



Preparations Underway for NAUCC 2014

The Twin Cities Unicycle Club (TCUC) has been hard at work planning for this year's annual competition, which will be held from June 28 to July 4 in Bloomington, MN. It promises to be an exciting event for all levels of riders. New riders are encouraged to participate as TCUC has scheduled workshops and events for beginners. This issue will arm riders with information needed to have a fun and successful convention.



In This Issue

- Moab Munifest Returns
- Freestyle Fun
- Video Contest Details
- Restyle frames
- Chic Helmet Options
- Unicycle Tune Ups
- Club Updates
- Upcoming Events

Officers

President: Amanda Grzych
 Vice President: Patricia Wilton
 Secretary: Joe Lind
 Treasurer: Hans Mills
 Directors: James Sui, Scott Wilton, Kenny Cason,
 Mitch Wittenberg

2013-2014 Volunteer Leadership

Editor: Shelly Stobierski
 Webmaster: Scott Wilton
 Merchandise: Tim Lee
 Membership: Hans Mills
 Affiliate Club Coordinators: Carol Bricker
 Historian: Carol Brichford
 Teen USA Chairperson: Amanda Grzych
 USA Scholarship Chairperson: Bill Gilbertson
 USA Level Testing: Ryan Woessner
 IUF Representative: Carol Bricker

Presidents Emeritus

Bernard Crandall
 Paul Fox
 Brett Shockley
 Jan Laybe
 Tom Miller
 Glen Barnier
 Jim Bursell
 Kenneth Fuchs
 Gordon Mitton
 Rick Anderson
 Len Salverda
 Seth Granberry
 John Foss
 Dr. Miles S. Rogers
 Dirk Iwema
 Tom Daniels
 Connie Cotter
 Wendy Grzych

Founding Members

Barnard Crandall
 Paul Fox
 Nancy Fox
 Peter Hangach
 Patricia Herron
 Bill Janack
 Gordon Kruse
 Steve McPeak
 Fr. James Moran
 Charlotte Fox Rogers
 Dr. Miles S. Rogers
 Andy Rubel
 Dr. Claude Shannon
 Jim Smith
 Dr. Jack Wiley

On the cover: NAUICC 2014 logo

Designed by: Jake Miller Smith and Carli Miller Smith, with help from Scott Wilton

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.

Copyright © 2014 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., 14219 Sunset St., Livonia, MI 48154. Or contact via e-mail at: shellyononewheel@gmail.com. The price for advertisements is \$100 for a full page, \$50 for a half page, \$25 for a quarter page. Please contact the editor for further information.

Subscriptions/Renewals & Address Changes

Individual membership in the Unicycling Society of America, Inc., which includes a subscription to On One Wheel, is \$20. Family memberships are also available for an additional \$15. Send address changes immediately to Unicycling Society of America, Inc., 35011 Munger, Livonia, MI 48154.





Letter from the Editor

I can hardly wait for the upcoming NAUCC! It will be my first since taking over as Editor of On One Wheel. I'm eager to get to know the unicyclists that I've been covering in these pages. I owe several of you a tall, cool beverage for all your help with the newsletter. (I'm hoping you'll settle for a hug.)



Getting ready for NAUCC can be a lot of hard work. In addition to showcasing the cool stuff happening in the unicycling community, the theme of this issue is to help riders and competitors prepare. Special thanks go out to all who have taken time out of their busy lives to contribute to this issue. Here's some features that should be highlighted:

- Freestyle extraordinaire, Rachel Sindelar, provides helpful advice for creating a pairs freestyle routine.
- Josh Torrans of Unicycle.com gives expert tips for prepping your unicycle for competition. **UDC will not be at this year's NAUCC, so please be sure to order any necessary tools or parts well in advance.**
- Alex Murr, Mike Parsons, and Jason Wieske provided valuable information about creating a custom look for unicycles.

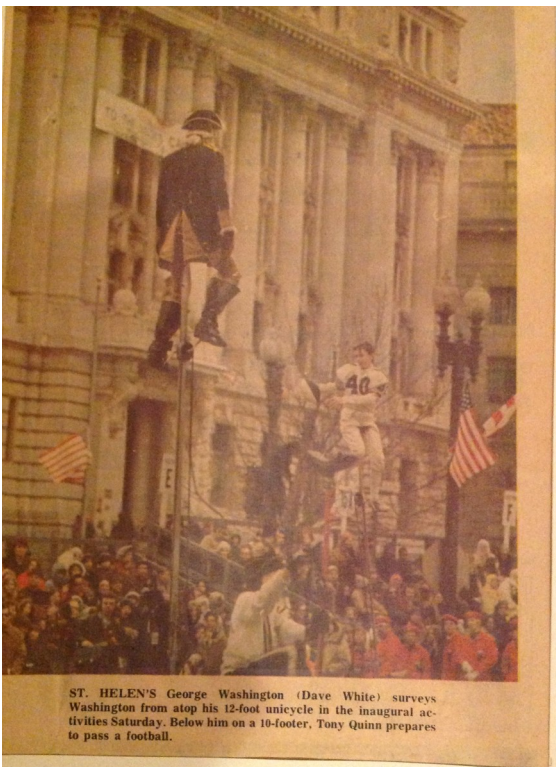
I'd also like to thank all of the readers who have written to me with positive feedback! I sincerely appreciate hearing that readers like the changes I've implemented in the publication format.

