

On One Wheel

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On the cover: Lars Anderson throwing a 720 side-spin!

Photo By: David Hackett

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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 ser-vice.

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On One Wheel

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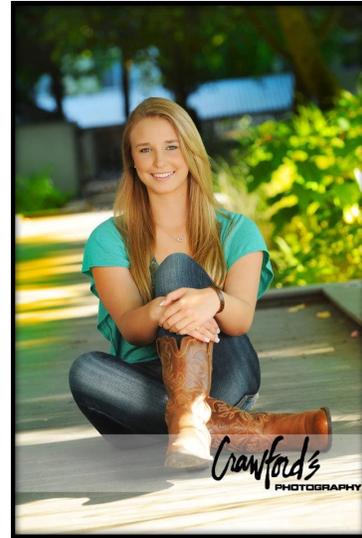
2012 SCHOLARSHIP WINNERS



Amanda
Grzych



Aaron
Schmitz



Chantelle
Troutman-Watson

Scholarship update from Amanda

Hi, I'm Amanda. I was literally born into unicycling thanks to the president of the USA, my mom. I spent 3 years as a junior president for the Redford Township Unicycle Club. In addition, I choreographed the intermediate group routines. I also regularly assist my mom with choreography, costumes, music, etc. I am also the former editor of On One Wheel and the president/founder of the USA Teen Leadership Program. And finally, I was the host of NAUCC 2012.

As you can see, unicycling is a huge part of my life. I really don't know what I'd do if I wasn't ever a part of RTUC. We seriously are one big family. One of the best things about unicycling with RTUC is seeing everyone grow and improve. I love helping everyone to learn new tricks. But I also find it very rewarding to be taught new styles of riding (I can do backrolls and I can almost land a 180 now!).

College won't keep me from unicycling and RTUC. Right now I'm studying at the University of Michigan Dearborn. It's my first year there, but I'll be a junior next year because I received credits for dual enrolling/AP classes in high school. I'm still undeclared but I have to decide by the end of the semester. I'm not too worried about it, though. I'm sure everything will fall into place. I would also like to say thank you to everyone who helps make the scholarships possible! They are a huge help!



Rider Profile: Christian Kendall



Q: Where are you from and how long have you been riding?

A: My name is Christian Kendall. I am from Pleasant Grove, Utah, and have been riding for just over three years now.

Q: How did you get into the sport?

A: I got into Unicycling through a friend in my neighborhood. He got a uni for Christmas one year and when I saw him riding it, I thought it looked so cool! A few months later I got one for my birthday and I was hooked.

Q: What is your favorite style of riding and why?

A: My favorite style of riding is definitely street. There's nothing like the rush you get when you crankflip your first stair set or grind a handrail. It's the only discipline of riding that really pushes me to ride my best.

Q: Is there anything specific you're currently working on?

A: At the moment I am trying to land one of the hardest tricks I have ever attempted. The uniwhip. So far there have only been three people that I know of to have ever landed this trick. I've been trying to land it for about a month now and it's been quite a challenge. Hopefully though I'll land it soon.

Q: Any notable accomplishments involving unicycling?

A: One of my best accomplishments was last summer, when I went to EUC America and took 1st place in the intermediate street competition and 3rd place in the flatland comp. It was a great feeling for me to do so well since this was the first competition I had ever been to. It was even more rewarding competing with top riders like Kevin Kartchner, Colby Thomas, and Jacob Spera. I have also recently been sponsored by VOID clothing which is a huge step forward for me and my riding.

Q: If you could unicycle anywhere in the world where would it be and why?

A: If I could unicycle anywhere in the world I think I would want to ride in New York City, because everywhere you turn there would be something new to ride on. The city is so big I could find something new every day.

Q: What is the weirdest thing someone has said to you while you were riding?

A: Haha! There are quite a few weird things people have said to me while riding my unicycle, including "I like your tricycle" and "hey your bike is broken", but I think the weirdest ever was "this is fine what your doing, but could you please go kill yourself somewhere else." Haha! A school teacher said that to me when I was trying to grind a handrail at an elementary school.



What a Geek?

