if you wish. In it he is balancing the bike in position shown. His left thumb is holding the right side of handlebar while fingers of that hand lock it to the top tube in the 90 degree steering position. His stomach is resting on top of the left handelbar and his right hand is working the tire of the wheel just in front of the fork. He actually swings into this position from the seat and then either balances right there in place or works the tire and makes the front wheel circle around the rear one.

The Pic of Sam on bottle is interesting because I caught it just as he slipped off the bottle. Now you can understand why I refused to let him do this on my chimney for a publicity shot.

The recent pic of Mary and Michelle at the Ice cave is one of my favorites. John was here over the weekend by the way and Mary and Michelle went back with him to Wading River NY where they will be until Wed. They both just got new bathing suits and plan to take advantage of the beach and calmer water there. Tomorrow before they left we also dug up and checked out an inflatable raft we have that we took with them and will have fun with it at the beach.

Had a great Fathers Day pasted by. Finally mastered the club passing and succeeded in paws juggling 6 clubs with Michelle for more than a few passes - a major breakthrough in my juggling. In the past poor waterprooofing resulted in broken blood vessels in my fingers

ATO

and I couldn't practice for any length of time without pain. John, Michelle, and Joe Silkie do some neat club passing routines with nine clubs flying all sorts of ways and its quite spectacular. Yesterday they and 4 others make 67 Lion Lane look like it did last summer when John was running his weekly workshops in front yard.

Must close now, Best wishes to all.

*Bill*  
William Jenack

PS Return only the five larger color pics but no big hurry



CONSTITUTION & BY-LAWS  
of the  
UNICYCLING SOCIETY OF AMERICA, INC.

Article I

Name, Aims & Purposes

Section 1. Incorporation and Name

This organization is incorporated as a non-profit corporation in the State of New York, and its name shall be the Unicycling Society of America, Inc. hereinafter referred to as "USA".

Section 2. Aims & Purposes

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.

Section 3. Use of Emblem and Name

The design and use of the USA emblem shall be approved by the Executive Board. The use of the name of the USA in connection with any meet or activity must have the prior approval of the Executive Board.

Article II

Membership and Dues

Section 1. Membership

Membership shall be open to anyone sharing in the Aims & Purposes of the USA.

Section 2. Dues

Members will pay annual dues. The dues shall be determined annually by the Executive Board. Payment of dues will cover membership for the fiscal year.

Section 3. Termination of Membership

Membership may be terminated by a 2/3 vote of the Executive Board for action detrimental to the Aims & Purposes of the USA.



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Article III

Meetings, Quorum, and Voting

Section 1. General Membership Meetings

General Membership Meetings shall be held annually.

Section 2. Notices

Notice of the annual meeting will be mailed at least 30 days prior to the meeting.

Section 3. Order of Business

The rules contained in the current edition of Robert's Rules of Order will govern the USA in all parliamentary situations not provided for in the Constitution, By-Laws, standing rules, or procedures of the USA.

Section 4. Quorum

At all meetings of the members, 1/20th of the membership including a majority of the Executive Board shall constitute a quorum.

Section 5. Voting

All action except amendment of the Constitution and By-Laws shall be by majority vote of members present. Matters requiring vote by mail ballot shall be determined by the Executive Board, who shall specify a reasonable time limit for return of ballots.

Article IV

Officers, Directors, and Executive Board

Section 1. Qualification

Any officer, director, or chairman must first be a member of the USA.

Section 2. Elected Officers

The elected officers of the USA shall be: President, Vice President, Secretary, Treasurer, and Newsletter Editor. Each shall serve for a term of one (1) year which shall be concurrent with the fiscal year.

Section 3. Elected Directors

There will be three (3) elected directors of the USA. The elected directors shall serve a term of three (3) years which shall be concurrent with three fiscal years. One director will be elected each year.

Section 4. Executive Board

The aboved named elected officers and elected directors shall constitute the Executive Board. The immediate past president may serve as an ex-officio member.

Section 5. Appointed Chairmen

The Executive Board may appoint any chairmen as needed. Their term will be concurrent with that of the elected officers.

