



ON ONE WHEEL

[THE USA NEWSLETTER]

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Mission Statement of the Unicycling Society of America, Inc.

To foster social and athletic interest in and promote the healthy, wholesome sport of unicycling among youth and adults of the country by establishing voluntary standards of performance and sponsoring and overseeing local and national meets. To disseminate knowledge and information on all phases of the sport to all interested parties throughout the country via a newsletter and information service.

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On The Cover; Jim Sowers, aka Jimbo, riding on the Slickrock Trail in Moab at the 2009 Moab Muni Fest.

Photo By: John Foss

On One Wheel

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

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President's Corner

Hello USA members,

First I'd like to thank Mel Zeller and all of TCUC for a wonderful NAUCC this summer. It was extremely well organized and a lot of fun. It seemed that there was something for everyone every day of the week.

We had a very productive USA Annual Meeting this summer in Minnesota. Not only did we discuss NAUCC 2010 (which will be in California), we also acquired some new board members to replace our previous board members – Carol Bricker, Secretary and Ryan Woessner, Director. Thanks so much for 3 years of dedicated service! I'm very much looking forward to working with all the new board members as well as the existing board members to maintain and improve USA, Inc. Again, we're lucky to have such a diverse group of individuals running USA, Inc.

Unfortunately the USA is unable to continue to offer UniMag as a part of the USA membership. We are hopeful, however, that UniMag (www.unicyclemagazine.com) will be able to continue to report unicycling news to unicyclists across the world.

The USA's goal continues to be to promote the sport of unicycling. If there is something that you would like to address to aid in that goal, please contact me or another board member directly.

Happy cycling,
Wendy Grzych
USA, Inc. President

Sioux Falls Unicycle Club

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Since returning from Bloomington, the McLaughlins have been enjoying their traditional post NAUCC tour of care facilities and senior housing. Performing their national routines outdoors on whatever surface is accessible to the residents, the McLaughlins have learned that one doesn't need a smooth riding surface to bring pleasure to those who are less mobile. Rough asphalt, slanted driveways, large cracks, and obstacles are all manageable when your audience is enthusiastic and appreciative.



All eyes on Jennifer McLaughlin.



Michael McLaughlin dodging flower pots while captivating his audience.

Hutchinson One Wheelers attend NAUCC

By: Irene Genelin

Fourteen members of the Hutchinson One Wheelers competed at the North American Unicycling Championship and Convention held in Bloomington, MN. For eight of the participants, this was their first NAUCC. In the weeks leading up to the event, the club held practices highlighting some of the different competitions. Slow boards, the obstacle course, high and long jump, 10 km practice run, trials lines, and a MUni competition were set up. Everyone took home a ribbon or medal for an event they competed in, and many were inspired watching unicyclists from other cities and states ride.

One of the huge bonuses of having the event in MN for our club was that the trials equipment had to go somewhere when the event was over, and Andy and I have a barn set up for trials riding. About half of the trials obstacles for the competition came from our barn, but there were many new obstacles created by Ken Sindelar and Max Dingemans. So, we arrived home to a barn packed full of trials obstacles! The barn was completely emptied out, power washed, and now has nice new trials lines to practice on. Our club members are looking forward to learning to grind.

The names of the club members that attended NAUCC from our club are:

Benjamin Ahlstrand
Josiah Ahlstrand
Stenetta Ahlstrand
Andy Cotter
Jared Ellman

Jamie Engfer
Tyler Esser
Irene Genelin
Kirsten Goldstein
Michelle Kovacic

Joshua Monge
Travis Trettin
Trae Trimble
Shania Zemlicka



(left) Andy & Irene's barn is stuffed with trials equipment!

(right) Hutchinson One Wheelers participate in a parade in Silver Lake.



Hutchinson One Wheelers

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(above) Unicycle Central members gathered for the 2009 Shoreview parade, with the line up in the club director's front yard. (How often does that happen?) Afterwards, club members returned to the line up location for a picnic. Riders were pictured in both local newspapers, and the parade was televised.

(below) Abe Ziamehr arrives with his 9-ft. giraffe for the Shoreview, MN, parade. He normally transports it in a van, which wasn't available that morning, so we had to find a convertible at the last minute to get the giraffe to the line up. Abe got almost as much attention while driving to the parade as he got while riding in it!