Adele Lowry

In the beginning of November, Adele Lowry entered a contest called "I Geek," at the Redford Township Library. Not thinking she would win- "I never win anything," said Lowry, she still thought it was worth a try. Basically the point of the contest is to show the different hobbies that different people enjoy. If your name gets pulled, you get you and your hobby on a poster, plus they have a copy of the poster and hang it up in the library. When Adele entered the contest she tried to keep in mind, "different and unique." Thinking that not many people know about unicycling she entered that as her hobby, "I Geek Unicycling." Then at the beginning of December Adele got a call saying her name had gotten pulled and she could go in for the photo shoot. At the photo shoot Adele posed and posed and posed some more- "It felt like forever." She said, "Until the photographer finally found my good side...thank god she found it!" After that the photographer said she would give Adele a call when the poster was made. About three weeks later, Adele's mom, Marie, dragged her to the library and surprised Adele with her face pinned up on the kiosk. While She stood there looking at herself, her mom ambushed Adele with more pictures so she could post it all on facebook - "So embarrassing!" Adele squealed. When the picture with Adele holding her poster made it up on facebook it got almost 50 "likes" from friends and family.



Little Kids On Big Wheels

Pete Byrne

Eighteen months ago, I joined the Blackpool Circus School and learned how to juggle, spin plates, and all the normal circus stuff. Bobbie, who is nine years old, wanted more of a challenge so we bought her a 12" unicycle. She mastered it very quickly, taking only about seven hours. We quickly moved her to a 16" wheel. Her first real ride was a 13 mile ride. She then moved on to a 20" wheel, and



when she wanted to go faster and further, we got her a 24" wheel. She then did a 20 mile charity ride for the lifeboats. Not to be outdone, Morgan, who is seven years old, wanted to join in. We got her on the 12" wheel and she too was a fast learner. We then bought her a 16" wheel and she did a 13 mile ride here in Blackpool along the sea front, like Bobbie. The wheels just kept getting bigger. Bobbie got a 29" and they both took part in a world record making event with 80 other unicycle riders. Bobbie did 75 kilometers and Morgan 26 kilometers. I asked what they wanted for Christmas, and sure enough, they wanted bigger wheels. [Bobbie is now on a 36"](#) and Morgan is on a 24". There will be many more long rides for poor old dad to go on, trying to keep up with the girls.

“Get Down From There! It’s Not Safe!”

Claire Lowry

My first time on an eight foot giraffe was quite an experience. I had borrowed it from some friends and brought it home to try it out. One day I made up my mind to finally try to get up onto it and took it to the alley across the street.

That day, I decided I would have my sister, Addy, hold it up against Happy Garden, our favorite Chinese restaurant while I climbed up it. As we walked over to the perfect wall space, we saw one of the cooks on a ladder fixing their security camera. We waved and I think his eyes almost popped out of his head when he saw the giraffe. He was used to our other unicycles but not this one! I pushed the giant, heavy unicycle up against the wall while Addy held on to the wheel at the bottom with her foot and her arms held out to hold onto the post. I finally reach the top and swung my leg over and sat down. It took me a minute to get used to the height so I just sat there for a minute but I think the cook had mistaken my adjustments as being scared. “Hey! Be careful up there!” We looked over and smiled reassuring smiles to make sure he knew we knew what we were doing. I started to pedal a couple of times but it was hard to only have one wall on one side to support me and Addy was wayyy down near the ground so she was no help. I was starting to worry- just a little bit but only because I didn’t have the support and strength to help me and the seat was much heavier than I was used to and was yanking me back. So I pedaled to the edge of the wall. I was having a hard time turning around but I knew I could do it- it wasn’t impossible. I was pedaling back and forth getting a feel for where the cracks and bumps were because I had no help, besides the wall. I really needed to be cautious. Addy was yelling up to me where I should be careful and that’s when I decided to take a break. When I looked up I realized that there was a whole group of people watching me; the cook, some customers, and a group of high schoolers. This really was NOT helping me... But I really needed to get back to the corner wall if I wanted to get back down. I was talking down to Addy asking her if she could think of any easier solutions but neither of us were really panicking or in a rush so we were just looking around thinking. But we must have looked like I couldn’t get down at all because the next I know I look down and I see the cook yelling at me to get down. “Get down! It’s not safe up there- here get down from there and use my ladder!!” He tried to shove the ladder closer to the chain and Addy got on it fast. “Yes! Thank you, Sir, but she can’t get off that way. It’s not possible for her to jump from there to here! It’s even more dangerous.” As she guided the ladder away from the chain. “I’m fine, Sir, but thanks anyway!” I yelled to him.

