

ON ONE WHEEL



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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 information service. Copyright © 2011 by the Unicycling Society of America, Inc.

On One Wheel

The 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 All views expressed in this newsletter are those of the respective authors. They are not necessarily those of members or officers of the Unicycling Society of America, Inc. Address editorial material to: Editor - On One Wheel, Unicycling Society of America, Inc. 5301 Detroit St. Dearborn Heights, MI 48125 E-mail address:

The price for advertisements is \$100 for a full page, \$50 for a half page, \$25 for quarter page. Please contact the editor at the address above for further information about advertisements.

On the cover: Sara Shilot, and Jalenica Troutman-Watson compete in their pairs routine at UNICON. The photographer of this photo is unknown.

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 change immediately to Unicycling Society of America, Inc., P.O. Box 21487, Minneapolis, MN 55421-0487. The USA, Inc. is not responsible for forwarding returned magazines.



President's Letter:

Hello All,

I'm excited to welcome you all back from NAUCC 2012/ UNICON XVI. I hope everyone has had a wonderful, inspiring summer!

I'd like to welcome some new folks to the USA Board/USA Appointments:

Joe Lind (MN) as our new Secretary
Rick Carr (PA) as one of our new Directors
James Sui (NY) as another one of our new Directors
Grace Alexander (MI) and Sara Snyder (OH) as our new OOW Co-Editors
Amanda Grzych (MI) as our new Teen USA Liason
Aaron Schmitz (MN) as our new Rules Committee Chairperson (and current Co-Webmaster)

I'm looking forward to working with all of them (as I bid a sorrowful goodbye to the wondrous people who have vacated those positions). Also I would like to welcome back: Max Schulze (NM, VP), Hans Mills (MI, Treasurer and Membership Chair), Nicole Crook (WA, Director), Scott Wilton (WI, Director and Co-Webmaster), Tim Lee (MN, Merchandize Chair), Carol Bricker (AZ, Co-Affiliate Club Coordinator and IUF Liaison), Carol Brichford (MI, Historian), Bill Gilbertson (MN, USA Scholarship Chairperson), Ryan Woessner (MN/CA/Who knows now?, Skill Level Chair), Carol McLean (MN, IRUS Level Chair), and of course Connie Cotter (MN) and John Foss (CA) as Presidents Emeritus. You've probably noticed that we're a diverse group - representing a large number of clubs/unicycling disciplines from across the U.S. That's exactly the way we like it. If you'd like to volunteer, please let me know.

Happy Cycling,

NAUCC 2012

Unicyclists from all over the country came out to Saline Michigan for NAUCC this year. Riders jumped straight into competition with the exhausting marathon as the first event, while others enjoyed a relaxing open gym. As the week went on, participants competed in artistic, racing, hockey, basketball, trials, muni, flatland, and other events, all while making time to hang out with other unicyclists from across the country. Overall, the convention was a huge success and it couldn't have been done without all of the volunteers. The Redford Township Unicycle Club would like to thank anyone, and everyone who helped out during the convention! Also, a huge thanks to Amanda Grzych and Mel Zeller for taking the wonderful photos included on this page!

Results from all events will be included in the next On One Wheel, you can also watch the [NAUCC 2012](#) website for sooner results!



My first UNICON

Tyler Mcmanman

When my mother first told me we were going to UNICON 16 just after NAUCC 2011, I was completely shocked. I could not believe that I was going to spend two weeks in Italy with my unicycle.

I went with my mom, my dad and my grandma. We flew from Detroit to Innsbruck, Austria and then drove to Brixen/Bressanone, Italy. The town itself was nestled in the Alps. It was very small and was totally over run with unicyclists to the point that one in three people in the town was able to ride a unicycle. Even though it was in Italy, it was culturally German. We ate lots of schnitzel and sausages.

I participated in some track races, but my favorite events were the muni events. On Saturday, my first full day at UNICON, I was excited to go to a muni practice ride workshop. However, it was cancelled due to rain. Luckily, I hitched a ride with fellow U.S. unicyclist Andy Darraugh and Minette Ozaki who had a rental car and we had fun exploring the course on our own.