I especially appreciate feedback on specific features. For instance, Dave White wrote in to say how much he enjoyed the last issue's feature on the Inaugural parade. He sent pictures from his own experience riding in Nixon's parade with the St. Helen's Unicycle Drill Team in 1973 (shown at left). Also, Stephen Ramirez from the Unicycle Football League wrote to thank me for the article on them in the last issue. His group was recently featured in a commercial for Pizza Hut that aired during the Super Bowl. On April 6, the UFL traveled to the Texas Motor Speedway to perform an exhibition game at the NASCAR race. (We've got to get these guys to NAUCC soon!!)

If you'd like to contribute to OOW, have questions, comments or feedback, please write to shellyononewheel@gmail.com.

See you soon,

Shelly



ST. HELEN'S George Washington (Dave White) surveys Washington from atop his 12-foot unicycle in the inaugural activities Saturday. Below him on a 10-footer, Tony Quinn prepares to pass a football.

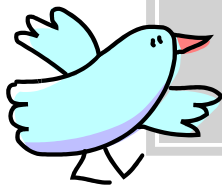
Dave White leads the St. Helen's Unicycle Drill Team in Richard Nixon's 1973 Inaugural Parade. (Photo by Marilyn Whipkey)



U.S.A. Updates

The U.S.A. Board of Directors have been working hard behind-the-scenes to keep the operation running smoothly. Recent updates include:

- ◆ The U.S.A. Board welcomes new board member Kenny Cason from Snoqualmie Valley Unicycle Club. He became an official member on April 6, 2014.
- ◆ A promotional video is being created by the board to showcase unicycle talent. It is hosting a video contest to gather footage. For more details, see pg. 13.
- ◆ Scholarships will once again be offered to three promising students who represent the sport of unicycling. See pg. 7-8 for important details.



NAUCC 2014 Registration is open!

Register by April 30 to get the early bird rate of \$85 per competitor.

<http://naucc2014.com/reg/>

NAUCC 2014 now has a Facebook page! If you're on Facebook, please "like" it for up-to-the-minute news!

<https://www.facebook.com/naucc2014>



Hello U.S.A. members,

Greetings from Michigan. We've had a harsh winter here, but now that spring has arrived I'm looking forward to some outdoor riding. For my club, RTUC, that means riding at local parks followed by ice cream socials.

I'm excited to attend the upcoming NAUCC from June 28 to July 4, 2014. It is being organized by seven-time host, TCUC in Bloomington, MN. I encourage all levels of riders to join us at this event.

Keep on riding,

Amanda Grzych
U.S.A. President



President's Corner

Moab Munifest Returns to Utah

This popular unicycle festival returned to the Utah desert for the first time since 2009. In March, over a 100 riders from all over North America, and even as far as Europe, convened in Moab, Utah to ride what are considered some of the world's best trails.

Festival founder, Rolf Thompson, retired from organizing the annual event in 2009. It was sorely missed in the unicycling community, so Jon Davis decided bring it back in 2014, claiming that the original events were the most fun he'd ever had.

The event had something to offer all riders. Each day presented options for various skill levels. For example, new riders could ride Slickrock practice loop, while more advanced riders could take on Porcupine Rim. Unicycle basketball games were also included in the three day event that was held from March 21-23.



Unicyclists pose next to what appears to be a large & dangerous cliff. (Photo by Benoit Gonneville Damme)



One of the less death-defying patches of trail in Moab. (Photo by Benoit Gonneville Damme)



Spencer Hochberg (Photo by Benoit Gonneville Damme)



Noli Ergas and Phil Sanders (Photo by Benoit Gonneville Damme)

[Editors note: This breath-taking photo makes me hyperventilate just looking at it.]

Fun Freestyle Routine Tips

By Rachel Sindelar

Making a freestyle routine is a fun way for any level rider to show off riding. A freestyle unicycle routine could be compared to a figure skating routine; you will be judge on presentation and skills. This may seem like an overwhelming process at first, but if broken it up into small steps, making a routine is simple and fun.

The first part of the routine that you want to focus on is the riding skills. This is fifty percent of your score. Skills can range from level ten tricks to as easy as riding in circles and figure eights. First, you will want to compose a list of all the tricks you want to include in your routine. A great place to look for ideas of skills is the IUF skill level list. Some beginner skills include riding with your hand on the frame, riding in figure eights, and making 90 degree turns.



