

## Uninats 2012 Supporters

Heartfelt thanks to all the wonderful supporters of Uninats 2012!



unicycle.com

Many thanks to all the crew at *unicycle.com Australia* for their support of Uninats with \$1,000 worth of prize vouchers and other giveaways.



Thanks to Kev Wharton at *Unicycle Online* for providing two fantastic unicycles as prizes, a Qu-ax Luxus 12" and a Qu-ax Luxus 20" Green, both new products.

Big thanks to *JuggleArt Melbourne* for providing a 24" ultimate wheel as a prize.

Juggleart



And, last but not least, thanks to *AW Bell Melbourne Foundry* - who have donated the Uninats Medals for Uninats 2003, 2005, 2007, 2009, 2010 and 2012!

### *Credits and thanks*

The Uninats 2012 Organising Committee wishes to thank everyone who contributed to making Uninats happen. Special thanks to judges, marshals, ribbon writers and all the non-riding volunteers - we couldn't do it without you!

from Cris Bailiff, Rochelle Braaf, Matt Thomas, Heather Robinson, George Carra, Sam Thomas, Rod Lambert and Geoff Robinson.

**Thanks to all riders for your participation! We hope you had great time and see you at the next Uninats!**

## The Australian Unicycle Society presents

ABN 11598822426



## Seventh Australian National Unicycling Championships and Festival



Friday 9th – Monday 12th March 2012

Melbourne, Australia

# Welcome

Hello and welcome to Australia's seventh Uninats - the first ever in Melbourne. Make yourself at home, relax, look around, learn, compete, share skills and yourself. If you can find the time, check out the city lights and sights.

If this is your first Uninats, then an extra special welcome - we hope you have a great time and take your unicycle riding to a new level! Enjoy!

*Uninats 2012 Organising Committee*

## Contact

You can usually find all the information you need at the check-in, this program or by asking someone, but the organisers can be contacted on **0410 153 743 (Matt)** if you need urgent assistance.

## First aid

First aid officers, a full first aid kit and transport assistance will be available at all events in case of a major injury. However, you should carry your own antiseptic, band aids and other basic supplies and be prepared to deal with minor bumps, cuts and abrasions yourself.

In case of emergency, dial **000**. The venue addresses are in this program. You must also advise the organisers of any injuries requiring medical attention - see any official or contact details above.

## Insurance and Liability

Unicycling is fun but we take safety seriously. Please ride responsibly and be especially aware of non-riders and members of the public.

AUS Insurance is intended to cover public liability and negligence claims only, not your medical expenses or any reckless actions.

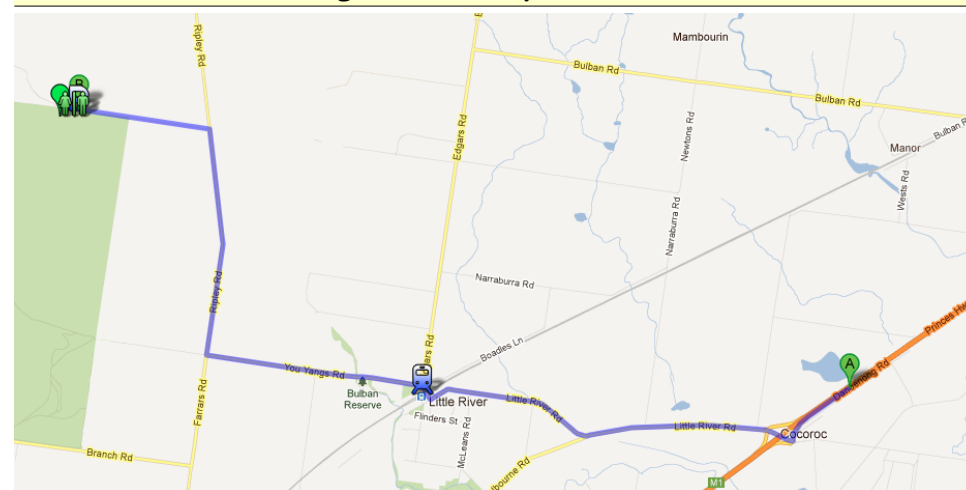
**The AUS does not accept responsibility for injury, hospital or medical cover for competitors.**

Riders should arrange any required accident and ambulance insurance prior to participation.

