



# On One Wheel

[ the usa newsletter ]



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## Mission Statement of the Unicycling Society of America, Inc.

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 The Cover;** (top) Everyone at the regionals in Minnesota gather around 'Panther Pride' for a photo. (bottom) Unicyclists at the regional meet in Ohio take a break from riding to pose by Lake Erie.

## On One Wheel

This official publication of the Unicycling Society of America, Inc. is published at least quarterly. We invite editorial submissions of all kinds. Send news about yourself and other unicyclists. We are not responsible for articles and pictures unless accompanied by a request for their return and a self-addressed, stamped envelope. We also invite e-mails to the editor. Reproduction or use of the material in this magazine without the express permission of the Unicycling Society of America, Inc. is prohibited. ISSN 0893-4606

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E-mail address: agrzych at comcast dot net.

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## Subscriptions/Renewals & Address Changes

Individual membership in the Unicycling Society of America, Inc., which includes a subscription to On One Wheel, is \$20 for the U.S., Canada, and Mexico, \$25 for overseas. Family memberships are also available for an additional \$15. First-class delivery within the U.S. is available for an extra \$10. Send address changes immediately to Unicycling Society of America, Inc., PO Box 530518, Livonia, MI 48153-0518. The USA, Inc. is not responsible for forwarding returned magazines.

## President's Corner

Hello USA members,

Summer is finally here which means NAUCC 2009 is right around the corner. I hope you're all planning to attend. TCUC is doing a wonderful job planning this year's event.

The USA Board is continuing to hold bi-monthly conferences to discuss all aspects of running the organization. We've just purchased another year of unicycle insurance for all USA members. We're preparing for the Annual USA Membership Meeting as well as the new USA Teen Meeting, which will give high school students a chance to volunteer their services in USA, Inc.

As we near the end of the 2008-2009 term, I'd like to thank all the officers and volunteers for a great years worth of work. Tammy has been a great vice president, coming to each meeting with valuable input and suggestions. Carol has provided wonderful minutes from each meeting/conference. Hans has updated the database, worked to get USA, Inc. a tax deductible status, and enabled us to send OOW electronically. Greg and Amanda have done a wonderful job of getting out OOW. The directors volunteer to do all additional necessary tasks.

I look forward to seeing you in Minnesota this summer,

Wendy Grzych  
USA, Inc. President

Now that the weather has warmed up, we have moved our unicycle practice outside. We are also teaching a beginning unicycle class through Community Education. We meet twice weekly, once outside at the Recreation Center parking lot, and once at Andy and Irene's farm to ride the mountain unicycle course and practice trials. This summer our club will be participating in several local parades. We have a Hutchinson National Team of about a dozen or so riders that will be going to NAUCC this summer. We will be having special practices for the Hutchinson National Team to get ready for the big event.



*Andy Cotter participates in the Down on the Farm Muni Weekend on his farm in Minnesota. This is from 2008.*



*Unicyclists from New Discoveries Montessori Academy take a unicycle class with Irene at the local skate park. Several of these unicyclists are members of Hutchinson One Wheelers.*

## **Hutchinson One Wheelers**

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# Twin Cities Unicycle Club

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## Uni Flu Grips Upper Midwest

An outbreak of Uni Flu has spread quickly across the upper Midwest, afflicting many Minnesota, Wisconsin and Dakota unicyclists with symptoms ranging from Coker-rash to Muni-madness. Uni Flu, a highly contagious virus, initially causes an unstoppable desire to hop and ride on objects not meant for hopping upon or riding over, such as tree roots and rusting farm machinery, and progresses to more deeply feverish and crazed unicycling activities.

Experts believe the disease traveled across the Minnesota state line from Wisconsin by invasive Madison area unicyclists attending an unsuspecting gathering at Down-On-The-Farm-Muni-Weekend (DOTFMW) on May 16 in Hutchinson, MN.

Though DOTFMW masterminds Andy Cotter and Irene Genelin heroically set up several devious and complicated obstacles, they were unable to contain the bug in rural Minnesota. Just 2 weeks later at Christ the King church in New Brighton, MN, another mutation of the flu occurred, causing local unicyclists to madly chase a tennis ball around the floor of a gymnasium, desperately trying to smack it with sticks into a net. Though there were several injuries, no fatalities have been reported.

