

ON ONE WHEEL



Issue 36-3

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TCUC Shines at NAUCC 2014

Another national convention is in the Unicycling Society of America's (U.S.A.) history books. NAUCC 2014 was held in, and around, Bloomington, MN from June 27 to July 4. Attendance was down compared to past year's events, likely due to Unicon 17 being held in North America later this summer and the overlap with the 4th of July holiday. However, approximately 160 riders came out to compete. The host club, Twin Cities Unicycle Club (TCUC), did an outstanding job organizing the event.



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On the cover: Rachel Sindelar competes in the Expert Freestyle competition at NAUCC 2014 in Bloomington, MN.

Photo by: Bill Gilbertson

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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.

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On One Wheel

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Letter from the Editor

As expected, NAUCC 2014 was a blast! Many thanks to all involved in making NAUCC 2014 an awesome event! Co-Directors Patricia Wilton and Mary Koehler worked tirelessly to ensure all events ran smoothly. The duo's attention to detail was evident throughout the convention. Connie Cotter also played a huge role in keeping the events progressing in order. Her experience and dedication are much appreciated.

An extra special "thank you" from all participants should be extended to Robin Dunlop for his work on creating a custom program for collecting results and organizing data. This development has had a positive impact across all types of competitions. For example, my club, RTUC, has directed the NAUCC Track & Field day since I've been a member. The day is typically filled with behind-the-scenes chaos and record keeping issues. At the end of a long, and sometimes rainy, day at this year's event, the RTUC volunteers were raving about helpful the new system was. It was quick and efficient. All events were completed despite some weather-related delays. Well done Robin!

Obviously, the U.S.A. Board of Directors chose to extend my reign as the Editor of On One Wheel for another year. This is not a surprise as nobody else wanted to do it. Now that I have some experience under my belt, I've set goals for what I want the publication to accomplish. First, I want to broaden the coverage to include more information on all U.S.A. Affiliated clubs (see pg. 10 for a complete list). I will be reaching out to clubs on our list that are not regularly featured. If you are a member of one of the Affiliate clubs in question, please reach out to me. I'd love to hear from you!

I also want to use it to bring awareness to the U.S.A. outside of the affiliates. I would like to try to recruit new clubs and encourage individual riders to create clubs. I would like to see all disciplines of the sport grow in participation. As much as I enjoyed bringing home a medal for our last place club freestyle routine, I think it would be much more fun to have more clubs participate than the 3 to 4 usual suspects.

My wish to see the national organization grow is shared by many. In fact, Dave Krack of Bultler Wobble expressed interest in learning about how other clubs operate at the U.S.A. Board of Directors meeting. We agreed that sharing club stories might spur growth. I invited him to take the first shot at providing a club profile (check out pg. 9). I will try to feature a new club in each issue going forward.

If you'd like to contribute to OOW, have questions, comments or feedback, please write to shellyononewheel@gmail.com. Also, thanks to all 6 people who offered to help proofread OOW after the April issue was published. (Sorry about the typos!)

All the best,

Shelly



NAUCC 2014 Directors, Mary Koehler and Patricia Wilton, did a fabulous job organizing and running the annual convention in Bloomington, MN. (Photo by



It takes a village! NAUCC 2014 individual event Directors are introduced at the Opening Ceremony. (Photo by me)



U.S.A. Updates

The U.S.A. Board of Directors held its Annual Meeting at NAUCC 2014. New officers and directors were elected any many topics were discussed in the well-attended event that followed the opening ceremony. Highlights include:

- ◆ President and Vice President titles remained with Amanda Gryzch and Patricia Wilton respectively.
- ◆ Mike Schatz (center in picture to the right) of TCUC was elected Treasurer. This role comes with a great deal of work and responsibility. The Board appreciates his willingness to take on the role.
- ◆ Kenny Cason of Snoqualmie Valley Unicycle Club was elected Secretary. He had joined the board as an Interim Director on April 6, 2014. (Learn more about Mr. Cason and how he learned to ride on pg. 7)
- ◆ New Directors include David Panofsky (on the right in picture to the right) of Madison Unicyclists and Mark Atkinson (on the left in the picture to the right) of Redford Township Unicycle Club.
- ◆ U.S.A. members brought up several suggestions to the Board. For instance, Jim Sowers asked the Board to consider donating unicycles to potential riders who can not otherwise afford them. More to come on this topic in future issues.