All riders in Uninats 2012 must be members of the Australian Unicycle Society and all participants agree to the assumption of risk included in the AUS membership conditions.

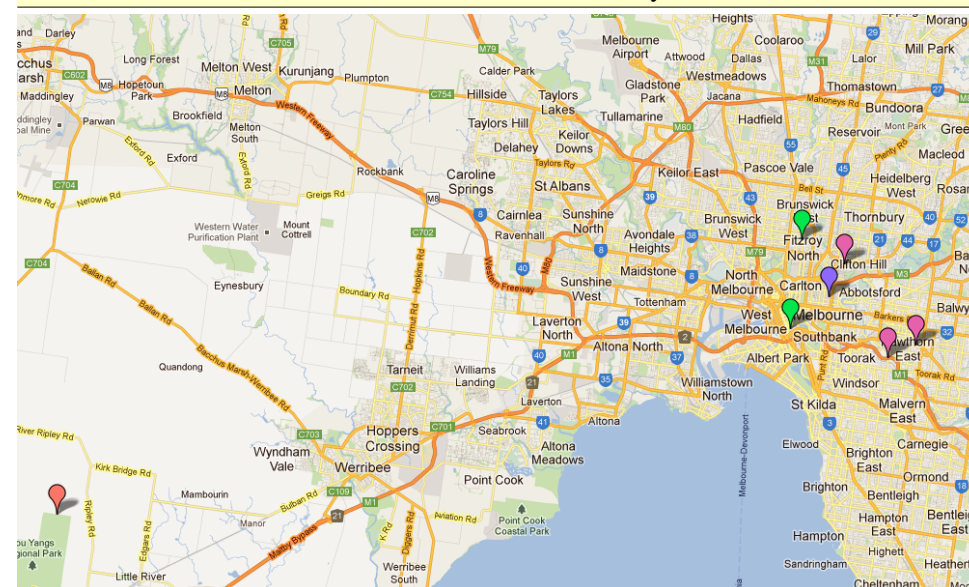
Your entry in any event or activity associated with Uninats indicates acceptance of the conditions of participation.

## Finding the Stockyard Car Park



Take the left lane to turn right off the Princes Hwy M1 at the Little River Rd. Cross the rail line at Little River and take the You Yangs Road. Turn right onto Ripley Road at the junction with Farmers Road and Tonyes Road. After 3.3km turn left into the track to the You Yangs - Stockyards car park.