Matt Sindelar rocks the lederhosen at NAUCC 2011. (Photo by Mel Zeller)

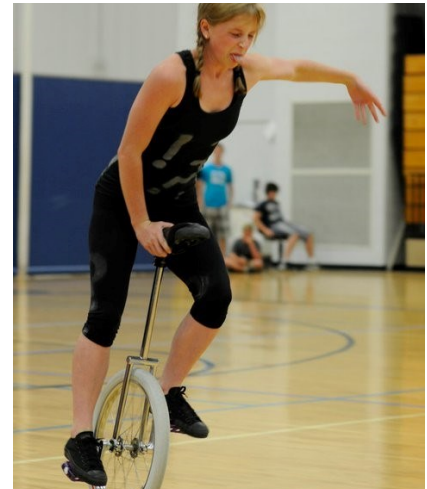
Once you have made a list of all your skills starting with a mount, put them into an order that will flow nicely. For example, do not do a wheel walk skill then a seat out trick skill and then go back into a wheel walk skill. Organize the skills so that they use the gym space within the rule book guidelines. Ride through these skills and time yourself to make sure it is the right amount of time for your category. Try not to go over your given amount of time. A whistle will be blown when your time is up and you cannot earn points beyond this time. Falling will make you lose points, but don't let this scare you from doing your skills. When you are practicing and if you keep falling on a certain skill, take it out of the routine.

Fifty percent of your points come from presentation. This includes costume, music, and body movements that correspond to the music. A good way to start is to pick a theme. It could be a

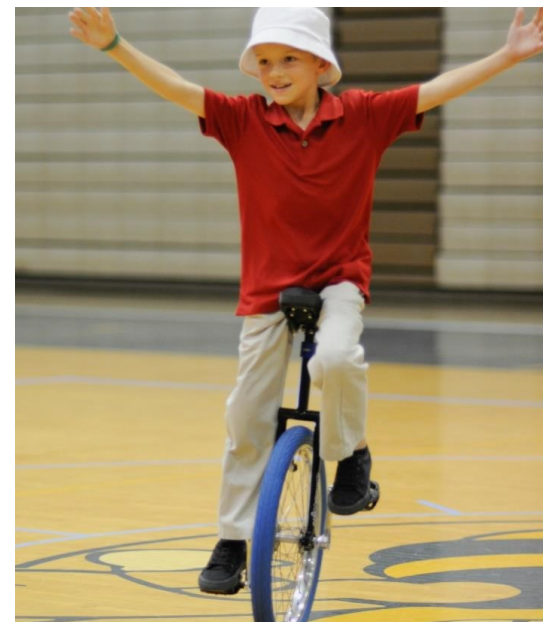
time era, movie soundtrack, or just a fun song to ride you.

How are you going to captivation the audience's attention? A great way to do this is having animated facial expressions that show the audience emotion. For beginner riders, the skills you do may not be as impressive as the experts, but with many expressions in face and body movements, you can entertain the audience just as much.

A costume that matches your theme is also a great thing to have. Make sure that you have practiced all your skills in it, and you are comfortable riding in it. Once you have chosen a theme and music, edit the song so that it is the appropriate amount of time. You may also want to add sound effects to it so you can tell your story better. Presentation will make or break a routine, so don't be afraid to have fun with it.



Patricia Wilton competes at NAUCC 2011 (Photo by Mel Zeller)



Will Hugo as Gilligan at NAUCC 2011. (Photo Mel Zeller)

U.S.A. Leadership Scholarship to be Awarded at NAUCC 2014

L

By Bill Gilbertson

E

The U.S.A. Leadership Scholarship program has been a huge success. We have awarded \$26,500 in scholarships to 23 different leaders. It seems that each year, the credentials of qualified candidates improve. Since I started unicycling in 1988, Unicycling has evolved at a dizzying pace. Our young leaders continue to re-invent the sport. It amazes me that there are still new skills that can be invented using only one wheel. More amazing still is the energy these leaders expend in sharing the joy of unicycling with others.

A

The 2013 Leadership Scholarships were awarded to three exceptional individuals:

- Patricia Wilton of Madison, Wisconsin
- Émile Mathieu-Bégin of Montreal, Canada
- Eli Brill of Pine Grove, Pennsylvania

D

Patricia Wilton is the Pied Piper of Madison. You can usually see her being followed around by a half dozen young kids. One of the common themes that you see with our leaders is that they have followers. They are often deeply involved with others in their love of unicycling. Says Jill Cohan, "Patricia Wilton is a young woman who transformed a town through unicycling." Her boundless energy helped grow the Madison unicycle club by 50 riders. In addition to being one of the main organizers for NAUCC in 2011, Patricia worked hard with her club's kids to make sure their presence was seen in 2011. She ran a week long uni camp preparing Madison riders for all aspects of competition. She had a hand in every routine performed.

E

Émile Mathieu is studying circus arts at the National Circus School in Montreal. In addition to being a spectacular rider, Émile has developed a huge presence online as a video producer and collator of other people's work. He is also on the organizing committee for Unicon17.