Photo by Shelly Stobierski

Hello U.S.A. members,

A big "Thank You" goes out to the Twin Cities Unicycle Club for hosting NAUCC 2014. The Madison Unicyclists are already hard at work preparing for next year's event. The Facebook page has already been created and the website is up.

Good luck to all the U.S.A. riders heading to Unicon 17 in Montreal! I look forward to seeing all of the pictures and videos that come out of this international event.

Keep on riding,

Amanda Grzych
U.S.A. President



President's Corner



2014 North American Champions

The official results of the 2014 NAUCC have been posted to the U.S.A. website (see link below). Congratulations to the Twin Cities Unicycle Club (TCUC) who swept the artistic events. For a complete list of winners, visit:

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



This year's female NA Trials Champion, Patricia Wilton, competes in trials at last year's event. (Photo by Mike Briggs)



Max Schulze competes in the NAUCC 2014 Street competition. (Photo by Danielle Ross)

North American Champions: (Male, Female)

Individual Freestyle: Liam Koehler, Rachel Sindelar

Pairs Freestyle: Ben Koehler and Danielle Chevalier

Group: Boys Like Girls (TCUC)

Club: Twin Cities Unicycle Club

Flatland: Eli Brill

Street: Maxwell Schulze

Trials: Maxwell Schulze, Patricia Wilton

Speed Trials: Maxwell Schulze

High Jump: Kyle Alviani, Lauren Atkinson & Megan Johnson

Long Jump: Maxwell Schulze, Patricia Wilton

Hockey: Hugonuts

Basketball: Cal Uni

Track Racing: Candido Santiago, Anastasia Macey

Mountain Unicycling: Jamey Mossengren, Liz Wilson

Long Distance: Dave Krack, Danielle Chevalier



Photo by Danielle Ross



Photo by Danielle Ross

NAUCC 2014 Highlights

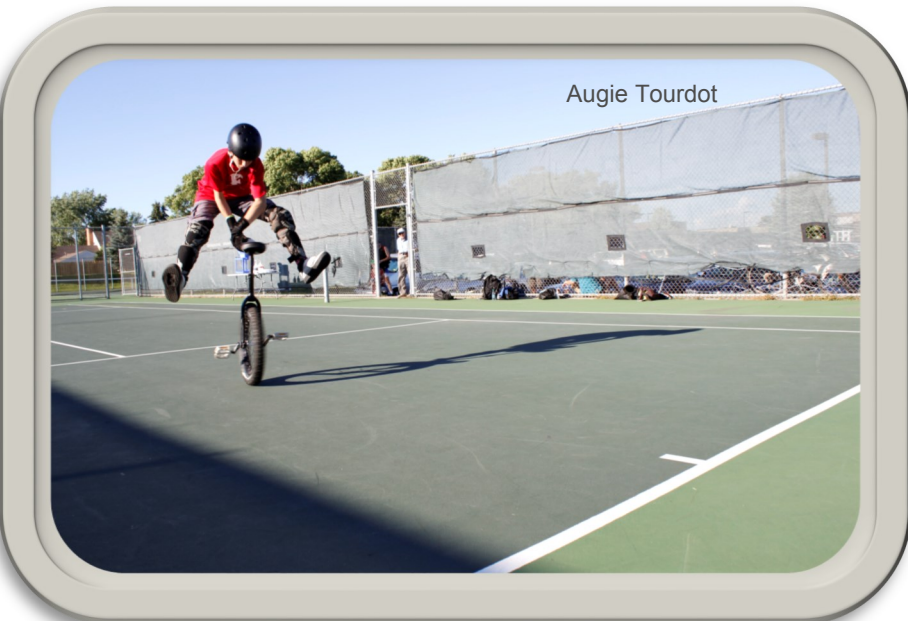


Photo by Danielle Ross



Photo by Bill Gilbertson

Never Trust a Unicyclist Under 30

By Kenny Cason

I've noticed most new unicyclists are, let's say, younger than me. When I started to learn in late 2006 at age 47, I knew the typical newbie could easily be my son/daughter or even grandson/granddaughter. Regardless, I set forth to ride gracefully atop that single, wobbly wheel, undeterred by age or reason. My two older kids were both members of the Panther Pride Unicycle Team (PPUT) years ago but I never took the time back then to get past the nearly flat learning curve that is intrinsic to unicycling. Now, with my daughter Lily joining the team, I thought it time to dive in head first (not to be confused with a face-plant, which I've also successfully accomplished. thank you).

*I set forth to ride
gracefully atop that
single, wobbly wheel,
undeterred by age or
reason.*

Since most new riders are kids, I thought the unicycling community might be missing an adult's perspective on the joys and sorrows of learning to ride for the first time. Like so many other skills we now take for granted (tying our shoes, putting the toilet seat down, ordering a latte at Starbucks), it's difficult for most adults to remember what it was like to NOT have these skills. It is for this reason I will try to remind you seasoned riders of the agonies and ecstasies of learning to ride from ground zero, feet firmly planted on terra firma, backs literally against the gym wall.