Later in the week, I met Kris Holm and rode the 6 km downhill course with him for a fun ride. I learned a lot from him, including how to back pedal to slow myself down while going down-hill. I also got some cool tips for making my muni lighter. He has a new book out called The Essential Guide to Mountain and Trials Unicycling that has a lot of good information and awesome pictures. I got him to sign a copy for me.

The expert downhill course, located at the top of Plose mountain, was insane and hard. When we ran into John Foss at the bus stop one day, he said about the course, "That course is designed for people with brakes and no brains." It was so hard, in fact, that I got a brake the next day from Muncycle.com who was on site vending. They were working very hard. I bought so much from them during the week that we had to throw away two pairs of shoes and all of our socks and underwear to get the stuff home in our suitcases.



Tyler on the muni cross country course.
Photo by: Shelly Stobierski



Tyler poses for a photo with Kris Holm.
Photo by: Unknown

I also enjoyed watching the expert freestyle events. I couldn't believe how good the routines were. While watching the pair's competition, I got a lot of trick ideas from the Japanese riders who dominated the event.

The competition was super tough and I did not place in any thing in which I competed, but I had lots of fun and saw some incredible things. I can't wait to show my fellow RTUC club members the stuff I learned at Mark Fabian's high jump workshop. I also plan to pass along some unique tricks I learned from Maximiliane Jaik and Sonja Summer that involve your feet being under the pedals.

UNICON 16

Results from UNICON will be released in the next issue of OOW.

For those who didn't get to make it to Italy this year, here are a few videos of some things you may have missed...

[Danish Unicycle team takes first place in group freestyle.](#)

[Eli Brill lands first ever 1260 unispin!](#)

[UNICON 16 after video.](#)

[Expert individual freestyle, first place.](#)

[Final expert flatland battle!](#)

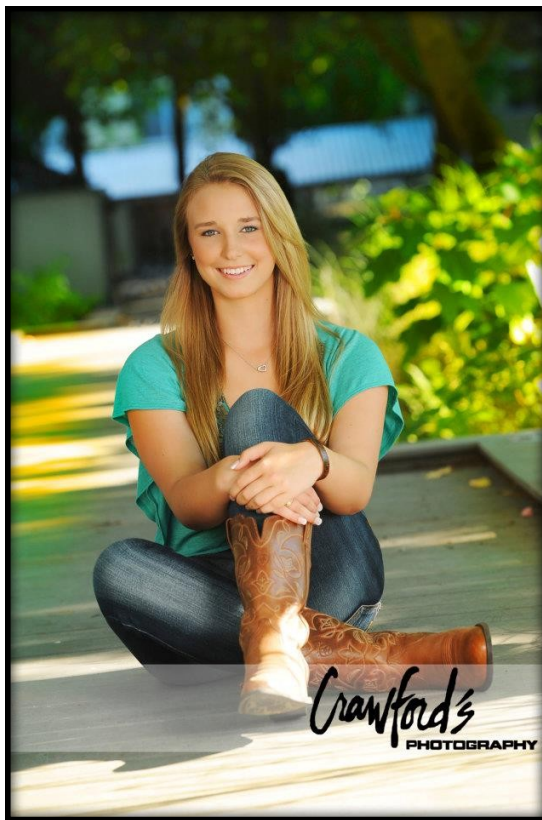
The wonderful photos on this page were taken by Lara Beins, and Sophia Pellmann



2012 Scholarship Winners!



**Amanda
Grzych**



**Chantelle
Troutman-Watson**



**Aaron
Schmitz**

Words from one of our scholarship winners, Aaron Schmitz!



When I first learned to unicycle in the summer of 2007, I had no idea how significantly the sport would impact me. Through the Twin Cities Unicycle Club Show Group, I have had the opportunity to master many new skills, and as a TCUC junior officer and a member of the Unicycling Society of America Teen Leadership Group, I have had the opportunity to gain invaluable leadership skills. At present, I am the webmaster for both the USA website (uniusa.org) and the TCUC website (tcuc.org) in addition to presiding as director over the Rulebook Committee and secretary of the USA Teen Leadership Group.

In the fall, I will attend the University of Minnesota, Twin Cities where I am pursuing a degree in mechanical engineering. While at college, I hope to continue my role in the unicycling community (and of course someday I dream of beating fellow Minnesota Gopher Scott Wilton at racing).