<http://www.youtube.com/user/LeMonocycliste/videos>

<http://www.youtube.com/user/RenownedSeries>

<http://vimeo.com/emilemathieu/videos>

<http://unicon17.ca/en/>

<http://www.emilemathieu.com/>



S

H

I noticed Eli Brill several years ago at a NAUCC. He seemed tireless and always seems to be in the middle of a bunch of kids pushing the limits of what can be done on a unicycle. He has been seen helping many, even young kids he did not know. Eli submitted what is probably the most complete and convincing scholarship package we have ever seen. There were many news clippings from his local paper and references from those inside and outside of unicycling. Eli builds excitement about the sport that is much wider than the unicycle community. Eli's other passion is wrestling. Wrestlers in surrounding communities are in awe of his unicycle skills which readily demonstrates via videos and impromptu performances.

<http://www.youtube.com/user/EliBrillUnicyclist/videos>

<http://mad4one.com/m41/team/riders/86-eli>



I

P

When they aren't riding, you may notice each of these leaders fully involved in the operation of NAUCC or Unicon. These activities include organizing and judging events, and running workshops.



2013 Winners

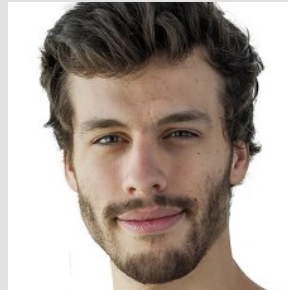


(Photo by Greta Koehler)

Patricia Wilton

University of St.
Thomas - St. Paul

The U.S.A. Scholarship has helped me to be able to continue to pursue unicycling at a high level while being a student (double majoring in Elementary Education and French).



(Photo by © Roland Lorente)

Emile Mathieu

National Circus
School of Montreal

I am finishing my studies in circus arts with a major in unicycling. I'm really glad I got the support from all of the donators and the U.S.A.



(Photo credit unknown)

Eli Brill

Millersville University

The U.S.A. Scholarship gave me an opportunity to actively unicycle with a goal of progressing while also focusing on my education. I'm pursuing a degree in Speech Communication, with an option of Broadcasting.

2014 U.S.A. Scholarship

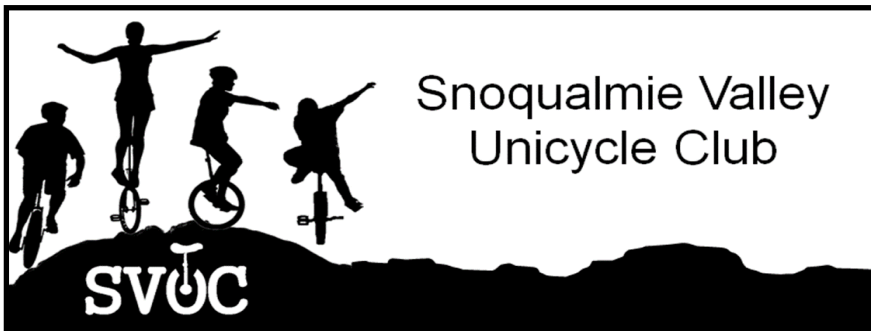
The number of scholarships and the amount awarded varies from year to year based on available funds and the pool of applicants. Awardees are reviewed by a scholarship committee that is comprised of major donors and their representatives. The current committee is lead by Bill Gilbertson of the Twin Cities Unicycle Club.

Here's some important information about the program:

- ⇒ Applicants must have a GED or high school diploma
- ⇒ Applicants must attend NAUCC in the year that they apply
- ⇒ Applications are due by June 13, 2014
- ⇒ It can be used for a 4-year bachelors degree program or a 2- year associates degree program. Trade schools and graduate programs will also be considered.
- ⇒ The scholarship is funded by private, club and company donations. If you'd like to contribute to the fund, contact the U.S.A. via the website.

Information about the 2014 USA Leadership Scholarship can be found in the Membership section of the USA Web site.

<http://uniusa.org/membership/scholarship-program/>



By Kenny Cason

It's been another terrific unicycling year here in the Snoqualmie Valley, home to both NAUCC and Unicon XI in 2002. We are located 32 miles east of Seattle, WA and practice Monday-Thursday from October until April, plus special events such as parades and performances throughout the year. Thanks to everyone, riders and team volunteers alike, who made the End of the Season Show a great success at North Bend Elementary on Friday, March 28, 2014!

Upcoming Events

We are looking forward to other events coming up in the next 6 months, including:

- Uni-Olympics in Spanaway put on by the Spanaway One Wheelers - May 10, 2014 (See event page for more info)
- Tanner Jeans Bike Rodeo - June 2014
- Fall City Railroad Days Parade - June 14, 2014
- Festival @Mt. Si Parade - August 9, 2014
- Snoqualmie Railroad Days Parade - August 16, 2014
- Issaquah Salmon Days Parade - October 2014

See you at NAUCC and UNICON!