After a couple of minutes I finally made it to the corner and managed to climb down. It was nice to experience the eight foot and to get a feel for how it fits and works but it was enough for one day. When we looked back as we walked home and we could see the cook was impressed but a little shaken up. We waved to him once again and smiled reassuring smiles.



NAUCC 2013- Only a Couple of Seasons Away!

Dave Krack

We hope you've marked your calendars for this year's version of NAUCC by now. It's July 21-27 in Butler County, Pennsylvania. We know some people are anxious for more details. Here's what we've officially got: www.uninationals2013.com. We have a Facebook page too, but now that the website is up, that is available to everyone- not just Facebook users. If there's something you don't see on the web page yet, realize it's in the works (Registration and Hotels come to mind). We're releasing information as soon as it's official. It's our first time for hosting and our best time for hosting.

On the topic of registration: it has taken us awhile for us to get it in place. Robin Dunlop has been working tirelessly on developing a new system from the ground up. We are in the final testing stages of it and feedback has been positive from those who have registered thus far. It is very intuitive and easy to use. We will have registration live in early March with the early registration deadline of April 20th. The early bird Competitor price is \$85 for the week- the same as it was in 2011. The Non-Competitor early bird price is only \$25. If it's your first time attending, we'd encourage you to try competing. Lisa's regret from our first NAUCC (in 2009) is that she didn't register as a Competitor. She saw Track and said, "I could have done that!" Don't miss out!

As far as accommodations go, we will have blocks of hotel rooms available. There are campgrounds in the area too. Details will be on the uninationals2013.com site- right about the time Registration opens. If you are booking on your own, PLEASE note that there are two Cranberry Townships in this part of PA! You want the one in Butler County. Do NOT look in Cranberry, PA. If you are unsure, please check visitbutler-county.com. The other Cranberry Township has much higher rates and is over an hour away from the convention sites!

If you've been following the Schedule on the site, you may have noticed some revisions. We are trying to keep those who show up for one type of riding busy, but not burned out. We are also trying to allow people to try events that they normally don't do. The ability to try new events is one of the great things about NAUCC. If this is going to be your first time attending, please sign up for at least a couple of events outside of your usual comfort area. We just ask everyone to register as accurately as possible. That will help us tremendously with planning.



NAUCC 2013 Cont'

If you look at the schedule and say "I'm not an Advanced or Expert Muni rider, it would be a good day to head home" we'd like you to think otherwise. Butler County is noted for its outdoor opportunities- you owe it to yourself to check out Moraine State Park. It has a swimming beach, a nice 7 mile one way bike path, boating, and a world class disc golf course. We are also working on some special activities for non-MUNI riders to do on that day. We can say that the MUNI should be worth watching too. Moraine has some incredible spots for spectating.

At the end of the day, the Final Party is going to really be something special this year. We have confirmed the catering, Dr. Sous Chop Shop. There's a reason the weekly Butler Bicycles and Unicycles group ride ends at their restaurant almost every week. Bill is an amazingly creative chef and he is making sure the final party menu has tasty options for both the meat eaters and the vegetarians! We have other plans too for making the night special, but we're saving those details for a bit later.

One other item of note: all the T's this year will be technical T's! For those not familiar with this type of fabric, it wicks sweat and doesn't get clammy. It's a lot more comfortable to ride in. If you're debating on whether to order or not, if you like the logo on the website- you should order. We're not guaranteeing that there will be any shirts available after pre-registration ends.



We've had several people ask about volunteering during the event. Well, there is one thing we do need: more Workshops! We need ideas and people to run them. If you've got ideas and are willing to share them, step up!

Around here there's already a lot of buzz through the Butler County Tourism Bureau. We're working on other media outlets as well. Publicity is great so far!