Over 350 Unicyclists Gather in Bloomington for 2009 North American Unicycling Convention and Championships

TCUC hosted the 38th annual NAUCC. Months of planning and preparation paid off with a convention which was very well received by all in attendance. Many comments came back on how well organized and run the events were. Many postings to Unicyclist.com and Facebook during the following weeks confirmed that it was a special time for unicyclists filled with fun and camaraderie.

Kennedy High School and Activity Center turned out to be a super location. Weather was perfect and fears of sweltering in un-air conditioned gyms dissipated as the beautiful week unfolded. The venues accommodated the various types of unicycle events quite well and space expanded as participation grew.

First-ever NAUCC events included the Criterium and the 36" wheel Muni ride. Both had a good turn out and were extremely fun for riders and spectators. Puerto Rico had a group of 20 in attendance which included world class racers and the world champion basketball team.

Basketball, hockey, track racing, 10k, marathon, Criterium, speed trials, muni, uphill/downhill, street, flatland, standards, freestyle and open gyms provided plenty of riding opportunities for beginners on up through the very best in the sport. Midweek marquee items were the street/trials lines. The space created for this branch of unicycling was excellent and fostered competition and skills development for all who gave it a try.

The convention aspect of NAUCC was emphasized this year. Unicycling clinics were popular and included, unicycling games, beginning hockey, learning to ride, skill level testing, street judging and street skills. Unicycle.com, long a supporter of NAUCC, brought new products and helped keep the riders going on one wheel. Their new titanium unicycle generated a lot of buzz. Classic Darren Bedford fun was on tap at the Bedford Experience and it was a party not to be missed.

The dinner and awards banquet featured the USA scholarship presentation, a slide show of the amazing week and the awarding of coveted Expert T-Shirts. The final evening was a bittersweet farewell for riders and all who supported the successful convention. Thanks to the many volunteers, both members and non-members of TCUC, who stepped forward to make it a memorable seven days!

Fun NAUCC facts:

123 non-competitors
230 competitors
353 total registered attendees
402 hours of gym time
19 hours hockey tournament with 24 teams

13 hours Basketball with 14 teams
4 new affiliated clubs participated:
Hutchinson One Wheelers, Sebring Unicycling & Juggling Club, Madison Unicyclists, & Sioux Falls Unicycle Club

Thank you to everyone that contributed to the success of naucc09:

- Judges & Referees
- Registration & banquet help
- Stepped in to help where ever needed
- Those that traveled distances or from the neighborhood to attend
- Supported their unicyclists with upgraded unicycles & part, making repairs, driving to & from practice
- Made new friends
- And learned new skills!

Twin
Cities
Unicycle
Club

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tcuc.org

Redford Township Unicycle Club

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Farmington Hills,
MI 48331

rtuc.org

After the club show performance, RTUC gathers for a photo opportunity.



At NAUCC 2009, RTUC had a blast! To begin the fun, a good chunk of our club took the S.S. Badger Ferry from Michigan to Wisconsin. Everyone enjoyed themselves, even though it was chilly the entire time. Our club routine had 32 people in it and had an amazing performance. Not only did it look spectacular, but everyone enjoyed themselves; whether they were a newbie or a returning veteran. RTUC had quite a few pairs doing pairs routines and several people did an individual routine. Many of our riders participated in other activities such as MUni and racing-returning with medals and ribbons to display to everyone.

Since nationals, RTUC has been doing many things. We've had our annual RTUC camping/canoeing/tubing weekend, our annual RTUC water park day, played wallyball together, went to the drive-in movies as a club, continue to have our Monday night park rides, continue to have our Wednesday night uni-basketball games, and plan on doing many more things together! Our practices will resume in September and we cannot wait!

Check out RTUC's club performance at NAUCC!
<http://www.youtube.com/watch?v=0JxM6rPBIEc>



Before the group performances, RTUC's advanced group poses for the camera.

2009-2010 USA Teen Leadership Program

Are you a student unicyclist interested in becoming more involved with the Unicycling Society of America? The program is exclusively for students who will be in high school during the 2009 - 2010 school year. Specifically, the Unicycling Society of America, Inc. is looking for unicyclists who are interested in accepting jobs to help the USA, Inc. throughout the year. The program, led by Ryan Woessner, will include personalized projects, bi-monthly meetings via Skype and a final wrap-up meeting at NAUCC 2010 in Northern California. A list of available jobs follows. You must have parental permission to accept a position. If you are interested in learning more about the program or would like to obtain the Parental Consent Form, please contact Ryan via email at ryan.woessner@gmail.com. The first online meeting will take place in mid-October. All Parental Consent Forms should be mailed by September 15th, 2009, to the following address:

Ryan Woessner
PO Box 17276
Stanford, CA 94309

Volunteers!