Section 6. Inability to Serve

In the event any Board Member is unable to serve, his resignation in writing shall be tendered to the President and accepted by the Executive Board, which will then select a person to fill the vacancy until the next regular election.

Article V

Election of Officers

Section 1. Nominations

Nominations for officers and directors shall be opened at the annual meeting. At this time nominations for any office may be made from the floor by any member in good standing with prior consent of the nominee.

Section 2. Voting

Officers and directors shall be declared elected upon receiving a majority of votes cast.

Article VI

Executive Board

Section 1. Duties

- a. Members of the Executive Board shall attend the annual meeting.
- b. They shall have the authority to transact necessary business between annual meetings, and be accountable to the membership.
- c. They shall have the authority to sanction and to promote the sponsorship of local and national amateur meets.

Section 2. Executive Board Meetings

a. A meeting of the Executive Board will be held at least once a year. A meeting will be held prior to the annual membership meeting.

b. A meeting of the Executive Board may be called by any two members of the Board.

c. Six (6) Board Members shall constitute a quorum and any decision of the Executive Board must be supported by a majority of the Board Members present.

d. The Executive Board shall keep written records of the proceedings of their meetings.

Section 3. Expenditures

The Executive Board shall approve a plan of operating expenses prior to the start of the fiscal year. The total expenditures may not exceed the total revenue of the USA in any fiscal year.

Section 4. Annual Report

The Executive Board shall prepare an annual report to be presented at the annual membership meeting. It shall be entered into the minutes of the meeting and filed with the records of the USA. The Report, or a synopsis thereof, shall be published in the first newsletter following the annual meeting.

Article VII

Duties of the Elected Officers

Section 1. President

The President shall:

a. Preside at all meetings of the general membership and the Executive Board.

b. Conduct those meetings with Robert's Rules of Order as a guideline.

c. Coordinate the activities and promote the objectives of the USA.

Section 2. Vice President

The Vice President shall:

a. In the absence of the President, perform the duties of that office.

b. In the event of the resignation of the President, serve as President until the Executive Board selects an individual to serve the remainder of the term.

c. Be in charge of review and revisions of the Constitution and By-Laws.

d. Be assigned further duties as may be determined by the Executive Board.

Section 3. Secretary

The Secretary shall:

a. Record the proceedings of the Executive Board and general membership meetings.

b. Be responsible for the purchasing and selling of items authorized for sale by the USA, and the recording thereof.

c. Answer and/or direct correspondence received by the USA.



d. Be responsible for official correspondence of the USA as directed by the Executive Board.

Section 4. Treasurer

The Treasurer shall:

- a. Receive and be custodian of all funds of the USA
- b. Keep accurate and updated records of all monies received and disbursed.
- c. Give an annual report of the financial status of the USA at the general membership meeting and, if so requested, at any meeting of the Executive Board
- d. Receive membership dues and maintain an accurate, current mailing list.
- e. NOT incur any obligation, debts, or other liability without specific, prior approval of the Executive Board.

Section 5. Newsletter Editor

The Newsletter Editor shall prepare, edit, publish, and distribute a quarterly newsletter to the membership within a budget approved by the Executive Board.

Article VIII

Duties of the Elected Directors

Section 1. Duties of all Directors

The directors shall work to promote the Aims & Purposes of the USA especially in three principal areas: promotion, technical, and competition. Following each year's election, the directors shall decide among themselves which positions they will assume. Each director shall maintain a portfolio of the records and reference materials they accumulate while in office.

Section 2. Promotion Director

The Promotion Director shall work toward promoting the healthy, wholesome sport of unicycling in such areas as:

- a. Outreach to prospective members
- b. Formation of new clubs and groups
- c. Publicity through the media
- d. Publicity through unicycle manufacturers

Section 3. Technical Director

The Technical Director shall:

- a. Accumulate, maintain, and disseminate information on the construction, maintenance, and standardization of unicycles and equipment.
- b. Accumulate, maintain, and disseminate information on unique unicycles and the builders of unicycles.