## Melbourne Area Overview - Map of all events

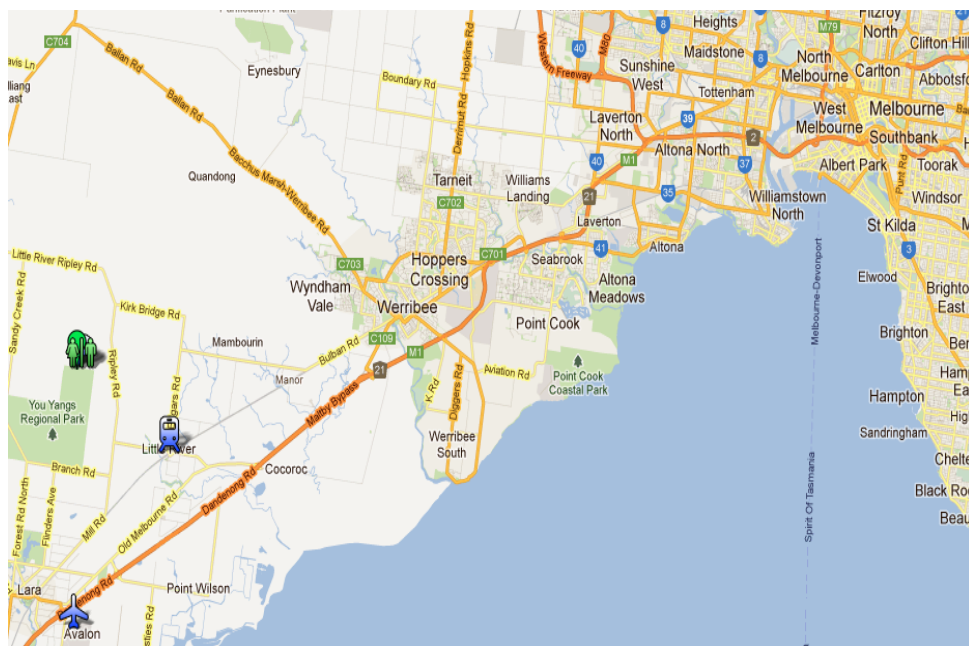


A full set of interactive maps for Uninats 2012 can be found on the AUS website. See: [www.unicycling.org.au/uninats/2012/maps](http://www.unicycling.org.au/uninats/2012/maps)

# Monday 12 March 2012

Start Time	Trials	Muni
8:00am	Gates open Trials building workshop - trials building starts	Muni courses marking
9am	Car shuttle picks up from Little River Station	
9:45am - 12am		Muni competitions begin X-Country & Downhill events
12am-1pm	Lunch Break	
1:00pm	Trials competition	
4:00pm	Trials pack up! Uninats closes - final medals/ribbons presentations.	
5:30pm	Area closed	

## Driving To You Yangs Regional Park



Take the M1 Princes Highway towards Avalon Airport.

## Protective gear

You must wear a helmet, gloves and knee pads for most events. Helmet, gloves and knee pads are compulsory for track events, 5/10k, and Muni. You are advised to wear sufficient additional safety equipment according to the needs of each event and your ability level.

**It is your own personal responsibility to wear your safety gear - even if you are not stopped or reminded by an official.**

## Prize Ribbons and the Unicycling National Medal

Ribbons will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in each category of each event, either after each event or at the end of each day.

The Unicycling National Medal is also being awarded by the Australian Unicycle Society, for meritorious performances and achievements during the weekend.

## Uninats Championship Pointscore

Uninats 2012 will be running a pointscore competition to determine the overall Uninats champion(s). A point will be awarded for every event you enter, and additional points will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places and any new Australian records. Pick up your scorecard at check-in, get it marked at each event and hand it to an official after your last event.

Highest scorers in each category will be Uninats 2012 Champions!

## Age Categories

Most events will be divided into 3 age categories: Juniors (14 years and under on 9 March 2012), Masters (40 years and over) and Open (any age).

Depending on numbers, some events may further divide Juniors into under 10 years and 10-14 years.

For most events, there will also be separate gender categories.

## Wheels, Tyres & Pedals

The 'standard' maximum wheel size for all events is an outside tyre diameter of 24.33". For events with an "Open Wheel" category, such as the 1600m, 10k and Muni, any wheel size is allowed.

**Unicycles used in the college halls must have non-marking tyres and plastic pedals!**



# Friday 9 March 2012

## *Social ride*

**location:** Red Stage on South Bank promenade, near the Queensbridge Street intersection, Melbourne city (see map below)

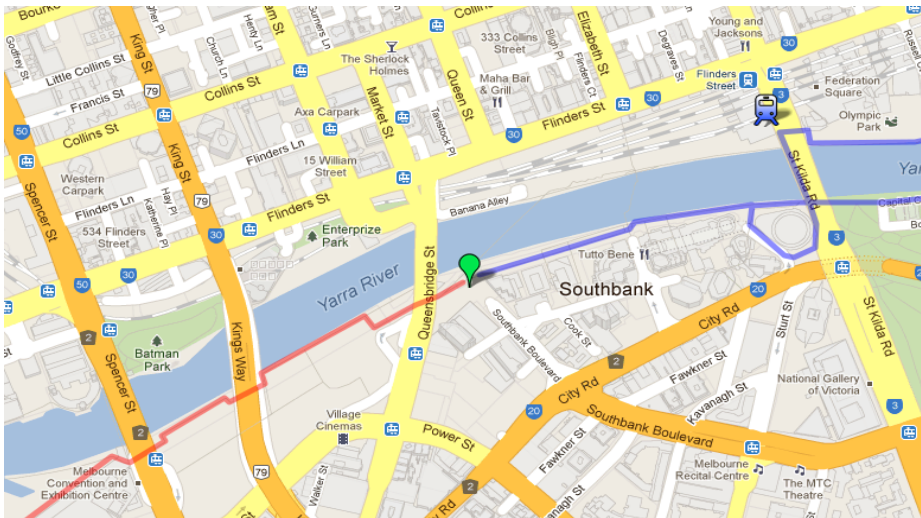
**time:** 3:45pm – 5:30pm

**activity:** Join us for a social ride on Friday afternoon. Meet other riders and see the sights around Melbourne's heartland! The ride will take us along the lovely Southbank area bordering the Yarra River. We are meeting at 3:45pm for a 4pm start.