SVUC team photo. Can you tell our team color is red? (Photo by club member parents)



Dinosaur routine with matching red helmets (Photo by club member parents)



SVUC performs a Cinderella Maneuver (Photo by club member parents)



Redford Township Unicycle Club



Brian Glover and Michaela Yamine participate in the RTUC riding class. (Photo by Robert Bros)

RTUC hosted an 8-week unicycle riding class for beginners. Surprisingly, a significant portion of riders who turned out for the session already knew how to ride. The club was able to introduce cones and other props to the class in order to build upon the skills they brought. The class proved to be a successful recruiting effort, yielding 22 new members. Club leaders are actively cajoling them to come to Minnesota this summer.

The club is hard at work practicing for NAUCC 2014. In addition to the club routine, it will enter two groups into freestyle competition. Late last year, additional practice time was added for basketball and other sports. The club is honing their hoop skills in hopes returning to the tournament finals.

Occasionally club members bond with non-riding activities. On March 16, for example, the club held its Second Annual RTUC Curling Day at the Detroit Curling Club in Fenton, Michigan. Four teams of four took to the ice to throw some stones. While repeat curlers showed vast improvement from the previous year, nearly all performed meagerly. (But fun was had by all!)



Mike Parsons entertains the crowds in downtown Detroit for the Tiger's Opening Day celebration. (Photo by Chris Parsons)



RTUC member, Steven Susanka, prepares to throw a stone at the RTUC Curling event. (Photo by Kathy Susanka)



Twin Cities Unicycle Club

By Avonlea Schmitz

TCUC has been working hard to prepare for both the upcoming NAUCC here in Minnesota and the summer parade season. The whole club is looking forward to hosting this year's NAUCC, and many of the riders are busy putting together routines. In addition, some members are also gearing up to head to Montreal for UNICON.



TCUC rides in the Winter Carnival Torchlight Parade (Photo by Pioneer Press)

younger riders learn about putting together freestyle routines and getting registered for NAUCC. The club show group has been preparing with various shows including the annual Mondo Unicycling and Juggling Festival and a performance at Circus Juventus (who will be performing for us at the public show during NAUCC).

Finally, the club is getting ready for another busy parade season this summer. Parades are always a huge highlight of the summer for TCUC. This year, the July 4th parade actually falls during NAUCC so other clubs will be invited to join us for the parade. Overall, TCUC is getting ready for an exciting summer, so don't forget to register for NAUCC and come join us for a week of fun!

Most recently, the club has been working to put together the various locations for the distance competitions. So far, the time trial route is completely scheduled to be at Baker Park reserve. The other race routes are still a work in progress, but the website and Facebook page will have all the details as soon as they are ready.

The club has also been working hard to encourage and help some of the younger riders to participate in NAUCC this year. The club recently held a NAUCC exploration and preparation day to help



The official NAUCC logo designed by group effort including Jake Miller Smith, Carli Miller Smith and Scott Wilton.



TCUC Show Group at the Mondo Juggling Festival performance showcase. (Photo by Mary Koehler)



Madison Unicyclists



Madison Unicyclists practice track racing. (Photo by Karin Johnson)



Patricia Wilton, shown above at the 2013 Summer Camp, might return as host to Unicycle Summer Camp for Mad Uni kids. (Photo by Jeff Wilton)

By Doug Buege

The biggest news for Madison Unicyclists is that we'll be hosting NAUCC again in 2015. Our first hosting, in 2011, showcased the illustrious Goodman Center where we practice regularly, some excellent muni in our Dane County parks, and the abundance of hills west of Madison where several distance races ran.

2015 should prove another banner year with many of our younger riders reaching maturity as riders and club leaders, ready to take on more responsibilities in making sure all visitors have an excellent time.

Jill Cohan, Jenni Wolfe, and Phillip Edmonds lead up youth programs at three different Madison elementary schools. Our program grows as youngsters in the early grades take on the challenges of free mounting and riding. For those reaching Level 3, Patricia Wilton offers a summer camp experience that includes swimming, a 10k, and rider development. Participants elect one skill that they wish to focus on for the week, with Patricia and high schooler Megan Johnson providing moral and technical support. If enough starting riders sign up, Ms. Wilton may offer another camp for beginners.



From left to right, Marin Cohan, Sarah Yandell, Sylvie Panofsky, Lauren Johnson, Olivia Siebert, and Megan Johnson, perform at an event celebrating Wisconsin's young people. (Photo by Sharon Lezberg)

Open Call for Unicyclists: Prizes to be Awarded!

The U.S.A. is excited to announce that it will be creating a new unicycling promotional video to be featured on Uniusa.org and various social media sites. It is hosting a video contest to gather the needed footage of unicyclists being awesome. The compilation will include exciting and unique clips across all riding disciplines, including freestyle, flatland and street. The clips will be selected from submissions to the video contest.



In addition to being featured in the promo video, prizes will be awarded to the top three video submissions. The first place winner will get free admission to NAUCC 2014 and t-shirt.* The top 2 runner ups will get a \$25 gift card to Unicycle.com. If the registration fee has already been paid, it will be refunded. If the winner cannot attend nationals this year, a \$50 gift certificate to Unicycle.com will be substituted.