Section 4. Competition Director

The Competition Director shall:

- a. Work toward establishing standards of performance for local and national amateur meets.
- b. Accumulate, maintain, and disseminate information on the rules and records of past local and national meets.
- c. Coordinate the development and evaluation of testing of rider skill levels.

Article IX

Execution of Instruments

All checks, drafts, and orders for payment of money and all contracts, conveyances and other written instruments shall be signed in the name of the corporation by such officers or agents as the Executive Board shall from time-to-time designate.

Article X

Fiscal Year

The fiscal year of the USA shall commence October 1 and end September 30.

Article XI

Constitutional Authority

This Constitution and By-Laws shall be the official governing document of the Unicycling Society of America, Inc.

Article XII

Amendment of Constitution and By-Laws

Section 1. Amendment at a Membership Meeting

Initiation: An amendment to the Constitution and By-Laws can be initiated by a petition from either the Executive Board or any twenty members.

Action: The petition shall be filed with the Vice President who shall send a copy of the proposal and a mail ballot to the entire membership at least thirty days prior to the next membership meeting.

Approval: The Constitution and By-Laws shall be considered amended by a two-thirds vote of the total of those ballots cast at the membership meeting and of those ballots returned absentee by mail to the Vice President prior to the meeting.

Section 2.

Amendment by a Mail Vote

Initiation: An amendment to the Constitution and By-Laws can be initiated by a petition from either the Executive Board or by any twenty members at a general membership meeting.

Action: The Vice President shall send a copy of the proposal and mail ballot to the entire membership and specify a reasonable time limit for the ballot's return.

Approval: The Constitution and By-Laws shall be considered amended when a quorum (as defined in Article III, Section 4) has returned ballots favoring the proposal by a two-thirds margin.

Article XIII

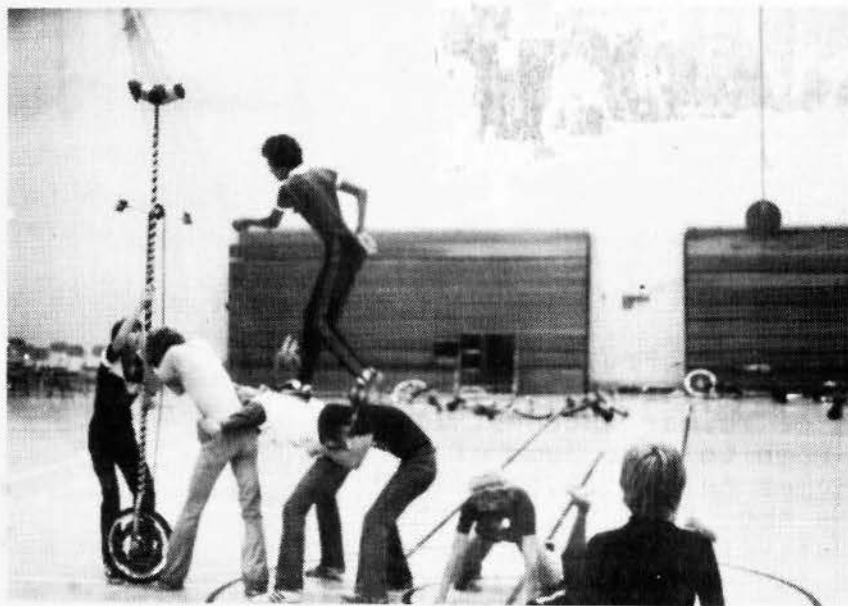
Ratification

This Constitution and By-Laws shall become effective immediately upon adoption.