**protective gear:** We recommend wearing a helmet for this ride to avoid hassle by the helmet police.

**getting to registration and flatland:** After the social ride, join us in Brunswick for registration and the Flatland competition. From Southbank, go to Flinders Street Station and take a train (on the Upfield Line) to Brunswick Station. We are meeting at Irene's Warehouse in Brunswick (see next page).

## *South Bank Area Map*



# Monday 12 March 2012

## *Muni and Trials*

**location:** You Yangs Regional Park (1 hour from Melbourne CBD).

**Car or shuttle:** Best way to get there is by car (so car pool if you can).

**Train:** You can catch a train from Southern Cross Station (on the Geelong, Marshall or Warrnambool lines) to Little River Station. Geoff Robinson is organising a car shuttle from Little River Station to the You Yangs. The train should leave Southern Cross at **8:25am** and arrive at Little River station at **8:58am**. Due to it being a public holiday in Victoria, trains will run to a Sunday timetable. Try to arrive at Southern Cross at least 15 minutes before the train is due to leave to allow time to purchase a ticket and board the train.

**time:** 8am – 5:30pm

**activity:** Muni and trials! All these events will be held in the Stockyard area. The car park where we will meet up is marked by the place marker. The start of the trials and muni (novice & expert) will be from here.

**protective gear:** Helmet, gloves and knee pads are compulsory for muni; protective gear is highly recommended for trials – including shin pads! Bring sunscreen – you will be outdoors all day.

**food:** BYO food, drinks and *plenty of water*. **There are no shops to buy food or drinks here.**

**toilets:** Toilets are located in the car park.

**phone coverage:** Mobile coverage in the You Yangs park is haphazard, there are many places you will not be able to get reception.

**emergencies:** Call 000. There are no nearby hospitals. The closest is Geelong Hospital (Ryrie Street, Geelong). You may wish to take out ambulance insurance. Take water with you!

**muni information:** We will be holding X-Country & downhill events. We will also have a novice and expert muni course. The trails are specifically for mountain bikes – no bush walkers, etc. The course has undulating terrain similar to Mt Stromlo in Canberra, with lots of gravel and granite. The expert course has some technical sections.

**social muni:** There will also be a 'beginners/social' muni ride for those who would like to begin or practice their muni riding on some 'easy stuff' without racing pressure! Meet at the start area after the main races depart.

# Sunday 11 March 2012 Evening

## 5km & 10Km Ride

**location:** Yarra Cycle Path. Meeting at Glenferrie Road where the Monash Freeway passes overhead, near the Kooyong Lawn Tennis Club. Kooyong Station nearby. (See map below)