- **USA Webmaster** – You must have experience updating and designing websites. You must have access to all the proper software. You must have your own email address. You must check your email frequently and update the website in a timely manner. You are required to attend bimonthly online USA Board Conferences.
- **USA Records Updater** – You must have access to the Internet. You must have access to software that will enable you to compile information (ex. Excel).
- **Convention Teen Leader** – You must feel comfortable speaking in front of others. You must have strong leadership abilities and organizational skills. You will be expected to run the 2010 Teen USA Meeting.
- **On One Wheel Scanners** – You must own a scanner and have access to the Internet (Many volunteers are needed for this position)
- **General Volunteer** - You are open to help out throughout the next 12 months in any capacity necessary to help the USA run smoothly.

NAUCC 2009 Results

For the results from the North American Unicycling Championships and Convention 2009 visit:
<http://naucc09.com/results.php>



This year's expert T-shirt featured Pele Schramm, your 2009 Male Street Champion.

Your Champions...

Male Racing	Ryan Woessner
Female Racing	Zuleyka Fuentes Ferrer
Male MUni	Scott Wilton
Female MUni	Irene Genelin
Male Trials	Maxwell Schulze
Female Trials	Irene Genelin
Male 10K	Scott Wilton
Female 10K	Irene Genelin
Male Standard Skills	Matt Sindelar
Female Standard Skills	Rebecca Banning
Male Individual Artistic	Matt Sindelar
Female Individual Artistic	Rebecca Banning
Male Street Comp	Pele Schramm
Female Street Comp	Anna Jinks
Male Flatland	Patrick Lally
Female Flatland	Anna Jinks
Artistic Pairs	Chantelle Troutman-Watson & Rebecca Banning
Artistic Group	The Last Ones Standing (PPUT)
Artistic Club	Panther Pride Unicycle Team
Hockey	Slapshot (TCUC)
Basketball	PUERTO RICO ALL- STARS 1

The Latest News about the International Ranking of Unicycling Skill (IRUS) Levels

As more groups begin to use the IRUS system to help riders learn new skills, you are welcome to become a certified IRUS skill tester. Just contact the Skills Development Committee Chair, Carol McLean, at unicyclecentral@hotmail.com. You'll be asked to learn all the testing rules and report successful tests to the database of skill ranks.

We still need feedback for some of the other new divisions, including Artistic Advanced. For Artistic Expert, we are working on levels that contain strings of skills. The rider will have the option of choosing a set of skills, which will include an expert freemount and several other high level skills with transitions. Expert levels will be tested with two certified IRUS skill testers. We are looking forward to developing these levels further.

We are also working on a new division that will focus on skills used in street and flatland riding. Please feel free to send your suggestions for any of these divisions to Carol.

Artistic Intermediate Skills

Prerequisite: Rider Base 6

REQUIRED EQUIPMENT: CONES; TAPE MEASURE

Class 7-1

REQUIRED EQUIPMENT: 4 CONES

1. Freemount using an Intermediate mount.
2. Ride either seat-in-front (T) or stomach-on-seat, 7 revolutions.
3. Make a 90° turn to the right, within set boundaries.
4. Make a 90° turn to the left, within set boundaries.
5. Idle one-footed, 10 times.

Class 7-2

- 1, 2. Freemount using two different Intermediate mounts.
3. Ride seat-in-front (T) in a circle.
4. Ride seat-in-back (T), 7 revolutions.
5. Ride backward, 3 revolutions.
6. Hop either freehanded or seat-in-front (T), 5 times.

Class 7-3

REQUIRED EQUIPMENT: 4 CONES

- 1, 2, 3. Freemount using three different Intermediate mounts.
4. Ride seat-in-front NT, 7 revolutions.
5. Ride seat-in-back NT, 7 revolutions.
6. Ride backward, 7 revolutions.
7. Make a 180° turn to the right, within set boundaries.
8. Make a 180° turn to the left, within set boundaries.
9. Idle one-footed, 15 times, and idle one-footed with opposite foot, 10 times.

Class 7-4

- 1, 2, 3, 4. Freemount using four different Intermediate mounts.
5. Ride seat-in-front NT in a circle.
6. Ride seat-in-back NT in a circle.
7. Ride one-footed, 7 revolutions.
8. Ride seat-on-side in a circle.
9. Idle with foot extended, 15 times, and idle with opposite foot extended, 10 times.
10. Hop-twist 90° to the right.
11. Hop-twist 90° to the left.