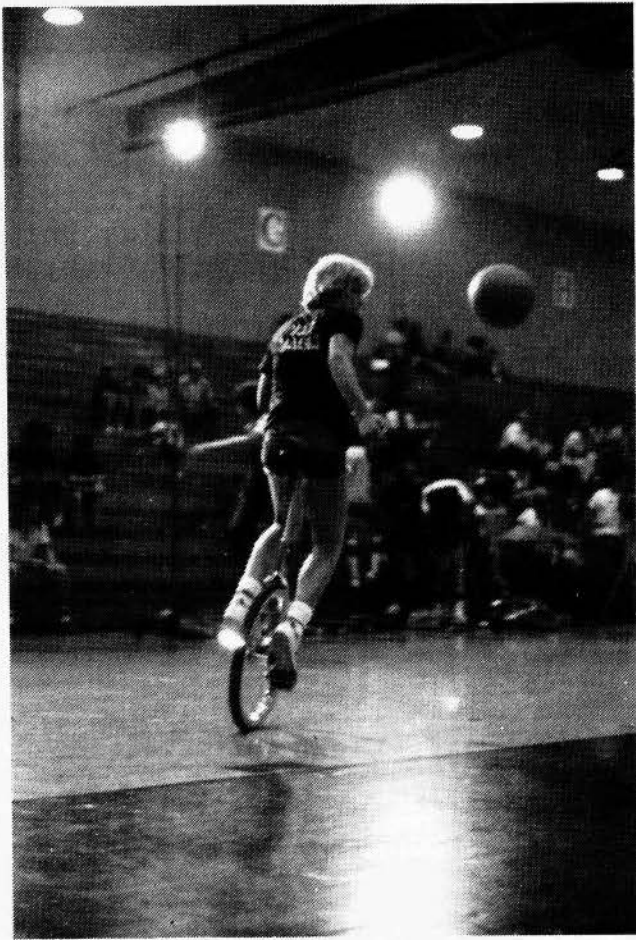
THE CROWD AT THE Old Fruit Exchange roared its approval as "UNI-STAR" Randy Barnes of Weimar successfully completed a ramp to ramp jump of 10 feet, six inches on a Unicycle May 8. It is Randy's hope to establish the record for Unicycle Jumping and get it published in the next edition of the Guinness Book of World Records.





More Photos of the 1981 Meet!

In Memory of Ted Wade  
Photographs by: John Foss



Here's to the Smiling Faces Mini-Meet!

The Smiling Faces 4-H Unicycle Club of Findlay, Ohio held their annual spring Mini-Meet and overnight on Saturday, April 17. The event was held smoothly, indoors at the YMCA Gym and Indoor Tennis Courts.

Clubs represented were: C & G Unicycle Club, Ashville, Ohio  
Redford Township Unicycle Club,  
Livonia, Michigan  
Smiling Faces Unicycle Club,  
Findlay, Ohio  
Fox Unicycle Club, Marion, Ohio

After the meet, the unicyclists and their families enjoyed swimming, dancing, volleyball, ping pong, and racketball. A midnight meal was served by the host club.

One of the most exciting events of the night was uni-basketball.

There was a vesper service followed by breakfast at 6AM Sunday.

Pictures: Andrew Layne, Jeff Layne of Smiling Faces; Dave Brichford of Redford and Jim Gloyd of C and G are after the ball in the final basketball game.

Jump! Jeff Layne and Bill Brichford.

Wayne Haines of Fox (and the Family Circus!) takes a teeney-weeney spin on his teeney-weeney bike!

