

On One Wheel

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On the cover: Will Streets about to hit a 5 foot drop at the Atlanta Urban Unicycle Event.

Photo By: Elijah Rotenberry

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 information service.

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On One Wheel

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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. . Send address change immediately to Unicycling Society of America, Inc., P.O. Box 21487, Minneapolis, MN 55421-0487.

NAUCC 2013

The North American Unicycling Convention and Championship of 2013 is just around the corner! It may not feel like it, but it will be here very soon. If you want to race, ride, or be a part of the workshops you need to register; online registration is now closed. We will still accept registration onsite for \$130 per person (you can no longer register for Freestyle or Standard Skill; those events are closed). The web site has all sorts of information, from accommodations, sponsors, event information and what to do in the area. There is a lot of info there, www.uninationals2013.com Please check it out.

You may have noticed on the schedule that we have all sorts of non-unicycling or uni not required events scheduled throughout the week too. We often travel hundreds of miles to attend NAUCC and understand that “down-time”, sight-seeing, and vacation type things can make the week much more enjoyable!

The Nautical Nature Cruise is scheduled for Saturday, July 27th at 11am. Those of you NOT competing in the Advanced or Expert MUni races are welcome to join us. The tour is free, thanks to the Butler County Tourism and Convention Bureau, but space is limited and it is only open to NAUCC registrants. There will be a sign-up sheet at registration on July 21st. We'll get a guided tour of Lake Arthur in Moraine State Park and learn all about the aquatic life and natural resources in the area.



Another fun event we have scheduled is Movie Night at the Strand Theater in Zelienople. The Strand was built in 1914 and has gone through a few renovations over the years. It closed its doors in the late 1980's and remained vacant until purchased in 2002 and reopened in 2005.



We'll be collecting YOUR unicycling videos prior to the event and watching them on the big screen! This is another event where you have to plan ahead - we will only be showing videos collected prior to registration. No submissions will be accepted at NAUCC. This event will also be open to the public, we are asking for canned good donations for a local food bank as admission. We hope for a large crowd. The concession stand will be open...movie theater popcorn!



There have also been a few questions about what to expect, so a few tidbits about our region (don't forget to check the website, it's loaded with info!):

The average July temperature for our area is 85(F). Remember, that's an average - July is also our warmest month, and "Hazy, Hot and Humid" is a regular forecast in our area during the summer months with the heat index being much, much, higher. July is also one of our driest months, but we are known for over-cast days, hence the "Hazy" part of "Hazy, Hot and Humid". Don't let that fool you - bring your sunscreen since we'll be outside often, and on pavement.

Like some of you, our area has a problem with ticks and the diseases they carry, mostly Lyme Disease. If the little buggers like you, bring bug spray. Some common sense advice, if you are in the woods or a grassy field for a long period of time, check yourself after coming inside (they like waistbands and sock lines) and tuck in any clothing that can be tucked in. Don't try any of the fancy, crazy methods of tick removal, simply use a pair of sharp tweezers and wash well with soap afterwards, and then keep an eye on the bite location. I don't mean to sound like an alarmist, that's not my intent. I just wanted those of you unfamiliar with the problem to be aware.

We also like hills and creeks. Mostly 'cause they are everywhere. We're sandwiched between the Appalachian Mountains and rivers and streams that drain into the Mississippi.

I know this update didn't include much about unicycling, but I hope it goes without saying, that we are looking forward to everyone joining us later in July. We have many people looking forward to watching and participating in this year's NAUCC. The marathon course is sponsored by a local cycling team, AG3R, and they will be marshalling and assisting during the race. The 10k marshalls will be local Rails-to-Trails volunteers from the Butler-Freeport Trail. Muni day volunteers are mostly local Mountain Bikers and advocates. An indoor Mountain Bike Park, The Wheel Mill, is assisting with the Trials and Street builds. A local art gallery, The Bottlebrush is hosting a Welcome Reception and bicycling themed art show opening on July 20th.



Again, all this and more can be found at www.uninationals2013.com. You must register to ride and participate! Are you registered? Because there are always questions, we've included the schedule here too. If you haven't looked at the schedule since late May/early June, you may notice a few changes. We had to adjust a few events due to lower than expected number of registrants.