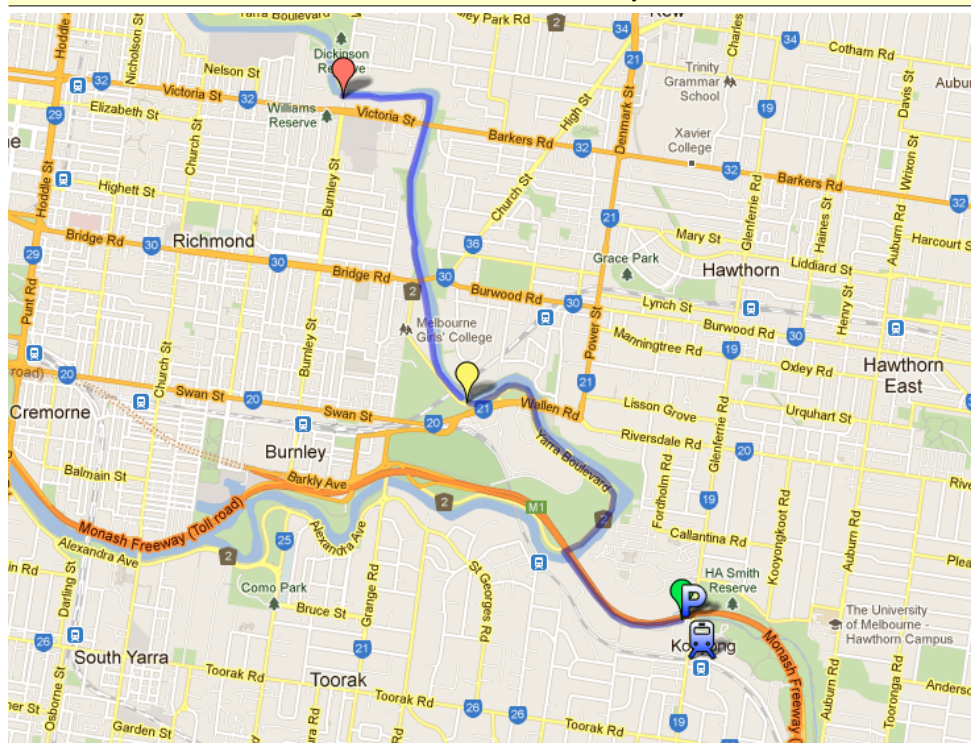
**time:** 5.45pm for a 6pm start, *don't be late!*

**protective gear:** Helmet, gloves and knee pads are compulsory for 5km and 10km

**food:** There are no food outlets nearby so please make your own arrangements. Bring water!

**emergencies:** Call 000. The nearest hospital is the Epworth Public on Bridge Road, Richmond; also the Alfred Hospital on Commercial Road, Prahran. Please advise an organiser of any injuries.

## 5k & 10k Route Map



# Friday 9 March 2012

## Registration and flatland

**location:** Irene's Warehouse, 5 Pitt Street, Brunswick (see map below)

**time:** 6 – 9 pm

**activity:** Registration and Flatland comp. Uninats officially opens with registration from 6:10pm, where you can pick up your rider number and wristband.

**food and drinks:** There are a number of cafes, restaurants and bars on on Sydney Road and on Lygon Street near the venue. You can BYO food and drinks to the venue or eat out. The Great Northern Hotel on Rathdowne Street in North Carlton also has a great food and a beer garden for kicking on after the flatland...

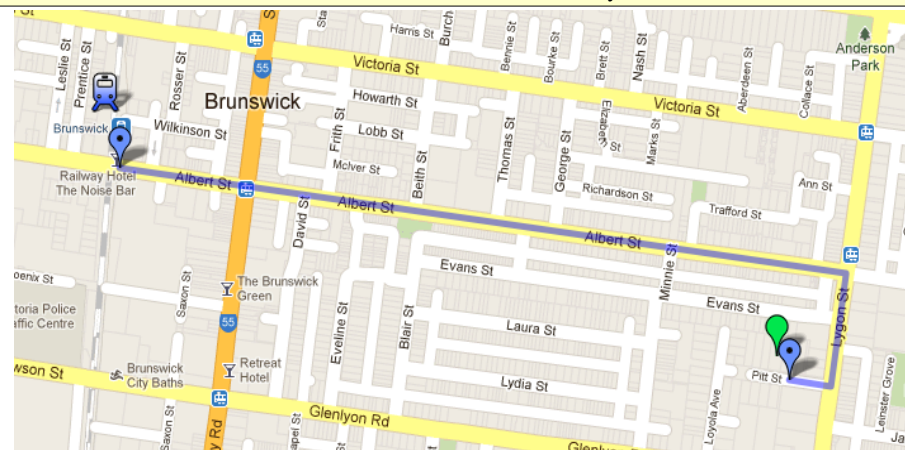
**emergencies:** Call 000. The nearest hospital is Royal Melbourne Hospital on Poplar Road, Parkville. Please advise an organiser of any injuries.

## FLATLAND Competition

Uninats 2012 kicks off with a bang with the Flatland competition. If you're not competing, come and watch riders demonstrating some great flat ground tricks.

Competitors – please bring your own music – PA is provided. You must be registered for Uninats in order to compete. Competition starts at 6:30pm.