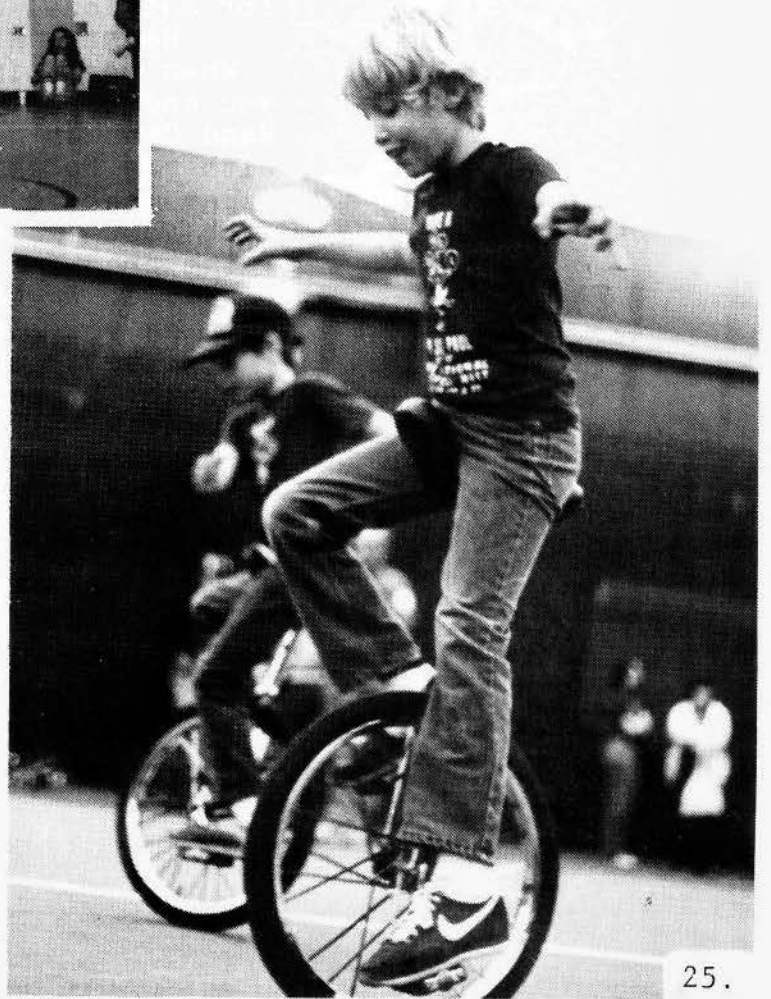
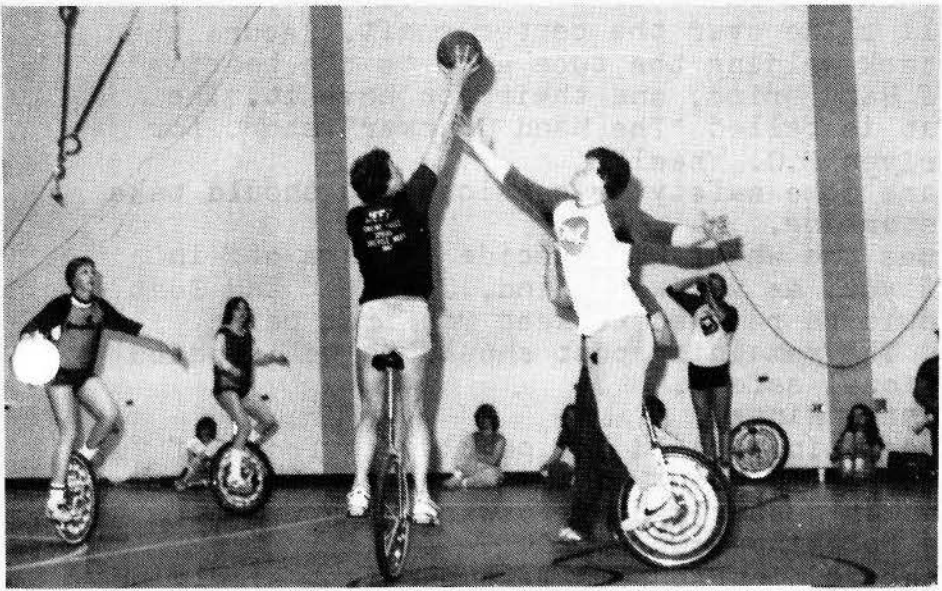
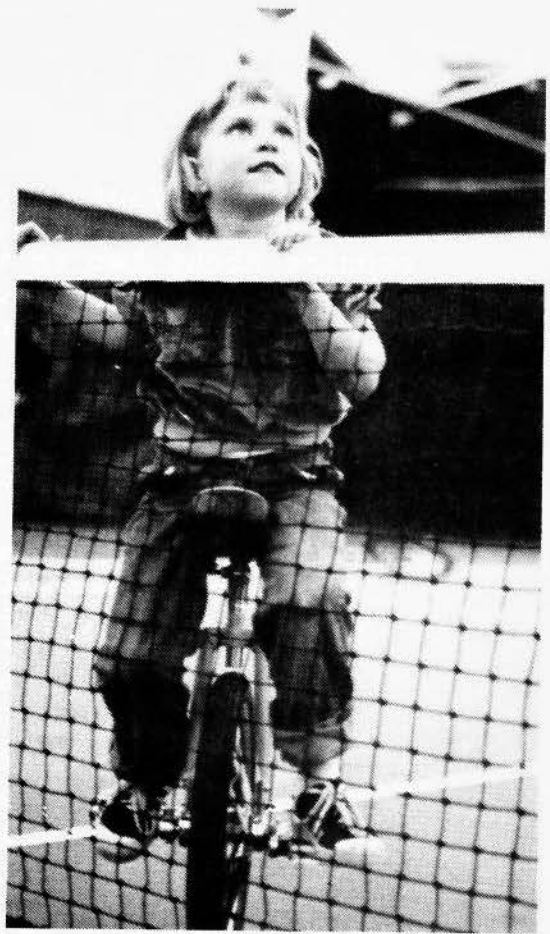
Renee Seel is Smiling Faces youngest rider!  
(four years old!)