NAUCC 2013 Schedule

Note: SVMS is the Seneca Valley Middle School; SVHS is the Seneca Valley High School. Both are located on the same campus.

COH– Center of Harmony. 253 Mercer st. in Harmony. It's home base for the week.

Moraine is short for Moraine State Park (just outside Portersville)

Saturday, July 20		
7pm	Bottlebrush	Welcome Reception
Sunday, July 21, 2013 (Registration, Crit, 10k & USA Meeting)		
9 am	COH	Registration Opens
12 pm – 2pm	Zelienople Com. Park	Criterion
2pm – 4pm	COH	Judges Meeting/Training
4pm – 6pm	Harmony	10k – Start @ COH
6pm – 6:30pm	COH	1 st Timer Q&A
6:30pm – 7pm	COH	Unicon Meeting
7pm – 9 pm	COH	USA Meeting

Monday, July 22		(Standard Skills, Freestyle, Ad-
7:00am	SVMS	Doors open
7:30-8:30am	SVMS Gym	Standards set up
8:15am –8:30am	SVMS Gym	Judges Meeting
8am – 5 pm	SVMS Multi	Open Gym/Standards/ Free Practice
8:30 am – 10 am	SVMS Gym	Standard Skill
9am – 1pm	Moraine	Muni Fun ride/Preview
10am – 11am	COH	Yoga w/ Dana Lowers (\$10)
10 am – 1pm	SVMS Gym	Freestyle Advanced & Expert Individual &
1pm – 2:30 pm	Harmony Square	Historic Walking Tour of Harmony (\$5)
1pm – 2pm	COH	Dance Lessons – Jitterbug, Free
1pm – 5pm	SVMS Gym	Hockey Preliminaries & Finals
2pm – 3pm	COH	Dance Lessons – Chacha, Free
3pm – 4pm	Parking Lot	Swap Meet Workshop #1
3p, - 4pm	UDC Mobile Unit	Uni Maintenance Workshop
7pm – 9pm	The Strand	Movie Night
Tuesday, July 23		(Marathon, Level Testing, & Free-
9 am – 2pm	Moraine Area	Marathon
11:30 am – 12 pm	SVMS Gym	Judges Meeting
11:30 pm – 12:30pm	SVMS Multi	Level Tester Workshop/Open
12:00 pm – 3:30pm	SVMS Gym	Freestyle Novice, Intermediate & Adult
12:30 pm – 2 pm	SVMS Multi	Level Testing/ Open
1 pm – 2:30pm	Harmony Square	Historic Walking Tour of Harmony (\$5)
2pm – 3pm	SVMS Multi	Freestyle - XStyle
2:30 pm –3:30pm	SVMS Multi	Sumo
3pm	Wheel Mill	Wheel Mill Field Trip

Wednesday, July		(Track, Speed Trials, Flatland)
7am	SVHS Stadium	"Doors Open"
7:30am – 8am	SVHS Stadium	Officials Meeting
8am – 5pm*	SVHS Stadium	Track racing
8am – 9pm	SVHS Parking lot	Street Build
10am – 12pm	SVHS Parking lot	Obstacle Course
12pm – 2pm	SVHS Parking lot	High Jump & Long Jump
2pm – 4pm	SVHS Parking lot	Speed Trials
5pm – 9pm*	SVHS Parking lot	Flatland

Thursday, July 25		(Time Trial, Beg. Muni, Basketball, Street)
9am – 11pm	Moraine Area	Time Trial
11 am – 4pm	SVMS Gym	Basketball Prelims & Finals
10am – 5pm	SVHS Parking lot	Workshops
10am – 5pm	SVHS Parking lot	Trials Build
1pm – 3pm	SVXC Course	Beginner Muni Up/Down
5pm – 7 pm	SVHS Parking lot	Street
4pm – 6pm	SVMS Gym	Group/Club Practice
7pm	Harmony Inn	Free Concert

Friday, July 26		(Freestyle Group, Beg. Muni &
8:30am	SVMS Gym	Judges Meeting
9am – 11 am	SVMS Gym	Freestyle Group/Club
10am – 11am	SVHS Parking lot	Uni Polo Workshop
12:30 pm – 1:30pm	SVXC Course	Beginner Muni XC
10am – 1pm	SVHS Parking lot	Workshops