Videos submitted by the June 1, 2014 deadline will be reviewed by the U.S.A Board of Directors. They will select the winners by majority vote. The final video will be compiled by members of the Board.

Videos do not have to be newly filmed footage. Riders can submit previously posted videos as long as they own the rights to the material. There is a limit of two videos submissions per rider, regardless of discipline.



Amanda Gryzch practices Flatland moves in downtown Detroit. (Photo by Stephen Ebaugh)

Rules & Regulations

- All riders shall upload their video on YouTube. In the YouTube description section, include riders' names, the videographer's name(s), and the unicycling discipline represented.
- To submit video, send an e-mail to usavideocontest@gmail.com with the following:
 - First and last name
 - Date of birth
 - State of residence
 - Unicycle discipline
 - Link to video on YouTube
 - If applicable, parental consent for photo release
- Riders may submit a **maximum** of 2 entries.
- Disciplines include: Freestyle, Flatland, Trials, Muni, Distance, Street, Hockey/Basketball/Other



(Photo by Alex Murr)

Sticker Bombing: How to Get the Look

Alex Murr of Mountville, PA created the custom design shown above using various stickers and a lot of patience. He began by using any free stickers he could get his hands on, including skate shop stickers, clothing stickers, and unicycle stickers. He got a huge stash from his dentist's office. Unfortunately, the smaller stickers peeled off almost immediately. He discovered that larger stickers worked better. The process to disassemble, apply stickers, and reassemble took approximately 12 hours. Here are tips to achieving the look:

- Use multiple layers of large, overlapping stickers
- Cover seams with skateboard grip tape
- Cut out shapes to fit odd shaped parts like the hub and seat bottom (eye-balling is fine, no need to be precise)
- The rim is the trickiest part, cut out squares and align over the rim (cut out holes for spokes with razor or small hole punch)
- Paint with clear coat once you achieve the desired effect

Project Unicycle: Restyled Frames

Hordes of unicyclists will be attending NAUCC this summer. Most of them will bring multiple unicycles. It's not uncommon to find upwards of 50 cycles cluttering a hallway outside of a gym. Many of them are extremely similar in appearance. How do riders keep track of their cycles in these challenging circumstances? Custom unicycle modifications could provide the answer.

There are several options for custom "mods" to create a unicycle unique to your style. An inexpensive option could be as easy changing the color of your tire, pedals, or installing a new seat. More dramatic



Anodized frame (Photo by Mike Parsons)

changes can be made to the frames. Frame modification options include painting, powder coating, anodizing or sticker bombing (see sidebar for more information).

The cheapest and easiest of these is the rattle can method, using spray paint to cover the frame. Spray paint prices vary from about \$5 to \$30 a can depending on the brand and type. One can will cover most frames

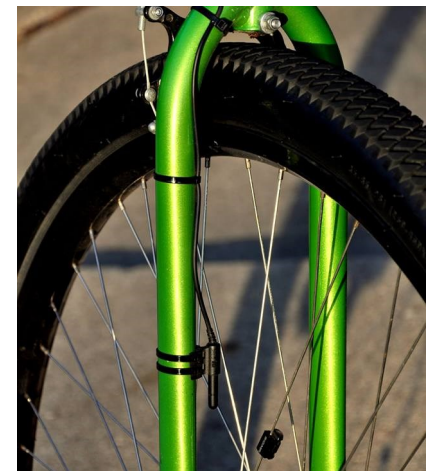
Powder coating is another option. This process involves applying a dry powder with an electrostatic spray and then heat curing in an oven. It creates a tough finish that is

scratch resistant. It comes in a variety of colors and finishes. The cost to do a 36" unicycle is about \$90.

A 3rd option for aluminum frames is anodizing. This is an electro-chemical process where the pores of the metal are opened and the metal is dipped in a vat of dye. Electricity causes the color to adhere to the metal creating a hard finish. The cost runs from between \$100 and \$150 depending on the color.



Two shades of purple spray paint were blended to create this effect. The writing was applied with a paint pen, then the unicycle was clear-coated (Photo by Mike Parsons)



Powder coated frame (Photo by Jason Wieske)

Tune Up & Trouble Shoot

By Joshua Torrans

If you take care of your unicycle it will last for years of fun riding. Unicycles are not complicated but they do take a little bit of maintenance. A maintenance check should be done before competing at NAUCC or UNICON this summer. Your unicycle should run smooth and silently. If you feel any kind of clunking or wobbling then stop riding right away and work through the checklist below.