Eric Arnett in the slow race. (Smiling Faces)

Ultimate Wheel Racers Carol Bahorich of Redford; Jeff Arnett and Andrew Layne of Smiling Faces!







## "The Hand Cranker"

Here is a fantastic new way of Unicycling that will certainly add class to your one wheel fun? Its quite a chalange and will probably require about two to three days to learn. Those who are now riding the B.C. Wheel have some what of an advantage.

You need only three things;

#1-A standard Schwinn Giraffe or anything comprable too.

#2-A pair of Moped Foot Pegs, which you mount directly to each side of the axel.

#3-A pair of Hand Peddles.

These are not absolutely necessary but regular peddles tend to make your hands very sore.

Make a pair of Hand Peddles by cutting an old pair of peddles so that you have only the center shaft. Then you need a piece of tubing for each peddle that will slide over the center shaft. Secure the tubing to the shaft by tack welding the tube ends to the bearing caps. Slide on a pair of Hand Grips, and their you have it. The complete makings for what is called "The Hand Cranker" short for "Chain Driven B.C. Wheel".



Here are some safety precautions you should take before starting.

At times the wheel will decide to take off in front of you, as you will find. The Seat and Seat Post should be removed to keep you from being injured. The remaining post should be well padded for additional safety.

### Helpful Hints

When beginning , hold the peddles in front of you and place one foot on the foot peg. Lean the Hand Cranker just slightly forward and push off with the opposing foot.

Remember to distribute all your weight evenly to each foot and only to the feet.

The cranking motion should be as smooth as possible. Try and let your arms flow with the pace just as your legs do while riding a regular Uni.

Picking up speed and slowing down must be done very gently as to insure positive control.

Turning will be done by shifting your weight from one foot to the other while tilting the cycle to the same side.

It obviously will take a little time and practice but believe me you will Love it and so will the by-standers.

For more info. write; UNI-STAR Enterprises  
Randy S. Barnes  
21311 Fairplay Ct.  
Colfax, Ca. 95713



To Promote Unicycling throughout the World  
by Kenneth G. Fuchs

An international unicycling organization would be an extremely useful tool in promoting unicycling throughout the world. It can be a central source of worldwide information concerning all facets of unicycling. It would be the appropriate body to establish rules for and sanction the World Unicycling Meets. It could instigate research on the health aspects of unicycling and incorporate the results into the design of unicycles. Let us call this organization the International Unicycling Federation (IUF).

The IUF might best be a branch of the Federation Internationale Amateur de Cyclisme (FIAC). Since the Commission Internationale de Cyclisme en Salle (International Indoor Cycling Commission), or CIS, the international artistic bicycling organization, is also a branch of the FIAC, the IUF and CIS may easily cooperate with each other in promoting their respective sports. Also, many unicyclists are interested in artistic bicycling and vice versa. It also makes it easier to hold both the World Unicycling Meet and Indoor Cycling World Championships at the same time and place. The existing organizational framework of the FIAC could serve as an effective medium for promoting and disseminating knowledge of artistic bicycling among unicyclists and vice versa. Finally, the FIAC is a branch of the Union Cycliste Internationale (UCI) which is the sole authority that could apply to the International Olympic Committee to elevate any cycle sport to Olympic status. If the IUF is not a branch of the FIAC, it may be very difficult to make unicycling an Olympic sport.