It is common knowledge that heavier things go on the bottom (ask any bagger at the local grocery store) but in unicycling the weight goes on top, namely you. Unicycles share the same physical properties as pendulums, except upside down! This may be why you never see drawings of Sir Isaac Newton on a unicycle; he would go stark raving mad - worse than the episode with the apple falling out of the tree.

Riding a unicycle is impossible. This is seen by some as a challenge, by others as a simple fact of self preservation. But just like bumble bees who shouldn't be able to fly (big body, small wings), unicyclists thumb their noses at such details and learn to ride anyway. Unicycling takes more learning time than many other endeavors but have faith, you WILL eventually get it and the effort will be worth it.

Attitude plays a huge part in becoming a successful unicycle rider. In my case I was surrounded by a gaggle of mostly elementary school kids, many of which could already ride circles around me, literally. Kids tend to look up to adults simply because they are adults; respect to some degree is assumed. My first attempts at pushing away from the wall were hesitant as I feared losing any respect the kids had for me by looking awkward and unsure. In actuality just the opposite was true. The kids enthusiastically encouraged me and showed me little tricks to help me balance properly. Soon I felt as if I was back in school taking a very long recess on the playground with my friends. By taking the risk of looking ridiculous I earned their respect, and learned some great jokes in the process.

I encourage every adult who has a child learning to ride (and even those who don't) to give it a try, but keep in mind it needs to be a l-o-n-g try. Because of the difference in the way adults and kids see the world, having another adult there to help teach and encourage you is often the key to success. Kids may not be able to articulate in a manner well understood by an adult, just ask any parent. In most cases it takes between 14 and 20 hours of practice before the first successful ride. If this seems exorbitant just think of all the calories you'll burn while having the time of your life!



Kenny Cason hams it up before a crowd. (Photo courtesy of the SVUC Archives)

2014 Uni Olympics: Spanaway One Wheelers Host Regional Competition

By Emily Niederle

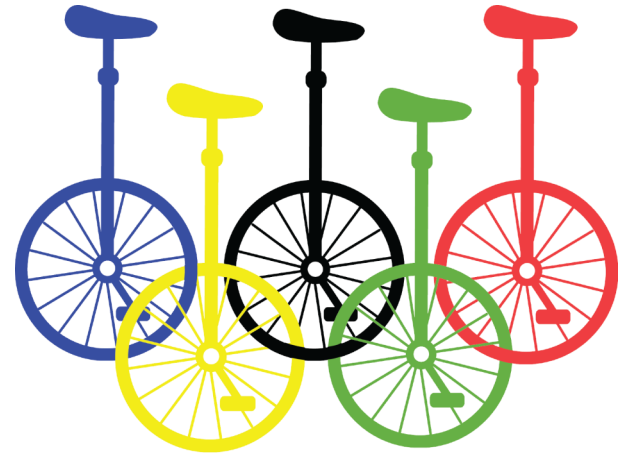
The 2014 Uni Olympics was an exceptional event held on May 10th in Spanaway, WA. It drew 40 riders to the competition's inaugural event. Unicyclists from Snoqualmie Valley Unicycle Club (SVUC) and PAWS, a club from McKenna Elementary School in McKenna, WA, participated. Non-club affiliated riders attended as well.