CREAKING / LOOSE / WOBBLY CRANKS

Stop riding immediately and tighten! If these are left unchecked they will destroy the cranks and hub. The creak comes with downward pressure of the pedal and is often confused with loose spokes. **Remove the dust caps from the end of the cranks and tighten with a 14mm socket wrench or tighten the 6mm/8mm allen bolt.**

CREAKING / LOOSE SPOKES

After some time spokes will settle into the hub and rim. This effect is most noticeable on a new wheel. Creaking or loose spokes not normally crucial for the wheel but does weaken the wheel. Tightening a wheel is a job that is normally considered to be a job for an expert, but if approached carefully it is not difficult for any person to do. If the spokes are just loose, but the wheel is still true, tighten each spoke by 1/4 of a turn using a spoke wrench. Work your way around wheel being careful not to miss any spokes. Give the spokes another 1/4 turn and repeat until the spokes are tight. If you find that a spoke/spokes are broken then replace and repeat the process above. **(spoke wrench red-0.136", Green -0.130" or Black-0.127") If you have any questions on wheel maintenance go to your local bike shop for help.**

LOOSE PEDALS

Stop riding immediately! Check that with the seat facing forward you have the right pedal on the right hand side. (The right pedal and right crank will both have an 'R' stamped on them.) If your pedals come loose very quickly it is almost certain that you have the right pedal on the left and visa-versa. If left untightened for any length of time then the crank and pedal will be destroyed. **Tighten with a 15mm wrench (for bicycle pedals) If you have damaged your pedals and cranks we do sell replacements. To remove the cranks you need to use a crank puller.**

LOOSE SADDLE NUTS/BOLTS

When learning to ride, the unicycle is often dropped repeatedly. This sometimes causes the nuts/bolts that hold the seat on the seatpost to come loose. Check and tighten these regularly. **Use a 10mm or 11mm socket for nuts/4mm, 5mm, or 6mm allen for bolts to tighten.**

BEARING HOUSING BOLTS

Its not very common to find these bolts coming loose. If they do then they should be tightened immediately. It is very common to find them over tightened! If the wheel does not rotate freely then the bolts should be loosened by about a quarter or half turn. If the bearings are left over tightened for too long the bearings will wear out prematurely and will require replacing. Unicycle.com sells high quality replacement bearings and replacement bearing housing sets.

UNDER INFLATED TIRES

A flat or an under inflated tire can make riding harder. Because all of your weight is on a single tire you need to have the pressure higher than you would on a bike in most cases. In general, freestyle and distance riders prefer higher pressures (40-60psi) to reduce rolling resistance, muni and trials riders prefer lower pressures (15-30psi) to soak up the bumps.





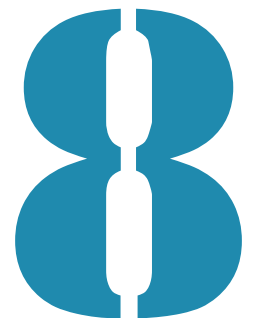
Madison Unicyclists Boasts First Level 8 Unicyclist in Club History

U.S.A. Vice President, Patricia Wilton, cannot say how many attempts it took her to pass Level 8. The number is too high to count. However, she conquered it in March after five months of trying.

The biggest stumbling blocks for her were the pirouettes and backwards spins. She explained, “They are different than many other skills I learned because they aren’t necessarily tricks you can practice over and over and eventually get. There’s a finesse about them that is different than other skills.” She also struggled with hand wheel walking, but now claims that it is her favorite Level 8 skill.

Wilton, now 19, first learned to ride when she was 14. She and her brother, U.S. Distance Champion Scott Wilton, received a unicycle for Christmas. It collected dust for a year before Scott became determined to ride. Not long after, she was riding as well so that she could be like her “big bro”. The siblings belong to a unicycling family. Their dad typically commutes to work on 29” wheel and dabbles in freestyle, while their mother rides with assistance. Even the two family dogs get in on the action, trotting along besides her as she rides in the summer for training.

Wisely, she is not even thinking about passing Level 9 yet. Her efforts are focused on getting her routine ready for NAUCC and UNICON. When she’s ready, it should not take her long as she can already do most of the skills. Mastering the dreaded backwards pirouette will be the biggest challenges.

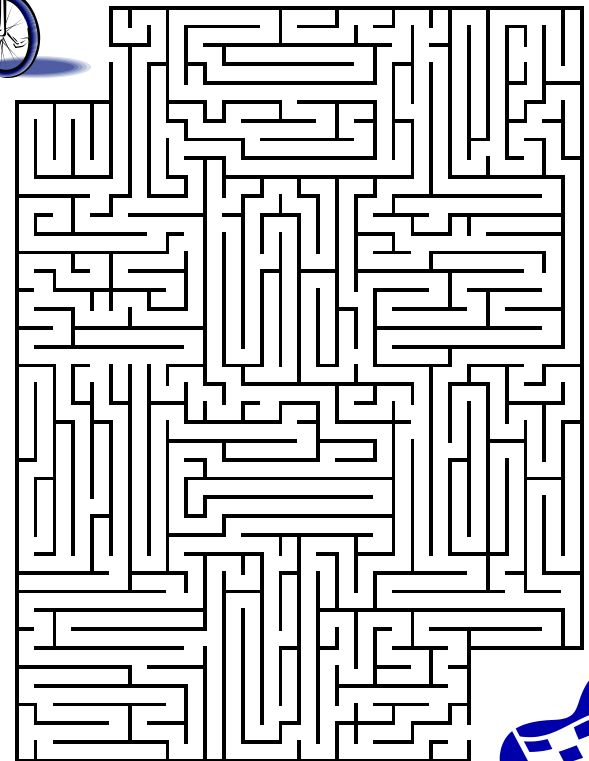


Above: Scott and Patricia Wilton compete in the pairs freestyle competition at NAUCC 2013 in Pennsylvania. (Photo by Sarah Lind-Macmillan) Inset right: Patricia proudly displays her Level 8 patch. (Photo by Greta Koehler)

