

## Uninats 2017 Supporter



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Many thanks to all the crew at unicycle.com Australia for their tireless support of Uninats, with donations of prize vouchers and other give-aways.

Go and visit them for all your unicycling needs, either at their stand at Uninats or online:

[www.municycle.com.au](http://www.municycle.com.au)

### Credits and thanks

The Uninats 2017 Organising Committee wishes to thank everyone who contributed to making Uninats happen, including assistance of Sutherland Shire Council, Bankstown CREST Sports Centre and other venue managers.

Special thanks to pallet collectors, trials builders, judges, marshals, ribbon writers and all the non-riding volunteers - we couldn't do it without you!

- from SWSUC & Amir Atme, Ashley Curtis, Cameron Blight, Cris Bailiff, Juliette Harley, Richard Blight, Rochelle Braaf, Scott Formica, Steven Hughes, and Sue-Ellen Mayfield

***Thanks to all riders for your participation!***

***We hope you have a great time and see you at the next Uninats!***



## The Australian Unicycle Society presents

ABN 11598822426



## Uninats 2017

### 12<sup>th</sup> Australian National Unicycling Championship and Festival

Saturday 30 September - Tuesday 3 October

Hosted by South West Sydney Unicycle Club

## Welcome

Hello and welcome to Australia's 12th Uninats, being held in South West Sydney! Make yourself at home, relax, look around, learn, compete, share skills and yourself. If you have the time, check out the local attractions of the Sutherland Shire.

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

*- Uninats 2017 Organising Committee -*

## Contact

You can usually find all the information you need at the check-in, in this program or by asking someone. The organisers can be contacted on: **0410 726 872** or via Facebook page '**Uninats 2017**', 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 serious 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 an emergency, **dial 000**. This program has all the venue addresses. You must also advise the organisers of any injuries requiring medical attention **before leaving the venue** - see contact details above.

## Protective Gear

You must wear a **helmet, gloves and knee pads** for most events - including 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.**

## Tuesday 3 October 2017

### Street Comp, 3pm - 6pm

**Location:** Green Hills Skate Park, 271 Captain Cook Drive, Kurnell

**Transport/facilities:** Nearest train station is Cronulla Station - from there, catch Bus 987 to the venue (15 mins). There is parking adjacent to the skatepark.

There are no toilets or showers at the venue.

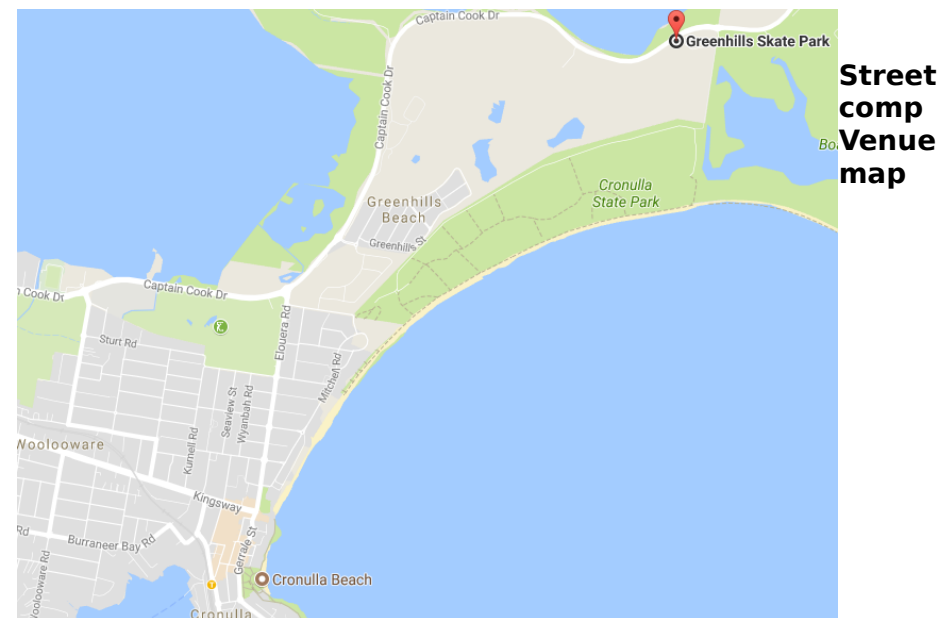
Nearest bike shop: chain reaction, The Kingsway Cronulla