The rapidly mutating virus appeared the very next day in Eagan, MN, where more unicyclists were seen to be propelling their one-wheeled devices in very odd ways across a floor on which was drawn large, oddly concentric circles inside an even larger square. Local officials were puzzled by the behavior and markings, though several guessed that it had something to do with a weird type of hopscotch.

Twin City Unicycle Club President Tim Lee has called for calm and maintenance of public order in face of the outbreak, and has urged those beset by the virulent virus to allow the disease run its course. "The only sure cure for Uni Flu is to attend NAUCC 2009, where understanding specialists will be present to attend to their every unicycle-related need."



*Some of the strange, hopping behavior caused by Uni Flu.*



*Uni Flu drives seemingly normal unicyclists to chase a tennis ball with sticks.*

*(Left to right) Bryan Alexander, Amanda Grzych, Aaron Egan, April McCurdy, Katie Holden, Steven Susanka and Meg Sinclair play around with their new cycles.*



**RTUC has been rather busy lately!**

We got our refurbished giraffes back and boy are they pretty! Once we got our giraffes back, people switched unicycles. Many of us moved onto a taller unicycle comfortably. We've ridden in several parades with them and they look spectacular.

We had 5 graduates this year! Aaron Egan, Jory King, Rya Raub, Meg Sinclair, and Steven Susanka are all moving onto college now. But they aren't leaving RTUC, phew!

Bryan Alexander, one of our directors, decided to make a flaming puck and test it out. It was marvelous...until it began falling apart. He's still in the process of making a working puck, but it's coming along slowly.

Marcus Stenberg is moving to New York and leaving us! We had a going away party recently and everybody had a blast!

From our beginners class, we've accumulated at least 20 new riders! About 15 of them have even passed Level 1! They've begun riding in parade formation and riding in our group/club practices. They're all improving so quickly!

We're looking forward to seeing everyone at NAUCC!



*The gang's all here! Marcus's going away party.*

## **Redford Township Unicycle Club**

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# Sioux Falls Unicycle Club

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net

Besides a love for unicycling, the three families who comprise the Sioux Falls Unicycle Club share another common thread .....home schooling. Although being home schooled is not a club requirement, all members of this small but enthusiastic group receive their education at home.

Gym space, a rare commodity in the rapidly growing community of Sioux Falls, is only available during typical school hours. Thus when public and privately educated students are attending class, these home schoolers are able to finish their school work early and head to the gym. During the summer, the riding moves outdoors and others occasionally join them for a parade or show.

The club members break the stereotypical mold of home educated children. Not only do they ride unicycles, they don't wear pajamas to class (or to unicycle practice for that matter). Nor are they socially isolated. In fact they are actively involved in a variety of activities including theater, academic quiz bowls, dancing, and Ultimate Frisbee leagues.

Since the last update, the club did receive an invite to perform for the Sons of Norway. Shouts of joy were heard until it was discovered that the stage was 14 x 16 ft and had only a 6 ft ceiling. Short of riding stomach on seat the entire show, the club declined the offer and optimistically awaits a better opportunity.



*(above) Tibbetts boys: Charles, Christopher and Max*



*(above) Benjamin and Johnathan Siemens stand still for a photo.*

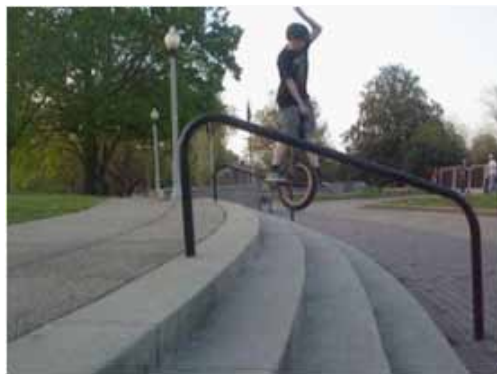


*(left) McLaughlin Family: Michael, Ann, Jennifer, Mark and Marie all practice their walk the wheel skills.*

On a recent Thursday evening at Overton Park in Memphis, 2 riders from the Memphis Unicycle Club had a friendly contest to see who could jump down the steps. It was a tie. Marquise Foster (left) has been riding for 6 years. Woodrow Savage (right) has been riding for 1 year.