UNICYCLING FUN



What could be more fun than an unicycle wedding cake decorated with candy? (Photo by Éric Massoubre)



Word find

U	S	C	T	H	Z	I	E	T	O	O	F	E	N	O	X	F
T	R	I	A	L	S	S	D	V	B	N	L	E	Q	E	Z	Y
I	L	J	C	O	W	E	S	A	K	I	D	C	O	I	P	R
M	H	U	I	M	I	T	U	H	O	N	W	T	P	H	P	A
E	F	N	B	A	R	D	Y	B	A	V	A	R	I	K	T	I
T	R	A	S	E	N	R	O	L	E	F	E	G	K	M	O	T
R	E	M	E	J	L	B	T	I	U	P	H	I	L	L	T	M
I	E	T	Y	T	P	A	I	E	C	J	Y	R	X	D	B	U
A	S	I	A	T	L	S	D	D	U	S	N	R	S	N	C	I
L	T	D	P	F	C	K	A	M	R	L	O	N	T	O	C	R
B	Y	E	O	Q	E	E	P	A	J	D	M	B	Y	E	F	E
F	L	I	E	B	K	T	A	R	L	E	S	Y	L	I	B	T
O	E	T	R	O	I	B	I	A	L	U	F	X	E	H	P	I
N	S	P	M	W	B	A	R	T	V	A	M	O	N	W	L	R
B	A	M	U	N	I	L	S	H	O	C	K	E	Y	Q	I	C
I	L	E	D	W	Y	L	J	O	E	Z	N	P	I	S	J	V
L	S	Z	T	R	X	S	E	N	R	C	L	U	B	K	D	H
U	F	W	H	E	E	L	W	A	L	K	Q	N	O	O	Q	D

- Basketball
- Club
- Criterium
- Flatland
- Freestyle
- High Jump
- Hockey
- Marathon
- Muni
- One Foot
- Pairs
- Street
- Time Trial
- Trials
- Up Hill
- Wheel Walk
- Xstyle



Solutions for Track Racing Helmet Requirements

Earlier this year, the U.S.A. Board instituted a controversial rule requiring helmets for track racing. Many riders involved in the U.S.A.'s Rule Book Committee debate argued vehemently against the new requirement. Information on the impact of closed-head injuries could not sway the rule's detractors. Perhaps donning a unique and stylish new helmet will help make the requirement easier for those opposed to the new rule to bear? Check out some options below from Nutcase, Yakkay and Hövding.



(Photo courtesy of Nutcase Helmets)

Nutcase Helmets began developing helmets that people "actually wanted to be seen wearing" seven years ago. Last year, it released the Gen3 Street line that includes tongue-in-cheek graphics, pop color and unique design features to offer a head-hugging fit. The online store can be found here:

<http://store.nutcasehelmets.com/>

Yakkay allows riders to select a custom combination to create a stylish helmet. Start with picking a helmet in one of six colors, then select from several designs that cover it. (Shown at right) Retail locations that carry this fashionable brand can be found here:

<http://www.yakkay.com/Retailers.aspx>



(Photos courtesy of Yakkay)

Still cannot find a option you prefer? Check out this airbag helmet system by Swedish manufacturer, Hövding. This airbag for cyclists has received much media attention in the past few months for taking an innovative approach to protecting riders. Watch a video about the product here:

http://www.hovding.com/how_hovding_works/



(Photos courtesy of Hövding)

[Editor's note: I have no ide if the Hövding system would be approved for use in track racing, but it is fun to watch the video!]

Upcoming Events

- Uni-Olympics
May 10
Spanaway, WA
<http://onwheelers.com/2014-uni-olympics/>
- Muni Weekend
June 13-15, 2014
Bellingham, WA
<http://teamunicycle.com/muniweekend.html>
- Empire State Mountain Unicycle Festival
June 13 - 15, 2014
Austerlitz, NY
<http://www.bindlestiff.org/munifest/>
- NAUCC 2014
June 29 - July 4, 2014
Bloomington, MN
<http://naucc2014.com>
- UNICON 17
July 30 - August 10, 2014
Montreal, Quebec
www.unicon17.ca
- New York Unicycling Festival
August 29 - August 31, 2014
New York, NY
<http://nycunifest.com/>