## Brunswick Area Map



# Saturday 10 March 2012

## *Freestyle, standard skills, hockey, basketball & AUS Annual General Meeting*

**location:** Collingwood College Gymnasiums, corner of Cromwell Street and McCutcheon Way, Collingwood. Collingwood train station is 3 short blocks away. (See map over).

**time:** 8:30am doors open

**activity:** Freestyle, standard skills, hockey and basketball, workshops, AUS Annual General Meeting and PARTY! (See next page for full schedule).

**parking:** Limited parking is available at the school. Most of the parking in this area is residential only, so beware of parking fines and many streets are one-way.

**food:** There is a milk bar close to the venue, two pizza shops on Hoddle Street, many cafes, bakeries, fast food outlets and restaurants on Smith Street. You can eat in the foyer and courtyard but please refrain from eating in the halls.

**emergencies:** Call 000. The nearest hospital is St Vincents Public at 41 Victoria Parade, Fitzroy. Please advise an organiser of any injuries.

## *Workshops*

Workshops will run throughout Saturday, both outdoors and in the small hall after the freestyle competition. Session details are on the board at check-in, and will be updated during the day – keep an eye out for changes.

## *Venue Schedule*

While we will try to keep to the posted times, events sometimes run short or long or are re-arranged to reduce clashes.

**Check the boards at check-in for updates and changes throughout the day.**

## *AUS Annual General Meeting*

For those interested in the organisation of the AUS and in planning the next Uninats – come along to the AGM at 5pm in the main hall. If you are interested in hosting the next Uninats, please bring your proposal for discussion at the meeting.

# Sunday 11 March 2012 PM

## *Street competition*

**location:** Junction Skate Park, 387 Riversdale Road, Hawthorn East. (See map below)

**time:** 1:30pm

**activity:** Street competition

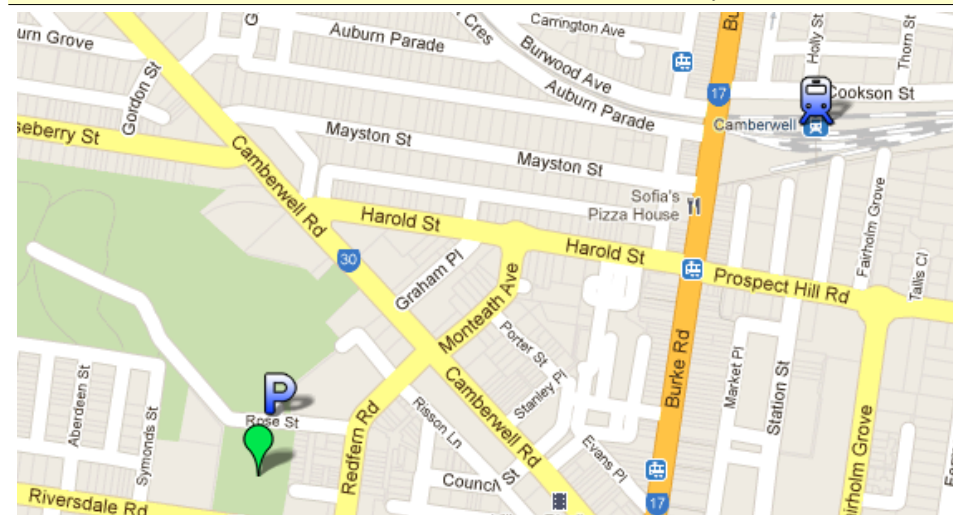
**food:** Burke Road near the skate park (Hawthorn East) has plenty of shops and cafes.

**protective gear:** Helmet, gloves and knee/shin pads are strongly advised

**emergencies:** Call 000. The nearest public hospital is Box Hill public hospital on Nelson Road, Box Hill. Please advise an organiser of any injuries.

Street Competition! What more to say? Oh yeah - bring your own music, PA provided. Youtube fame for the winners.

## *Junction Skate Park Area Map*



**getting to the 5km/10km:** If you need a lift to the 5k/10k start, please ask someone, and if you have spare room in your vehicle please offer! If you get stuck, it's only about a 15 minute ride – head east on Riversdale Road then turn left on Glenferrie Road and head south until you get to Kooyong tennis club.