The IUF like the CIS would be an organization of national organizations. Each country represented in the IUF would have its own IUF-affiliated organization through which the IUF would communicate to the individual clubs and unicyclists in that country. The best choice for the IUF-affiliated organization in the US would be the USA, Inc. The USA, Inc. would not change in structure, but simply serve an additional capacity of liaison between US unicyclists and the IUF. The IUF-affiliated organizations with the IUF central office comprise a worldwide network of organizations promoting unicycling throughout the world.

The information collected and disseminated by the IUF may consist of:

- 1) A newsletter informing members of current and past developments in unicycling.
- 2) An encyclopedic manual on unicycling, with an indepth treatment of every aspect of the sport. (Jack Halpern is writing this manual.)
- 3) A file of unicycling clubs, organizations and individual riders throughout the world.
- 4) A file of unicycle records, i.e. speed, endurance, tallest unicycle, shortest unicycle, etc.
- 5) Various research findings and other publications.

In regards to the World Unicycle Meet, the IUF should:

- A) Establish rules for unicycle racing, artistic unicycling, and unicycle games.
- B) Establish which races, artistic routines and games should be included in the World Unicycling Meet.
- C) Determine the sponsor, time and location of the World Unicycling Meet in collaboration with the CIS and FIAC.

Research determining the health effect of unicycling is important for the following reasons: It will establish unicycling as the healthy wholesome sport, we all know it is. As such this research will stand as evidence to counter other medical research such as one which claims unicycling causes Bozo's syndrome, a pain in the legs and the small of



the back. The research can be expanded to aid in the design of safer, more healthful, and efficient unicycles. The IUF should recommend unicycle quality standards.

The research of unicycle design could help develop unicycles for specific applications such as racing, games, artistic riding, and distance riding. Also, it may help improve on the designs of various unicycle types such as giraffe, big wheel, standard, two wheel, ultimate wheel and midget. A knowledge of the physics of unicycling might also help people master the unicycle quicker. Look at what the last fifty years of research has done for bicycling. The same can perhaps be done for unicycling.

Most of this article was paraphrased or quoted from "Proposal for the Establishment of International Unicycling Federation" by Jack Halpern.

On June 1, 1982, the International Unicycling Federation has been tentatively established through the mutual agreement of prominent unicyclists around the world. If you would like to help consolidate the IUF or just show your interest in it, send a letter or card to:

John Foss  
18826 Melvin  
Livonia, MI 48152

Kenneth G. Fuchs  
3908 Ontario St.  
Ames, Iowa 50010

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### Two Wheeling Balance

In learning to ride a 2 wheel uni, the unicyclist has only his sense of balance to aid him. He needs to learn a completely new system of reflexes which are exactly the opposite of what's needed to ride a normal unicycle. If he places most of his weight on the pedals, he will find the unicycle twisting violently (in the unexpected direction?) and will shortly thereafter fall off.

Some insight into this problem might be had through a comparison of forward-backward balance on a 2 wheel and normal uni with pedals horizontal. Suppose two people, one riding a 2 wheel and the other a normal uni, feel their CG drift back slightly. The CG drift in both cases will instantaneously cause some of the rider's weight to shift from the front foot to the back foot. In both instances, this means less force is applied to the forward pedal and more force to the backward pedal. Consequentially, without really doing anything the normal uni rider has partially regained his balance, but the 2 wheel rider is now even further off balance. (Now both riders react to the CG shift and regain their balance.) Note that the magnitude of this effect is directly proportional to the amount of weight the uni rider places on his pedals. Therefore the 2 wheel is easier to ride with most of the weight on the seat. Only after more riding experience will the 2 wheel rider be able to surmount the additional difficulties of riding with more weight on the pedals, perhaps culminating in seat in front riding.