The Spanaway One Wheelers was founded in 2009. Over the years, we have had the opportunity to meet and ride with other unicyclists. This prompted us to want to create an event for riders in the Northwest.

The Uni Olympics were held at Spanaway Lake High School. It spread over the entire school grounds. There were four main categories of competition, Track, Trials, Relays and Routines.

In the track events, kids and adults competed in shot put, long jump, high jump, and dashes. Some events, like the obstacle and trials course, were open all day, while others had specific time slots. Riders earned points for every for every category in which they participated. The accumulated points were tallied at the end of the event, and awards were presented at a ceremony.

The One Wheelers are planning on hosting another Uni Olympics next year. We invite all riders in the Northwest to join us. It's not a U.S.A. sanctioned event, but it is good practice for NAUCC and great fun!



Uni Olympics 2014
Spanaway, WA



Trials medalists, Josh, Phil, and Noli. (Photo by Renders Photography)



Phil jumps to first place at the Uni Olympics' Trials Competition. (Photo by Renders Photography)

Club Profile: Butler Wobble

Butler Wobble Origins

The Butler Wobble is a loosely organized club located in Butler, PA, with many members in the greater Pittsburgh region. In 2008, Dave Krack, and other area riders, headed to Canada for Ride the Lobster (RTL). There the group learned that a “wobble” was a collection of unicyclist, much like a flock of sheep, or a gaggle of geese.



After the week-long ride, they decided they had to form their own wobble. They sought more unicycle enthusiasts from the Pittsburgh region upon their return. Next, they approached the local YMCA about starting a unicycling program.

The Y agreed, initially reasoning that it would be popular with kids, with the added bonus of being good for them. Its generosity, and the acquisition of loaner unicycles, enabled the group to offer learning sessions for free. Oddly, the class tended to attract mostly adults, typically in their twenties.

Since the formation in 2009, Butler Wobble has taught over a 100 people to ride.

By Dave Krack

The Butler Wobble is, at the core, a cycling organization. We unicycle, but many of us come from a bicycling background. Our primary interest lies in showing people that unicycling is a fun physical activity for people of all ages. We typically do 2 or 3 parades a year, and host indoor sessions at the Butler YMCA every Saturday from November through May. One of the big advantages of being at the Y is that we're in a semi-public space. We get a lot of people who are at the Y for other reasons who stop by to check things out. At any given point throughout the winter/spring season, we'll have between 3 and 9 people along the walls just learning the basics of riding.

At the Y (and the occasional parade) our riders range in age from 5 to 60, with at least 60% of the attendees being over the age of 18. We typically have 12 to 30 people attend our Saturday session (4:30-6:30pm), and they're not the same people week to week. The Y time is valuable for getting people comfortable with unicycling. Beginners have priority, but we still make time and space for more advanced riders to work on skills and play games.

Another regular gathering we have between Daylight Saving times (think short days) is a weekly Muni night at The Wheel Mill in Pittsburgh. The Wheel Mill is an indoor mountain bike (and unicycle!) park. It's loaded with features that appeal to Muni riders of all levels, from Beginners to Experts. We keep 2 Trials and 2 Munis there at all times, which can be checked out (for free) by any park users. The regular Wheel Mill sessions, coupled with the loaner unis on site, has raised awareness and ridership in the region. We've heard on several occasions of people learning on their own because unicycles were available for them to try.