Rider Q&A

Rachel Sindelar (TCUC)

Q: How long have you been unicycling and how did you get involved?

A: I've been unicycling for 7 years, 8 in the fall. We found one at a garage sale and later joined TCUC

Q: Why do you enjoy unicycling?

A: I enjoying riding because it gives me a challenge and I like to be competitive

Q: Where do you think unicycling will be in the next year? (do you think there will be more of one style and less of an other? Do you think riders will transition to different styles?)

A: a lot of people are getting into street and flatland type of riding so there will most likely be more of that kind of riding. riders aren't necessarily transitioning into different riding styles, but they are learning new skills from different types of riding. for example, freestyle riders are learning how to do flatland skills.



Q: what is your favorite style of riding and what are you working on currently?

A: my favorite riding style is free style and I am currently working on level 8.

Q: What would the best mythical place to hold a UNICON be and why?

A: The best mythical place to hold UNICON would probably be in one of Dr. Seuss' world because most of the creatures there already know how to ride one wheel.

Butler Wobble, Hosts of NAUCC 2013

Hopefully many of you reading this made it to NAUCC 2012 in Saline, MI. If you didn't, you may be unaware that NAUCC 2013 will be held in Western Pennsylvania. It's the first time an NAUCC is making it to the Keystone State. We're hoping you'll make the trip and join us.

Butler County is located about 30 miles North of Pittsburgh. We've got spectacular natural resources and a tourism board that is looking to bring sporting events into the area. They're extremely excited about the prospects of NAUCC being held in their backyard and are working with us to help us make the experience not only a fantastic unicycling experience, but a great vacation as well.

As far as planning goes, we're awaiting the bid on the school facilities for the event, we've got a meeting scheduled August 14th with the park ranger in charge of planning events at Moraine State Park, we've got volunteers lined up to build the Trials and Street Courses, and we've got a bunch of the Distance and MUni courses in the works. We've got a rough draft of the event schedule too.

Hopefully by the end of August we'll have a lot of the facility details nailed down.

Mark your calendars for a trip to Pennsylvania next July 21-28!

If you want to keep track of updates, we've got a Facebook page: NAUCC 2013. We're also keeping our site www.butlerwobble.com updated.

“ We've learned that the biggest benefit of attending NAUCC is the people. When you're surrounded by that many people who all love to ride unicycles, it's hard not to be inspired...And the amount of encouragement is contagious. ”

- Lisa Crack

Did you know?
A “Wobble” is a pack of unicyclists.



Meet the New Editors!

Grace Alexander & Sarah Snyder

Meet Grace!

I have been unicycling for 11 years with the Redford Township Unicycle Club (RTUC) and it is something that has changed my life forever. When I was younger I was not the confident person I am today. When I started unicycling my attitude changed completely. I was introduced to a whole community of unbelievably cheerful people, who were a complete blast to be around. Unicycling slowly became my favorite thing to do. My first National competition was in Minnesota in 2003. I remember playing tons of games with complete strangers from all across the country on the first day. Since then I have been to eight other national competitions where I have had incredible experiences and met some of the most important people in my life.

Meet Sarah!

I started unicycling 10 years ago with the Wood One Wheelers unicycle club. I went to my first NAUCC in 2005, and was able to see a whole new aspect of the unicycle world. I had never been around so many incredible people, who all had a genuine love for the growing sport. Through unicycling, I have traveled all over my home state, and country, made long lasting friendships, and gained immeasurable confidence in myself. This fall I will be attending The Ohio State University, and yes, I will be "that girl" riding her unicycle all over campus! I'm beyond excited to see unicycling progress as a sport in the years to come.



As editors, we are ecstatic to take over On One Wheel and make it the best it has ever been. Unicycling is a passion we both share and has been for quite some time. It is something that has bonded us together, and without it, we probably wouldn't be best friends. Our friendship began at a mini meet in northwest Ohio in 2004 while racing the 400m. An awkward greeting in the middle of a unicycle race was what brought us together. Although we live in different states, and quite a drive away from each other we always make time. Often one of us will drive to the others house for the weekend and we will have an adventure filled couple of days which almost always includes unicycling. Just this past December we got matching tattoos on our ankles. A small unicycle to represent our friendship, how it came about, and how it holds us together. Without this sport, we probably wouldn't have ever met, and wouldn't have the chance to run this magazine, and make it our own!