The 2 wheel exposes the unicyclist to what I fondly call one of the negative universes. It seems that everything on a 2 wheel is backwards and feels strange. The most reassuring thing about this universe is "Falling up never happens!".

In building a two wheel unicycle (See two wheel article in the Fall newsletter) cheaply, a 24" Schwinn unicycle frame can be used as the top part of the two wheel frame. The bottom part of the two wheel frame can be either bolted or welded to the Schwinn frame. A two wheel unicycle is simply a standard unicycle with a second wheel and frame extended below it. The tighteners at the bottom of the frame are used to hold the two wheels tightly together. Happy two wheeling!

ORDER FORM

To: Liz Millis, Secretary-Treasurer  
 Unicycling Society of America, Inc.  
 P.O. Box 40534  
 Redford, Michigan 48240

Date: \_\_\_\_\_

Please make your check to:  
Unicycling Society of America.

Dear Joyce: Please send me the following items for which I am enclosing  
 a check or money order in the amount of: \$ \_\_\_\_\_.

<u>QUANTITY</u>	<u>ITEM</u>		<u>TOTALS</u>
_____	Unicycle Pin	@ 2.15	_____
_____	Unicycle Charm	@ 2.15	_____
_____	4" Embroidered USA Patch	@ 2.15	_____
_____	 BICYCLE PEOPLE		
_____	by Dr. Roland C. Geist	@ 18.50	_____
_____	ART OF JUGGLING by Ken Bengé	@ 4.95	_____
_____	JUGGLING BOOK by Carlo	@ 4.95	_____
_____	NYU DRAMA REVIEW, March 1974	@ 5.00	_____
_____	CIRCUS TECHNIQUES		
_____	by Harvey Burgess	@ 15.00	_____
_____	UNICYCLE BOOK by Jack Wiley	@ 7.95	_____
_____	TUMBLING BOOK by Jack Wiley	@ 8.95	_____
_____	BASIC CIRCUS SKILLS		
_____	by Jack Wiley	@ 3.45	_____
_____	ACROBATICS BOOK by Jack Wiley	@ 5.95	_____
_____	BICYCLE BUILDER'S BIBLE (soft)	@ 8.95	_____
_____	By Jack Wiley (hard)	@ 14.95	_____

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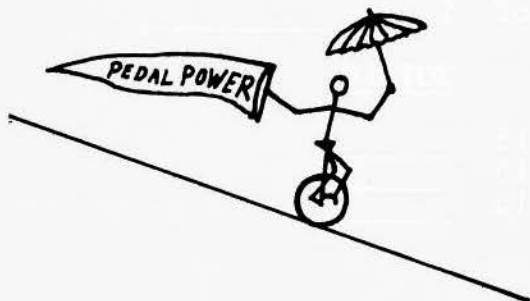
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 Address \_\_\_\_\_ City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_

Unicycling Society of America  
P.O. Box 40534  
Redford, Michigan 48240

# FIRST CLASS



Dear Members: As a Not-For-Profit Corporation we are not in business to make money. However, on the reverse side of this page, you will find a number of related items we have for sale which may be of interest to you, and which if ordered through your Secretary-Treasurer will not only be of service to you but will aid our treasury and enable us to do more to help further the sport of unicycling.

If you know of any unicyclist who might be interested in joining our organization, please pass along the form below. It makes a nice birthday gift!

-----  
Membership Application - Unicycling Society of America, Inc.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

Make All Checks Payable to UNICYCLING SOCIETY OF AMERICA. Dues: \$6/year. Includes subscription to quarterly newsletter plus membership card and voting privilege. Additional family members 50¢ each. Same benefits except no newsletter. Please provide names for all family members.

MAIL TO LIZ MILLS , SECRETARY-TREASURER, ADDRESS ON REVERSE OF THIS SHEET.

Please indicate: Renewal \_\_\_\_\_ New \_\_\_\_\_ Professional \_\_\_\_\_ Amateur \_\_\_\_\_