We've also recently begun participating in a Beginner Unicycle Night in Pittsburgh hosted by THICK Bikes. They have a custom built bike trailer on which they haul a dozen unicycles to a rotating public spot every other Monday during nice weather. Once again, it's free to join the fun, with no high-pressure sales. (cont.)



Dave Krack races in the Criterion at NAUCC 2014 (Photo by Danielle Ross)

U.S.A. Affiliate Clubs

- **Atlanta Unicycle Club**
Atlanta, GA
- **Berkeley Unicyclists**
Berkeley, CA
- **Black Hills YMCA Unicycle Club**
Rapid City, SD
- **Chatham Unicycle Club**
Chatham, NY
- **DFW Unicycle Club**
Allen, TX
- **Gym Dandies Children’s Circus**
Scarborough, ME
- **Madison Unicyclists**
Madison, WI
- **Memphis Unicycle Club**
Memphis, TN
- **New York Unicycle Club**
Manhattan, NY
- **Redford Township Unicycle Club**
Redford Township, MI
- **Sebring Unicycle & Juggling Club**
Sebring, OH
- **Snoqualmie Valley Unicycle Club**
North Bend, WA
- **Spanaway One Wheelers Unicycling Team**
Spanaway, WA
- **Toronto Unicyclists**
Toronto, Ontario
- **Twin Cities Unicycle Club**
Minneapolis, MN
- **Butler Wobble**
Butler, PA
- **The Wonders Unicycle Club**
Eighty Four, PA

Club Profile: Butler Wobble (cont.)

In addition to these regularly scheduled sessions, we also try to have group Muni and Distance rides at various parks throughout the region. We have a 10k offering at Moraine State Park most Sundays throughout the summer. We also often join the Butler Bikes and Unicycles Friday night ride (on 36ers to keep up).

As we look towards the future, we hope to see the number of riders enjoying the outdoors increase. We also hope to get enough regulars together to get hockey and basketball going on a consistent basis. We have a couple of local MTB races that have uni-specific classes. With a few more consistent riders we can add a Muni class to a local series of races (we currently race under “other modes of transportation”).

We’re excited about the future of all disciplines of unicycling. We want to see it grow at the regional and national levels. We hope that this article has given you a bit of an insight as to how we function.

I look forward to reading about how other clubs (from the small to the large!) operate. If you want to keep track of our adventures, check out www.butlerwobble.com. If you have specific questions about the Butler Wobble, please feel free to contact me at butlerwobble@gmail.com.



THICK Bike’s custom unicycle trailer. (Photo by Christopher Bech of THICK Bikes)



SVUC riding in the Fall City Days parade (Photo by Glynis Rogers)



By Elizabeth Dowling

Since our end of season show, the Snoqualmie Valley Unicycle Club has been busy preparing for both summer parades and NAUCC 2014. In addition, members of the club attended the Uni-Olympics put on by the Spanaway One Wheelers. In the next few months, we look forward to performing in the Festival @Mt. Si Parade (August 9, 2014), Snoqualmie Railroad Days Parade (August 16, 2014), and the Issaquah Salmon Days Parade (October 2014). Once regular practices start up again, our team will be busy preparing for basketball halftime shows to be performed at the University of Washington, Seattle Pacific University and Seattle University.

[Editor's note: The amazing, new SVUC logo (above right) was designed by Elizabeth Dowling.]



AJ Kinsella-Johnson competing in the Uni Olympics (Photo by Renders Photography)



Victoria Massey jousting at Uni Olympics. (Photo by Renders Photography)



SVUC performing their group routine at the Uni Olympics (Photo by Renders Photography)

Redford Township Unicycle Club

RTUC sent 22 riders to Minnesota to compete at NAUCC 2014. We had representatives in nearly every event, including our first ever flatland competitor, Michael Bachleda. After an excellent preliminary round, Bachleda battled hard in the finals. He bravely attempted his most difficult tricks. He even landed some of them. During the final round, he cleanly landed a 720 to capture first place in the Advance category.