Class 7-5

- 1, 2, 3, 4, 5. Freemount using five different Intermediate mounts.
6. Ride seat-in-front NT in a figure 8, using no more than 8 revolutions for each circle.
7. Ride seat-in-back NT in a figure 8, using no more than 8 revolutions for each circle.
8. Ride one-footed with right foot, 7 revolutions.
9. Ride one-footed with left foot, 7 revolutions.
10. Ride backward in a circle, using no more than 12 revolutions.
11. Ride seat-on-side (right side) in a circle.
12. Ride seat-on-side (left side) in a circle.
13. Idle seat-in-front NT, 10 times.

Nine Intermediate Mounts:

Back	Jump	Moving	Seat-in-front
Stomach-on-seat	Side	Side reverse	Spin 180°
Standard to one-foot idle (3 idles)			

(T) indicates that touching the saddle to the body is permitted. NT indicates that the saddle may not touch the body. The entire saddle must be clearly visible for seat-out NT skills; no weight (other than the rider's hand or hands) or clothing may rest on the saddle.



Mark Janowiecki, Ohio, became an IRUS skill tester at NAUCC 09 and helped test several riders. Here Mark helps Greta Koehler of Minnesota, who easily passed Base 4.

I Watched and Learned

By: Pete Kaszyk

In July I caught some of the 2009 North American Unicycle Championships and Convention activities in Bloomington, MN. My wife and I flew in from Largo, FL for the event along with visiting family and friends and were fortunate enough to observe the phenomena on wheels or should I say wheel?

I'm a 67 year old man who's been riding for a year now without showing any significant progress. I'm a strong Level One, that's all. The problem with that is that I'd like to compete with other unicyclists in some event that I can train for. Not that I believe I'll come in on top in any of them, but I'd be satisfied with not looking foolish.

Attending the Championships was just what I needed because it gave me a riding goal that so far has been absent. My practices had been haphazard, cycling through various skills and long runs with the idea of improving all around with the result that I improved little in each area almost to the point that I didn't seem to progress at all.

Watching the young people at the Championships performing their skills made me realize that I could never compete with them in those types of activities. However, I can ride in a straight line and turn corners. That means I can train for and compete in distance and speed events. I don't have to beat every rider to be satisfied. Being one of the oldest to complete the run will suffice.

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My view of the events was from afar, not of distance, but of time. At once I was filled with awe, envy, ire, and inspiration. As an older unicycle newbie I was in awe of the youngsters who rode with skill I can only dream of. They ride and perform with a flair I may never achieve. They traversed a blocked road course with stamina I've worked unsuccessfully for a year to attain.

I was filled with envy watching teenagers wheel walk, hop up stairs, glide and mount their sticks as if those activities were the easiest skills in the world to master. As the saying goes, 'Where you stand depends on where you sit,' and from where I sit on my unicycle one wheel skills are not as easy as those youths make them out to be. Wheel walking, hopping up stairs and gliding are still way beyond me. Heck, I still miss some of my mounts. I envy those athletes. I'm jealous! I want what they have and I'll spend the rest of my life striving toward that end but it'll probably take me ten times longer than what they spent learning and realistically I don't have that much time.

I'd like to blame being born too early, before this sport became popular, but I can't. When I was 8 years old, in 1950, my mother had the fork of a tricycle cut off and replaced the handlebars with the seat and said, "Ride." After falling several times, I quit. I can only imagine my skill level now if I hadn't. I'm sure I could find blame elsewhere if I tried but that's counter to who I am.