*Marquise Foster*

*Woodrow Savage*



# Memphis Unicycle Club

[http://www.  
memphisunicycle  
club.org/](http://www.memphisunicycleclub.org/)

# Gym Dandies

<http://www.gymdandies.org/>

Scarborough's Gym Dandies recently traveled to Buckhannon, West Virginia to represent the state of Maine at the 68th annual West Virginia Strawberry Festival on May 16, 2009. Fifty-two Scarborough students, with 42 of those riding 6 foot giraffe unicycles, participated in the festival's Grand Feature Parade that featured over 100 units.

Buckhannon, WV with a population of about 5,600, hosts the Strawberry Festival annually. This year's festival attracted nearly 100,000 spectators on parade day. The Grand Parade featured units from 14 states, Canada, and South America this year.

The Gym Dandies spent weeks preparing for the event with long early morning practices to condition themselves for the 2.5 mile parade. That hard work was rewarded with a spectacular performance that earned them first place in the Specialty Unit Division.

The annual Gym Dandies Community Performance held in March 2009 at Scarborough High School posted a new attendance record, 2000+ spectators. The group is scheduled to perform in Farmington, Maine on June 19th for the 2,500 Bike Trek Across Maine participants.

The Gym Dandies Circus Arts Program was founded in 1981 by Director John Cahill. Mr. Cahill introduced circus art skills into the physical education curriculum to offer students an alternative to traditional physical education activities. Today the Gym Dandies includes over 200 students in grades 3 through 12 who have developed unique performance skills in unicycle, juggling, globe walking, yo-yoing and more. More than 3,000 children have participated in Gym Dandies Circus Arts Program since 1981.

Each year the Gym Dandies appears in various events around the state and region, as well as national events to include the Macy's Thanksgiving Day Parade 2005 NYC, the National Independence Day Parades 2000, 2004, 2006 in Washington DC, Montreal Cycling Festival 2002, and the Parade of the National Cherry Blossom Festival 2008, Washington DC .



*Gym Dandies riders participate in the West Virginia Strawberry Festival 2009.*





On May 16, WOW held its annual regional fun meet. The meet was a success and everyone had a great time meeting new people and participating in various events. Even though the rain temporarily delayed the events, everyone made the best of it and had a good time. At lunchtime, the unicyclists were refueled with a potluck style lunch, where everyone brought a dish to share. Members from other clubs camped with us while we were there, and had a fun time exploring the many trails in the park.

We did our first parade in Findlay for Memorial Day, next we participated in the Van Wert Peony Festival parade, and the Versailles Poultry Day Parade. The weather couldn't have been better this year, as we had sunshine for every parade.

Beginner's practice was a total success, we had about 20 people take lessons and 6 join the club. Some already knew how to ride, which was very impressive.



*(above) WOW gathers for a photo at the Poultry Parade.*

*(below) Mark and Morgan ride in the Memorial Day Parade.*



*(above) Sarah Snyder rides in the Memorial Day parade.*

*(below) Riders practice their racing at the regional meet in Ohio.*



**Wood One  
Wheelers**

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# Unicycle Central

unicyclecentral at hotmail dot com

[http://home.com-cast.net/~carol.mclean/Home/unicycle\\_central.htm](http://home.com-cast.net/~carol.mclean/Home/unicycle_central.htm)

Unicycle Central/Action Community Entertainment finished its indoor practice season in May with several new families joining the group. Uni Central meets for casual outdoor rides over the summer months, along with some performances and parades.

Practices now feature unicycle hockey in addition to riding, IRUS skill testing, games, and some not-very-successful attempts at group riding. (Practice is the only way to get better, right?) The group also focuses on juggling, jump roping, and other fun, family-friendly, action-oriented activities.

Indoor practices are scheduled to start up again in September. For more information, contact Carol McLean, Unicycle Central Director, at unicyclecentral at hotmail dot com or check us out on Facebook: Action Community Entertainment and Unicycle Central.