The riders who were not able to attend the national competition kept busy over the 4th of July by riding in two parades. Later in July, the club performed for a local elementary school. The rest of the summer will be relatively quiet as riders take a break from unicycling to do other activities, such as camping and canoeing.

On May 21, RTUC member, Mike Parsons, participated in the Ride of Silence on his 36" wheel. This ten mile ride is to remember those who have been hit or killed bike riding on public roadways. Over 100 cities in North America hosted rides.



Michael Bachleda wows the crowd during the Flatland competition. (Photo by Danielle Ross)



Mike Parsons rides in silence to honor all bicyclists lost to accidents. (Photo by Chris Parsons)



RTUC Advance Group riders compete in the group freestyle event. (Photo by Bill Gilbertson)



Twin Cities Unicycle Club

By Avonlea Schmitz



A few TCUC members gather for a photo after the St. Louis Park parade. Over the summer, parade season is in full swing for the club with TCUC doing about 20 parades around the Twin Cities.

Photo Credit: Jennifer Buettner

The TCUC Show Group placed first at Nationals with an eighties themed routine. Fourteen TCUC show group members will be traveling to Montreal to compete again at Unicon 17.

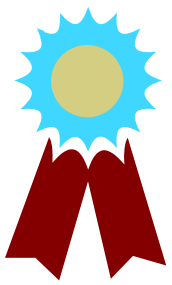
Photo Credit: Kevin Schmitz



Lots of TCUC members had success at this year's Nationals including many national champions. Pictured here are the three winning expert freestyle pairs, all from TCUC.

Photo Credit: Sarah Lind-MacMillan

Madison Unicyclists



Things we brought back from NAUCC 2014! Lots of awards and some equipment for next year's trials course. (Photo by Jill Cohan. Inset Photo by David Panofsky/)

Madison Unicyclists' young riders did a fantastic job in the rainbow-themed Club routine in the Freestyle competition at NAUCC 2014. The group took 2nd place. Prior to leaving for nationals, we hosted a "NAUCC Send Off" event where we debuted routines for friends and family to watch prior to our trip to Minnesota. The routines were performed in full costume, so it also served as a dress rehearsal for the big event.

We did not have time to coordinate a group freestyle routine this year. This allowed Marin Cohan to fill-in for the Redford Township Unicycle Club's Advanced Group's Coke Medley routine. She learned the routine the night before the event and nailed it!

We're hard at work planning and preparing for NAUCC 2015. Most facilities have already been reserved. This will be the club's second time hosting.

In addition to preparing for the national convention, we're planning our second annual MadUni Muni Weekend. It will be held at Levis Mound Trail in Black River Falls from April 17-19, 2015.



Madison Unicyclists compete in the Club Freestyle event at NAUCC 2014. (Photo by Karin Johnson)



RTUC Members Race to Level 8

Last year, the Redford Township Unicycle Club (RTUC) reported that Mike Parsons reached Level 7, and was well on his way to passing Level 8. He now has competition from 13 year old club member, Richard Tharrett. Tharrett passed Level 7 the week before NAUCC.

Tharrett joined RTUC two years ago, after riding on his own for two years. He showed up at an open gym session one evening to check out the club. Eager to learn the skills he saw, he immediately sought help to learn one-footed riding. He returned to open gym practice a week later. Members were astonished to see him gliding around the gym floor riding 1-footed like a professional.

He breezed through the first four levels within a few months. Levels 5 and 6 took slightly more time. It only took him 6 months, and one failed attempt, to pass Level 7. The 180 Hop Twist was the most difficult skill for him to master. Fellow club members often see him wheel walking around practice in circles. It's his favorite Level 7 trick.

Similar to many U.S.A. members, unicycling is a family affair for Tharrett. His father, Rick Tharrett, also rides. They enjoy RTUC's Saturday morning practice time. Sadly, Richard will be (should be) missing several weeks of club practice. He recently broke the radius in his left wrist while riding a friend's dirt bike. He claims, "Even though I am not supposed to ride my uni, I think I will be. It's too tempting." His Orthopedic Surgeon is not pleased.