How I learned to unicycle

Daniel Mullen (RTUC)

My mom had a student in her class. That student wrote a paper on how she got hit by a car while riding her unicycle home from school. Mom read it and thought that it was cool how her student could ride a unicycle. They talked about it and my brother mom and I ended up in the unicycle class.

As I entered the gym I knew that it was going to be fun. The instructors had us sized for the unicycles. And then put us in a line with the unicycles. While I waited in line I saw people ahead of me being held up by their arms. Members of the club supported the beginners who were trying to ride. But no matter how hard we tried we all kept falling off the unicycle.

Wendy the president of the club, promised that we would sweat a lot. So she got that part right. I sweated a lot but not as much as the older people. That very first day I got around the gym only three times. My mom on the other hand barley made it once. Mom credits her instructors for getting her even that far.

We had so much fun that first day that we made up are minds to keep coming back. Every Saturday morning we practiced and got better each week. By the fifth week my whole family got unicycles and we started practicing at home. At the class graduation my brother was the first to free mount and ride across the gym but I was the first to get level one. Who would have thought that in five months I learned to ride a unicycle and compete in nationals.



Daniel, John, and Patty Mullen during class.
Photo by: G. Alexander



Jason helping Daniel around the gym.
Photo by: G. Alexander

Racing Wheels and Disc Brakes

Racing Tires – Is Yours the Right Size?

To race track/standard distance events at any nationally- or internationally-sanctioned event your 24” tire diameter cannot exceed 618mm/24.3333”. By next summer the USA’s measurement box will be altered to these exact specifications. You will need to be able to drop (not force) your uni into the box if you would like to use that tire for racing. Even if your tire has been legal in the past, you may not be allowed to race with it next summer at NAUCC 2013.

You’ve probably heard that tires that are 24 X 2.125 or below are legal, but that’s not necessarily the case - as more than one USA member found out this summer at UNICON. Amy Drummond (unicycle.com) explains that “Tire manufacturing is notoriously inaccurate. Tire weights and sizes vary even on a single batch run. We have noted weights varying by as much as 20%...”

What should you do? Amy suggests measuring your tire at the pressure you wish to race to be sure it will “drop in” the USA measurement box. And remember to check your cranks, too. Watch for USA Rulebook changes on www.uniusa.org throughout the next few months for up-to-date crank arm allowances.

Disc Brakes– Advice from Unicycle.com

This month we are going to cover Disc Brakes. Disc brakes are a great addition for stopping power. Now that disc brakes are available for unicycles, here are some tips to keep you and your brake happy.

Never touch the rotor of the brake after heavy use, they could cause a burn.

The rotor diameter may vary between models and brands. Common rotor diameter sizes are 145mm, 152mm, 160mm, 185mm, and 203mm. The brake caliper, bike frame, and rotor diameter must be compatible.

The rotor or disc of the disc brake system secures to a disc-specific hub. The common system uses six bolts. A mild thread locker is recommended on the bolts. Secure rotor bolts to manufacturer’s torque specifications, typically between 40 and 60 inch-pounds.

The rotor and brake pads should be kept clean of oils and grease. If pads become contaminated, it is best to replace them. When cleaning the rotors or washing your unicycle, remove wheel and remove pads from bike. Use isopropyl alcohol or similar solvent when cleaning rotor surface of dirt or film. Do not use a solvent or cleaner that contains oils or leaves an oily residue.

Rotors may become bent or warped with use and abuse. Some re-bending may be possible, but rotor replacement is typically the best option. Park Tool and Morning star have Rotor Truing Fork and they allow you to subtly bend and align the rotor. Watch the wobble at the caliper. Place the long section of the truing fork over the rotor and pull or push as appropriate. It only takes a small amount of effort to move the rotor. Sight rotor and re-bend as needed.

Remember:

Have fun riding and happy braking!



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Thank You!

The Redford Township Unicycle Club would like to give a big thanks to everyone who donated to the raffle at NAUCC. It was a huge success and we raised over \$1,200 towards the convention!

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