*(from left) Caitlin Anderson, Jeff Anderson, Chelsea (a guest), Rachel Olson, Carol McLean and Emilia Holstine show off their new unicycle t-shirts.*



*(right) Tess Macey is psyched to play uni hockey at practice.*



*(bottom left) Shirley Erstad helps Kennan LeJeune as he tries out the mini giraffe for the first time. He was sailing around the gym without help moments later.*

The Madison Unicyclists may be lacking a level 10 rider, but we sure know how to have a good time! When our group first started out, we had approximately four dedicated families to hold down the fort. We didn't even know what words such as trials or coker meant! It wasn't until Scott Wilton went to NAUCC 2007 in Saline, MI that our group was enlightened. Now we have semi-regular Sunday night meetings and have occasional performances. Our biggest achievement so far is that we have now performed in the annual juggling/unicycling festival MadFest twice. We can't wait to be able to compete at NAUCC as a club in the near future and we are glad to be part of the USA!

## Madison Unicyclists

madisonuni at  
gmail dot com

maduni.com



*The Madison Unicyclists performing at Celebrating Youth.*



*The USA's newest club, the Madison Unicyclists.*

# We want YOU!

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## USA Teen Meeting

At NAUCC 2009, the first ever USA Teen Meeting will take place. The meeting is exclusively for students who will be in high school in the 2009-2010 school year. Specifically, the Unicycling Society of America, Inc. is looking for unicyclists who are interested in accepting jobs to help the USA, Inc. throughout the year. The meeting will be run like the USA Annual Meeting, with voting rights for all teens. A list of available jobs follows. You must have parental permission to accept a position.

- On One Wheel Editor – You must have access to the proper software (InDesign, Adobe Acrobat Pro, and photo editing software). You must have your own email address. You should have some prior design/editing experience (ex. school newsletter, school yearbook). Plan on spending at least 20 hours to compile each of the quarterly newsletters in addition to time for printing and mailing hard copies. You are required to attend bimonthly online USA Board Conferences.
- USA Webmaster – You must have experience updating and designing websites. You must have access to all the proper software. You must have your own email address. You must check your email frequently and update the website in a timely manner. You are required to attend bimonthly online USA Board Conferences.
- USA Records Updater – You must have access to the Internet. You must have access to software that will enable you to compile information (ex. Excel).
- Convention Teen Leader – You must feel comfortable speaking in front of others. You must have strong leadership abilities and organizational skills.
- On One Wheel Scanners – You must own a scanner and have access to the Internet.  
\*Many volunteers are needed for this position.



# IRUS - Base Levels

## International Ranking of Unicycling Skill—Base Levels

All riders and clubs are welcome to use the IRUS skill levels. Just sign up to become a certified skill tester, follow the testing rules, and report the results of successful skill tests. Skill pins are available now for the Base levels and most of the Intermediate levels.

For more information, or a copy of the skill tester's handbook, contact Carol McLean, at [unicyclecentral@hotmail.com](mailto:unicyclecentral@hotmail.com).

### Base 1

1. Ride 10 revolutions.

### Base 2

1. Ride 25 revolutions.
2. Ride clockwise in a circle, using no more than 12 revolutions.
3. Ride counterclockwise in a circle, using no more than 12 revolutions.

### Base 3

1. Ride in a figure 8, using no more than 10 revolutions for each circle (20 revolutions total); dismount with unicycle in front.
2. Ride to a stop, idle once, ride forward; dismount with unicycle in front.

### Base 4

1. Freemount using the standard mount (forward or rollback).
2. Ride in a figure 8, using no more than 8 revolutions for each circle (16 revolutions total).
3. Idle 5 times.
4. Idle once with opposite foot.

### Base 5

1. Freemount using the standard mount.
2. Freemount with opposite foot, using the standard mount.
3. Ride in a figure 8, using no more than 6 revolutions for each circle (12 revolutions total).
4. Idle 15 times.
5. Idle 5 times with opposite foot.

### Base 6

Required equipment: Obstacle—standard hockey puck

1. Freemount using the standard mount; idle 25 times.
2. Freemount with opposite foot, using the standard mount; idle 15 times with opposite foot.
3. Ride in a figure 8, using no more than 4 revolutions for each circle (8 revolutions total).
4. Ride over the hockey puck.
5. Hop 3 times.