10am – 12pm	SVHS Parking lot	Swap Meet Workshop #2
1pm – 2pm	COH	Geo-Caching Workshop
1pm – 2:30pm	Harmony Square	Historic Walking Tour of Harmony (\$5)
1:30pm – 2:30pm	SVXC Course	MUniCross
3pm – 5:30 pm	SVHS Parking lot	<i>Trials Beginner & Advanced</i>
6pm – 8 pm	SVHS Parking lot	<i>Trials Expert</i>
9pm	COH	Noble Hunter Concert (\$15)
Saturday, July 27		Muni, Final Awards
10am – 1pm	Moraine	<i>Expert/ Advanced Muni XC</i>
11am – noon	Moraine Marina	Nautical Nature Tour
2pm – 5pm	Moraine	<i>Expert/ Advanced Muni Down & UP</i>
6pm	COH	Final Party/Awards Dinner
*Awards if time Allows		



See
you
soon!

MadUni Summer camp

Submitted by the Madison Unicyclists

The Madison Unicyclists are very excited to announce their first unicycle summer camp for kids! The camp was held from July 8th-12th, 9am until 4pm. Campers ranged from ages 9-13 and are from all over Madison. The camp was created and directed by Patricia Wilton. Megan Johnson, a youth club member, assisted Patricia with unicycle activities during the week. The camp focused on many different aspects of unicycling and encouraged riders to try out areas of unicycling that they may have been unfamiliar with. For some campers, it was also a time to prepare for NAUCC 2013, which will be held two weeks later in Butler County, PA.

Unicycle activities included artistic, trials, long distance, uni games, sumo/gladiator, levels testing, and hockey. In addition to unicycling each day, there were also activities for the fifteen campers like an excursion to the Henry Vilas Zoo, swimming at the Vilas Beach, tie dying, water games, and more.

This camp is for riders who are at least a USA Level 2 or higher in order to be able to focus on more advanced skills and activities. On Friday from 3-4pm there was a showcase. During this time family and friends came and watched what we have worked on during the week. Campers worked on putting together a routine or two to perform at the showcase.



Patricia helping Sylvie and Marin, two campers, work on wheel walk.

This camp was created as a way for young riders to continue to improve their unicycling skills over the summer when our many school programs are no longer in session. Both Patricia and Megan have worked extensively with the club's school programs throughout the year and are looking to continue their work with kids this summer. The Madison Unicyclist focus on the promotion of unicycling as an educational activity that encourages persistence, teamwork, and healthy fun.

Check out our Facebook page for pictures of the camp throughout the week and updates on how things are going!



Identify this rider and win a prize!

Some beautiful artwork that Mandela Marin Cohan (9 years old, MadUni) made for school.



Check out this awesome [video](#) of Will Streets at the Atlanta Urban Unicycle Event!

This picture was sent in by Hans Mills who saw it at a skate park in Livonia Michigan!

These awesome photos of RTUC during the 4th of July parade were sent in by Michael Parsons!



Twin Cities Unicycle Club

Avonlea Schmitz

This summer has been quite busy for the Twin Cities Unicycle Club between participating in numerous parades and preparing for NAUCC in Pennsylvania. While the number of practices has decreased now that school is out, the number of parades in June and July has more than made up for that. So far this year, TCUC has participated in 13 parades with approximately 12 more coming up for the rest of the year. So far, 110 different members have been part of at least one parade with 3 members making every single parade.

While each of the parades is fun, the July 4th parade is always a highlight because of the larger and more enthusiastic crowd. In particular, club members enjoyed having the opportunity to decorate their unicycles with red, white, and blue for the fourth of July parade as part of parade tradition.



In addition to the parades, the club is also looking forward to this year's nationals in Pennsylvania. Many club members will be attending this year, including a variety of new families. The club show group has been working hard in preparation for nationals. Also, many distance and muni rides have been planned in order to prepare. Overall, TCUC has been having a great summer full of parades and is excited for the time with all of the other clubs in Pennsylvania.