**Food and drinks:** Please bring your own water and food. There are no food or water facilities at the venue.

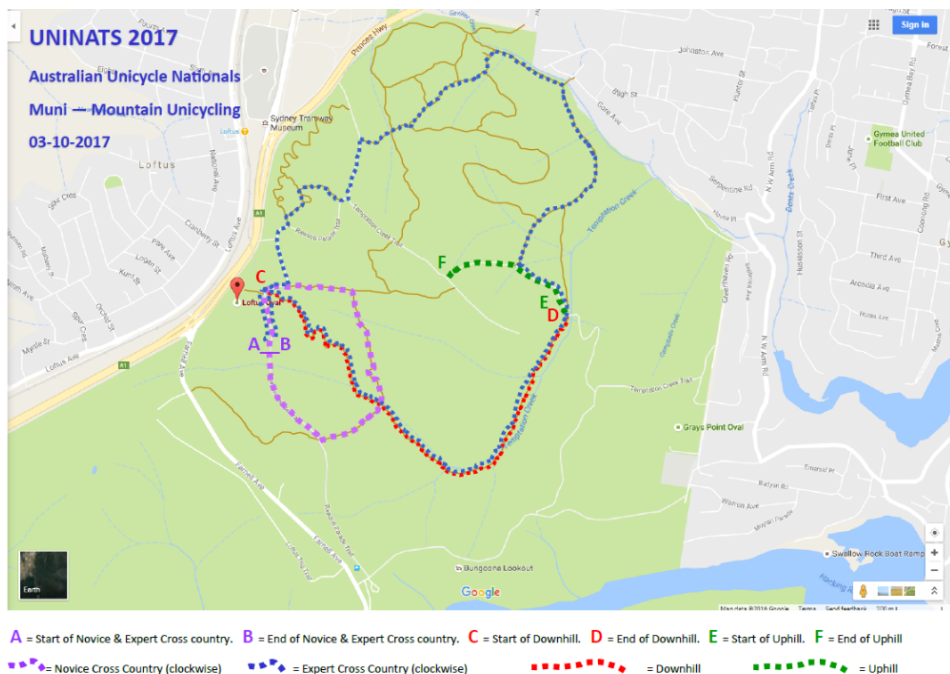
**Activity:** Street comp. Free riding and warm up from 3pm (or earlier), competition to start shortly after. Bring your own music, PA provided.

**Protective gear:** Helmet required, gloves and knee/shin pads are strongly advised.

**Emergencies:** Call 000. Nearest hospital is Sutherland Hospital at the Kingsway, Caringbah. Please advise an organiser of any injuries.



**Street comp Venue map**



## Muni, Uphill & Downhill map

### Strava Routes:

#### Novice XC:

[strava.com/activities/1165233014](https://strava.com/activities/1165233014)

#### Expert XC: Novice XC +

[strava.com/activities/1176608795](https://strava.com/activities/1176608795)

#### Downhill:

[strava.com/activities/1176630918](https://strava.com/activities/1176630918)

#### Uphill:

[strava.com/activities/1176630898](https://strava.com/activities/1176630898)

## 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.

Riders should arrange any required accident and ambulance insurance prior to participation. AUS Insurance is intended to cover public liability and negligence claims only, not your medical expenses or reckless actions.

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

All riders in Uninats 2017 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 your acceptance of the conditions of participation.

## Prize Ribbons

Ribbons will be awarded for 1st, 2nd and 3rd places in each category of each event, either after each event or at the end of each day. Unicycle.com Australia is generously sponsoring a number of fantastic prizes, including for overall winners and individual events and categories.

## Uninats Championship Pointscore

Uninats 2017 will be running a pointscore competition to determine the overall Uninats champion(s). A point will be awarded for every event you enter with additional points awarded for 1st, 2nd and 3rd 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 2017 Champions!

## Age Categories

Most events will be divided into 3 age categories: Juniors (14 years and under), Open (any age), Masters (40 years and over) on 29th September 2017. 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, Cranks & Pedals

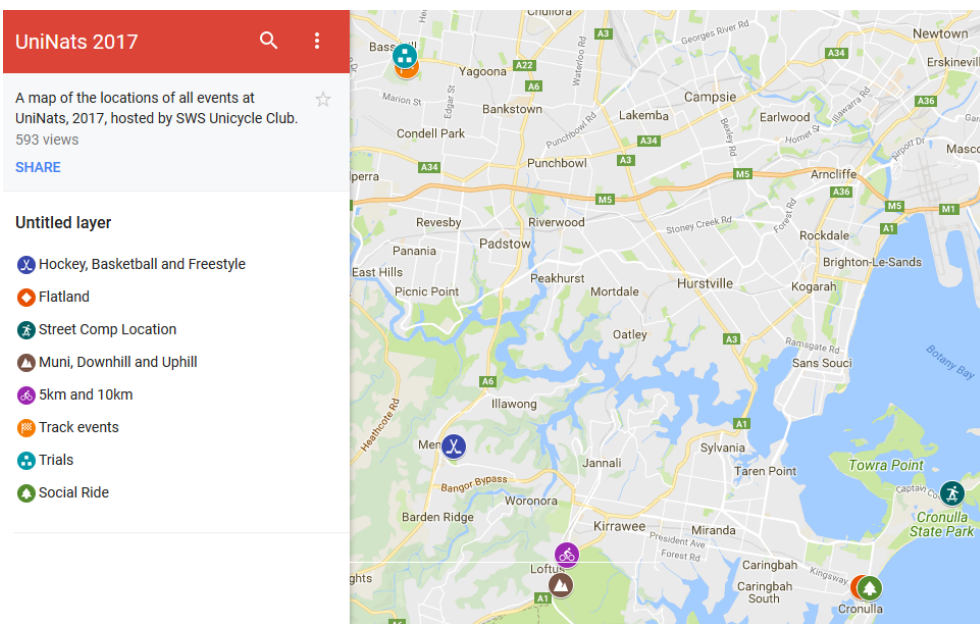
Rules for wheel, tyre and cranks sizes in all events follow the rules set out in the International Unicycling Federation Rulebook 2017:

<https://unicycling.org/files/iuf-rulebook-2017.pdf>

Unicycles used in the sports hall must have non-marking tyres and plastic pedals.