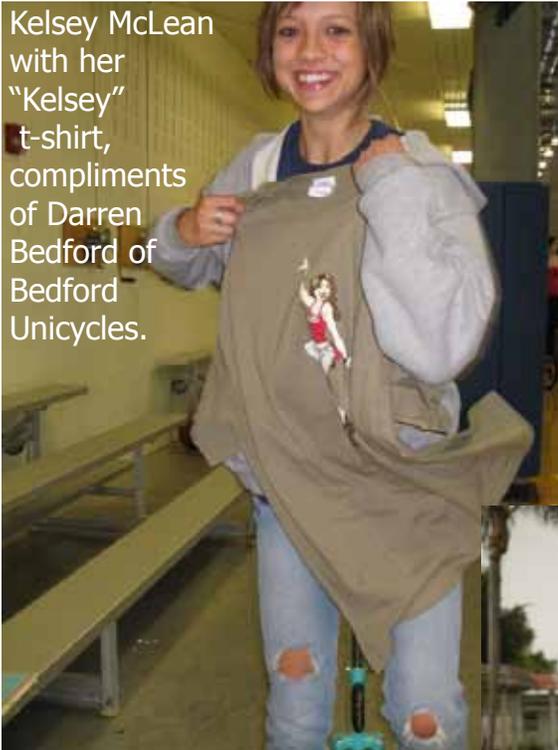
Rather than blame, envy, or stay irate I choose to remain in awe of the skillful athletes I've seen and be inspired by those participants who are creating and mastering unbelievable skills. Thanks to them I now have a goal and practice daily for the next speed or distance competition I can enter. However, I haven't left skills practice behind. I practice them on my easy workout days because the more I learn about riding the better I'll be at any element of it that I want to concentrate on.

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I'm so pleased to have observed events that were free to the public. Continuing to present them inspires others to join in because the joy and camaraderie of the participants is quickly evident and contagious. Such positive exposure will pump additional life into our sport, make it as common as bicycle riding or rollerblading and maybe someday an Olympic sport. Why not!

Unicycling Photos

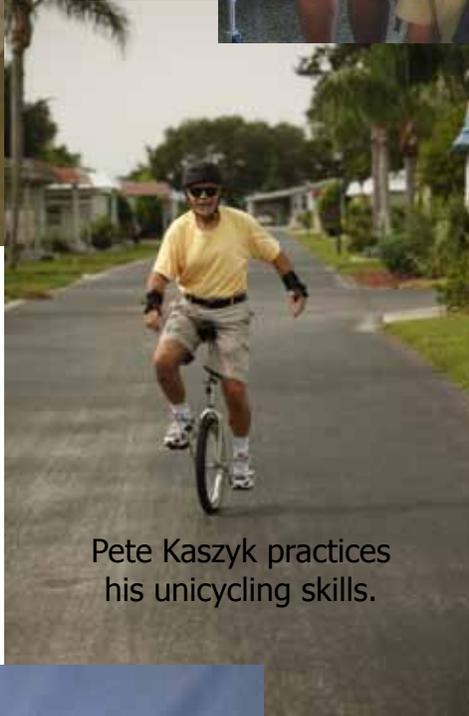
Want to see the slideshow from the final dinner again? You're in luck!
Click here! <http://picasaweb.google.com/iisdjp/NAUCC09#5371860533817252530>



Kelsey McLean with her "Kelsey" t-shirt, compliments of Darren Bedford of Bedford Unicycles.

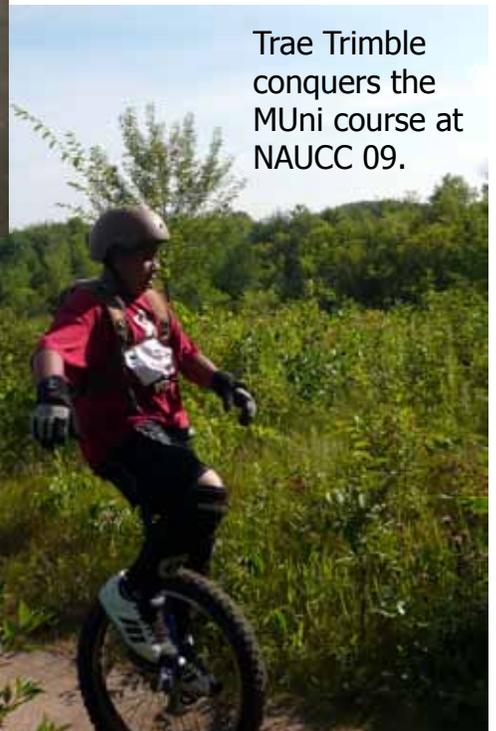


(above) (From left to right) Hans Mills, Wendy Grzych, Bill Karbo, Don Bursell, Carol Bricker, Darren Bedford, and Javier Ruiz (bottom row) gather at the final dinner of NAUCC 2009 to show their pride as riders from the 80's.



Pete Kaszyk practices his unicycling skills.

(below) Lawlers Inc. unicycle hockey team gathers for a group shot. Pictured from left to right: Madison Johnston, Megan Lawler, Miles Ornish, Emmett Ross, and Anna Lawler.



Trae Trimble conquers the MUni course at NAUCC 09.