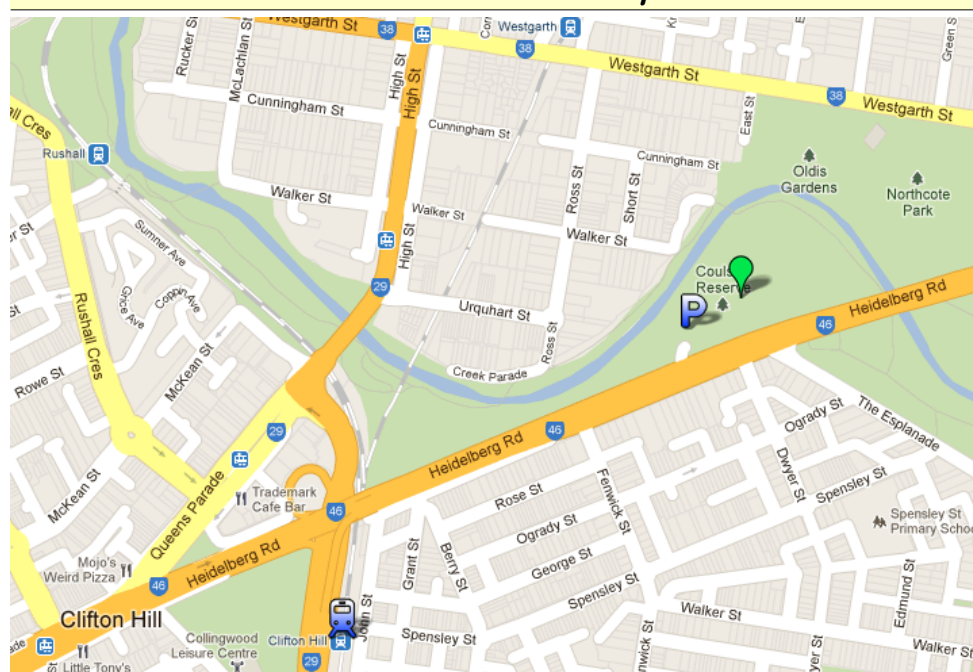
# Sunday 11 March 2012 AM

Field events run continuously – take your turn whenever you are free between track races. All riders can compete in all events, please ask if you don't know what to do!

## Speed Trials

We will be holding an electronically-timed speed trial at the track during the morning, to find the fastest rider in Australia. Using a flying start (run up), you will be computer timed over a fixed 50m distance and your speed calculated in m/s and km/h. Winners will be calculated for each wheel size. 2 attempts per rider.

## Clifton Hill Area Map



**getting to Street Comp:** If you need a lift to the street comp, please ask around at the track. If you have spare room in your vehicle, please offer lifts!

Otherwise, you can catch a city bound train from **Westgarth** Station to Flinders Street Station, and then a second train to Camberwell Station (on the Lilydale or Belgrave lines).

# Saturday 10 March 2012

Start Time	Small hall	Large gym A	Large gym B	Courtyard
8:30am	Standard skills & freestyle set up & practice	Registration (in foyer)	Set up equipment	Play area & Workshops
9:00am	Standard skills	Basketball rules, workshop & practice games	Hockey rules, workshop & practice games	
10:00am	Freestyle Judging Rules Freestyle Competition	Basket ball competition	Basket ball competition	
12:00pm	IUF skill level testing (workshop)	Basketball final		
1:00pm	Intermediate Tricks Workshop Simon Wells	Hockey competitions		Lunch – Please eat outside, not in the halls.
2:00pm	Advanced Tricks Workshop Simon Wells			
3:00pm	Workshops			Play area & Workshops
4:00pm	Workshops			
4.30pm		Hockey final		
5:00pm	Workshops	AUS AGM		
6:00pm	Hall closed	Dinner Served Outside		DINNER
7:00pm		Video comp		
7:30pm		PARTY - theme is 'The Movies'		
9:30pm		Pack up		
10:00pm		Large gym closes		

# Saturday 10 March 2012

## Party & Video Competition

**time:** 6pm - 9:30pm in the main Gym

**activity:** Saturday night is the Uninats Party! There's a '**movie theme**' so get your fave film threads on! Entry is free to all registered Uninats participants (riders and non-riders).