RTUC members are anxiously waiting to learn who will reach Level 8 first. Both Parsons and Tharrett have logged long hours practicing. Tharrett only needs to improve two skills to be ready, the back spin and hand wheel walk. When asked his opinion on who would reach the next level first, he replied, "I honestly can't decide who I think will pass first, because we have both been working so hard."



Practicing the hand wheel walk. It looks like Parsons should be worried.
(Photo by Richard Tharrett)



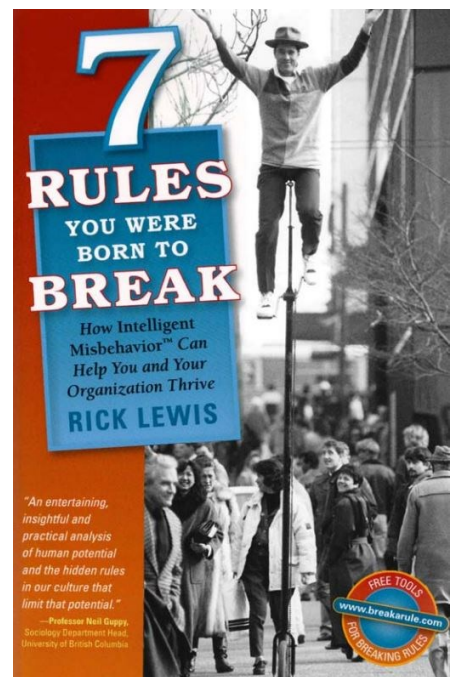
Racing at NAUCC 2014 in Minnesota.
(Photo by Richard Tharrett)

UNICYCLING FUN



RTUC Junior President, Tyler McManman, took a spill while riding a 6-footer in a Memorial Day parade. With some innovative first aid, he was ready to jump back on the saddle and ride.

[Editor's note: This method of first aid is not approved by the Red Cross.]



Have some free time to read now that NAUCC 2014 is over? Grab a copy of this book by Rick Lewis on rules that should be broken to help organizations. The cover shot is the author on a giraffe in front of the Vancouver Art Gallery in Vancouver, BC in 1987. To purchase a copy, go to:

<http://www.breakarule.com/books/>



The Buni

Check out this YouTube video of unicycle b-ball enthusiast, Jim Sowers, as he demonstrates how to convert a bike to uni in few minutes!

https://www.youtube.com/watch?v=uLmNSUuV_2c

Kris Holm Unicycles Introduces New Saddle

Kris Holm has been designing unicycles and unicycle-specific gear for over two decades. His first version of a “more comfortable” saddle was introduced in 2002. Like the rest of his products, KHU saddles continue to evolve. The latest entry is the Fusion Zero.

The Fusion Zero is an innovative saddle designed to bring bike saddle control and performance to unicycling. Its slim profile reduces

chaffing, while the curvature eases front pressure. It is intended for all levels and styles of riding. Trials and trick-focused riders will find the clean underside easy to grab for stunts and jumps.



In addition to the standard setup, the saddle is compatible with a T-bar. (Shown below) Holm claims, “Personally, this is my favorite setup for muni and all-around riding.” The close proximity of the T-bar to the saddle provides solid control and ensures that the rider’s weight is shifted back onto the sit bones where it belongs.

The Fusion Zero has a different look and feel than tradition unicycle saddles. Holm cautions, “Riders should expect it to take at least a dozen rides, or so, to adjust to the narrower profile and lower curvature. It’s worth it!”



Right: Fusion Zero with a T-Bar setup. Inset Above: Underside of saddle. (All photos courtesy of Kris Holm Unicycles)

Upcoming Events

- New York Unicycling Festival
August 29 - August 31, 2014
New York, NY
<http://nycunifest.com/>
- S.T.O.M.P. Munifest
October 10-12, 2015
Pelham, AL
<http://stompmunifest.blogspot.com/>
- NAUCC 2015
July 25 - August 1, 2015
Madison, WI
<http://uninationals2015.com/>
- UNICON 18
TBD, 2016
San Sebastian, Spain