Once riders complete these six base levels, they are free to move on to any or all of the Intermediate skill divisions: Artistic, Juggling, Pairs, Tall, Technical, and U-Wheel.



*Skill pins are available for the six IRUS base levels, shown on the bottom row. Pins are also available for (from the top): Technical Intermediate, Tall Intermediate, Juggling Intermediate, Artistic Advanced, and Artistic Intermediate. Skill pins can easily be displayed on a hat, shirt, or lanyard.*

# James Sui's Bamboo Unicycle

This bamboo unicycle was inspired from a website that detailed instructions on how to build a bamboo bike. Naturally, as a unicyclist, I thought if a bicyclist can do it why cant I? While researching bamboo as a material it soon became evident that this was a project that is very feasible. Upon this realization, I drew up many sketches on possible bamboo configurations that would possibly work as a frame. I settled for the design that resembles most modern freestyle frames. With the design on paper it was down to the execution and will power that I had. All together the process took about one week. The process consisted of heat treating bamboo, cutting the bamboo to size, drilling appropriate sized holes in the bamboo, and tacking it all together with epoxy. The main obstacle that I ran into during this project was how to attach the bamboo to the wheel. The methods I used where very improvisational by using the bearing housings from an extra frame I had lying around. I'm sure with more resources a more permanent and stronger solution can be created. This as a feasible design that could be mass produced is unlikely. The bamboo itself has a lot of flex and would likely break because of the torque the frame receives during normal riding.

While this didn't accomplish my original objective of a super light racing unicycle, it was a good project that could be improved further with a little more work. Hopefully this project will encourage other unicyclists to try to build the crazy unicycles that we all think up in our head in our free time.



*(above) The beginning pieces of James Sui's bamboo unicycle.*



*(below) The finished bamboo unicycle.*



*(left)*

*A close up on part of James' bamboo unicycle.*

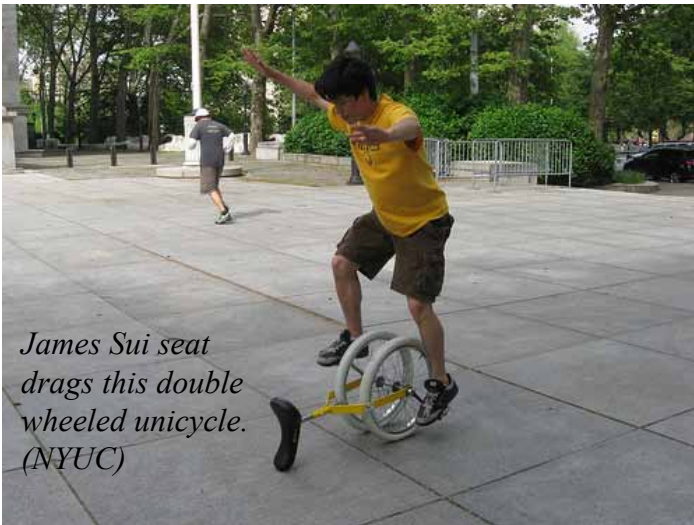
# Unicycling Photos



*Amber Snyder dressed up for a costume competition in Dearborn Michigan and won for Best Novice Craftsmanship. (WOW)*



*Madison Johnston demos for an elementary school club before a parade.*



*James Sui seat drags this double wheeled unicycle. (NYUC)*



*Terry "Uni-Geezer" Peterson makes this 7 foot drop on his Coker!*



*Emele Uka completes a 540 unispin. (NYUC)*



*Madison Johnston testing out a new obstacle in his backyard trialscourse.*

# Unicycling Photos



*The teenagers at Marcus' going away party take a break to pose for a photo.  
(RTUC)*



*Anthony Tibbetts dreaming of reaching the pedals one day.  
(SIOUX FALLS)*



*Sarah Snyder  
180 unispins.  
(WOW)*



*Christopher Tibbetts passed level 4!  
(SIOUX FALLS)*



*Terry Peterson goes "no footed" on his 36".*



*A flaming puck at Amanda Grzych's birthday party.  
(RTUC)*

**WANT TO BE IN THE NEXT ON ONE WHEEL?**

**We're always looking for new articles, photos, and video links!**

**Send anything to agrzych at comcast dot net! Your items are always greatly appreciated!**