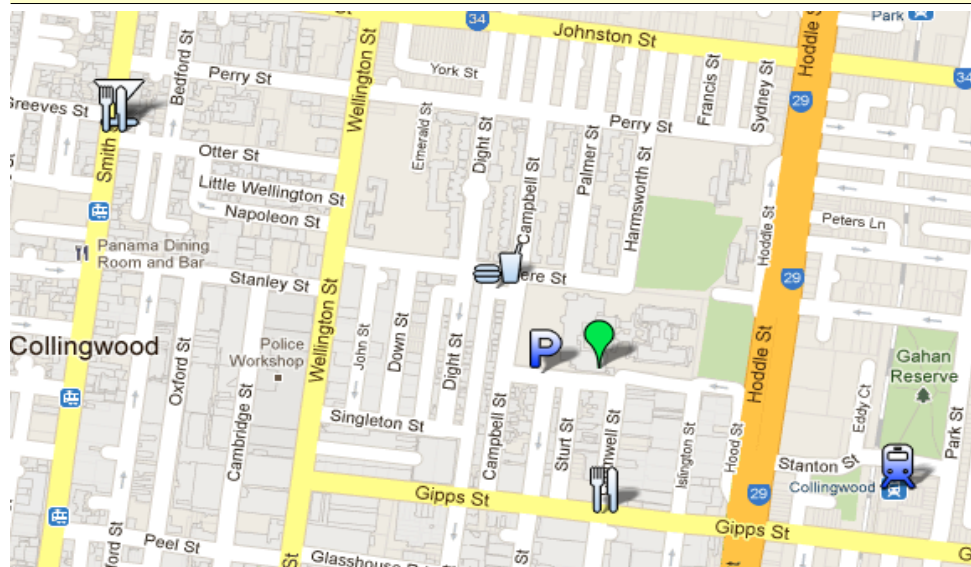
**food and drinks:** Pizza and soft drink for the party will be available by pre-order from the registration desk, before noon - there is a range of \$10 large pizzas on offer. Or you can bring your own meal.

**video competition:** Bring your media to the Video Organiser at the start of the party to register your entry and check we can play it. Most formats should be supported (high definition may be a problem). DVD or USB will be fine. Prizes for best videos!

**games:** There will be traditional unicycle party games like Sumo, Red Rover, Dodgeball and Gladiators.

**after:** Provenance restaurant and bar (288 Smith St, Collingwood) will be open until 1am, supplying ten varieties of ciders, as well as the usual bar offerings.

## Collingwood College Area Map



# Sunday 11 March 2012 AM

**location:** George Knott Athletic Stadium at Coulson Reserve on Heidelberg Road in Clifton Hill (see adjacent map)

**time:** 8.30am - 12:45pm

**activity:** Track events - 100m, 400m, 800m, 1600m, relay, ride & juggle, one footed, gliding, etc. *Be early - your race will start without you if you are late!* Field events - slalom (obstacle) course, slow boards, high jump and long jump. Back Straight: Flying 50m timed runs.

**protective gear:** Helmet, gloves and knee pads are compulsory for track events.

**food:** There are few options near Clifton Hill, other than the shops in High Street, Northcote. May be best to BYO food soft drinks track.

**emergencies:** Call 000. The nearest public hospital is the Thomas Embling Hospital on Yarra Bend Road, Fairfield. Please advise an organiser of any injuries.

Start Time	Track Events	Field Events
8:00 AM	Set up track	Set up field and Flying 50m
9:00 AM	100m (5-6 races)	
9:20 AM	50m One footed	Slow Boards, Slalom Course, High Jump and Long Jump open. Flying 50m, Gliding & Coasting competitions on back straight
9:35 AM	50m Backwards (2-3 races)	
9:50 AM	50m Ride & Juggle (2-3 races)	
10:05 AM	30m Wheel Walk (2-3 races)	Field events pause for relay
10:30 AM	4 x 100m Relay (1-2 races)	Flying 50m and Gliding & Coasting Competitions close.
10:45 AM	400m (4 races)	Field events resume
11:15 AM	800m (4 races)	
11:45 PM	1600m Unlimited (36"/Coker)	
12:15 - 12.45PM	Packing up - Track & Field Closed	