Our sponsor list is larger than what's listed with some exciting possibilities in the works. At this point we don't have everyone listed as some of those are still verbal commitments. We hope people will be a bit surprised and excited when we get the final list in place.

It's been a lot of work up to this point with a lot more to go. In addition to our local team of organizers, we've had a tremendous amount of guidance and help from Connie Cotter, Robin Dunlop, Kelly Hickman, Max Schulze, and Scott Wilton. If you recognize those names, you've been to an NAUCC before.

We're glad we're on a great team. We can't wait for the longer days of Summer and 300 of our unicycling friends coming to visit!

MONDO 2013: A midwinter weekends dream

Douglas Beuge

With a mix of cruddy ice, snow and unrecognized precipitation, February unicycling in Madison, Wisconsin has been pretty sad. So *en masse* we, the members of Mad-Uni migrated to St Paul for the 24th annual MONDO Fest where a few hundred jugglers and unicyclists basked in the warmth and space of Concordia College's huge indoor gym. February 15th through 17th, club members joined with folks from TCUC, Iowa, Texas, Kansas City and places as weird as Oconto to ride, test for new levels, meet and greet, and work on their skills. The younger set borrowed rides from TCUC's generous corral of giraffes, 36ers, etc., to build new skills. Adults Jill and David joined the elite by passing level 1.

Highlights of the weekend included the Saturday night MONDO spectacular in which special guest Julia Belk, world female flatland champion wielded her repertoire of flatland skills to edge out National flatland champion Lars Anderson ([hampered by 22 stitches earned on Friday night](#)) to win an audience-determined flatland competition. TCUC's Show Group kicked off the show with a pirate-themed routine, swash-buckling in tight formations on a rather small stage. Non-uni oddities included the strangest ostrich seen in Minnesota in decades and Nick Zelle's punctual contortions on four tiny wood props.

We also played some unicycle hockey, learned to break dance, and played other uni games. By Sunday morning, exhaustion set in for many, heralding the four-hour trek back to Madison. Connie cotter helped MadUni by holding a Levels Testing class, so now Cecil, Megan, and I can test club members instead of waiting for Patricia to come back from college. Madisonians said sayonara to their many unifriends, with warm thoughts of Nationals in Pennsylvania where we'll all meet up again. A million thanks to the diligent folks putting on this annual escape!

Next year's MONDO is already set for February 21-23. See you there?



Lars dominating the flatland competition.

Photo By; Kristopher Setnes



TCUC before the Show Group performance.

Photo By: Patricia Wilton

Advice from the UDC team!

Keeping your water bottle clean

That slime in your water bottle or hydration-pack mouthpiece is likely just pesky (and usually harmless) blue-green algae, but it could be harmful bacteria or fungi, such as *stachybotrys chartarum*, a.k.a. black mold, which can cause chronic fatigue, headaches, or worse.

Get Rid of It: Use a bottle brush or wire tube brush to dislodge the gunk. Then soak the bottle in a 1:10 bleach solution for 10 minutes. A second soak in water with baking soda should help undo the funky taste.

Don't Let It Happen Again: Make a habit of finishing your water by the end of each ride. Then use dish soap and warm water to keep the creepy crawlies at bay.

Remember to love your unicycle
Team UDC



Words From the Editor

Grace Alexander

Hello fellow unicyclists,

I have enjoyed reading articles, looking at photos, watching videos, and formatting pages for this publication over the past several months. If you have sent anything to me for OOW over the past three issues it is really important for you to know that I deeply appreciate it. You're what makes this publication so great!

I would like to share something I have experienced once or twice while working on the newsletter. I have received emails including articles, or photos with no credit given. It is important to include as much information as possible when sending something to be published (photographers name, authors name, etc.). I hate to say it, but I had to leave something out of this issue because I had no idea where it came from. Just be sure to give yourself credit when you send me something!

The last thing I would like to say is that this is a publications FOR unicyclists, ABOUT unicyclists, and BY unicyclists. On One Wheel simply doesn't exist without the help of the community. If you hear of something cool happening that you'd like to see in OOW but are unsure of the details, try and point me in the right direction and I will see if I can get more information. Please contact me at Gracealexander@gmail.com if you are ever interested in contributing content. Thanks for your support!

Grace Alexander,
OOW Editor