## Map of all venues

Also available Online - See: <http://tinyurl.com/uninatsmap17>



## Tuesday 3 October 2017

### Muni, Downhill and Uphill, 7am - 3pm

**Location:** Loftus Mountain Bike Track

**Transport/facilities:** Nearest train station is Loftus Station (14 min walk). Parking at Loftus Oval.

There are toilets available at the muni location, although the Loftus oval toilets will be closed.

**Food & drinks:** Please bring **lots** of your own water and some food, No facilities at the venue and you will be out in the bush for 4 hours or more.

**Activity:**

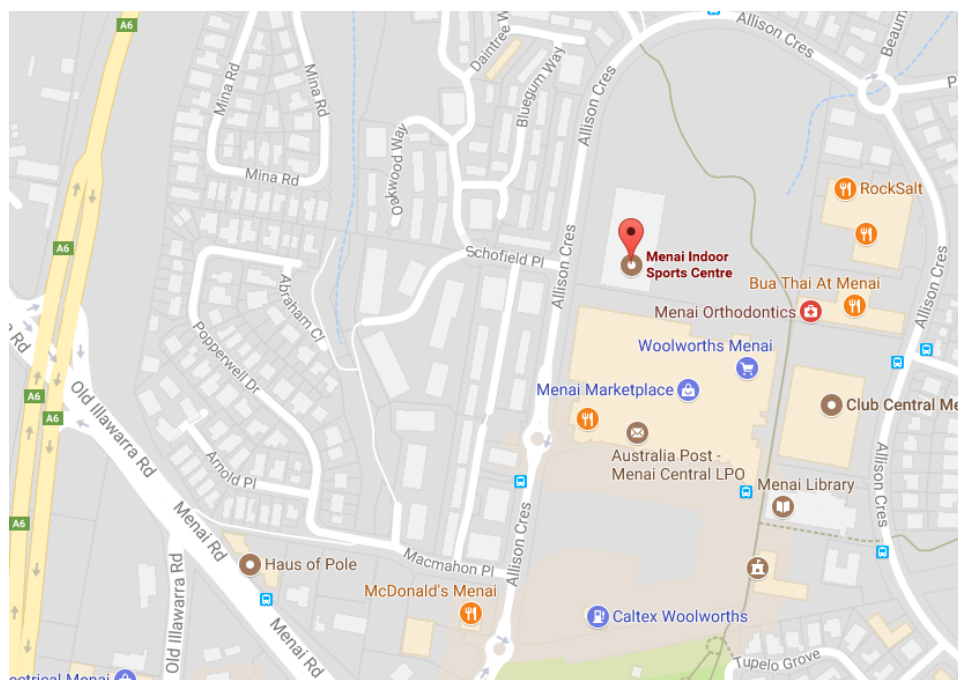
Start time	Activity
7:00am	Mark out course & set up
9:00am	Cross Country briefing
9:30am	Start Cross Country
11:00am	Finish Cross Country
11:30am	Downhill & Uphill briefing
12:00pm	Start Downhill
12:30pm	Finish Downhill
1:00pm	Start Uphill
2:00pm	Pack up, Head to Street Competition

**Protective gear:** Helmet required, gloves and knee/shin pads are strongly advised. You will need sunscreen as well!

**Emergencies:** Call 000. Nearest hospital is Sutherland Hospital at the Kingsway, Caringbah. Please advise an organiser of any injuries before leaving the venue.

Start Time	Indoor timetable
8:30am	Set up
9:00am	Hockey comp & Slalom, Slowboard races
12:45pm	Freestyle & Slalom, Slowboard races
1:30pm	Basketball comp & Slalom, Slowboard races
5:00pm	Hockey final
6:15pm	AUS AGM & Pizza
6:45pm	AUHL Meeting & Pizza
6:45pm	Party & games
8:40 pm	Clean up

### Menai Indoor Sports Centre



## Saturday 30 September 2017

### Registration, 5km and 10km, 11am - 2:30pm

**Location:** Warratah Cycling Track, 42 Rawson Avenue, Sutherland (past the playing fields)

**Registration:** Check-in to collect your rider number, wristband and buy your hot Uninats T-shirt. Check-in will be available at most events, but please get in early as you will need to complete check-in before your first competitive event.

**Transport/Facilities:** Parking available on site or at Sutherland Leisure Centre up the road. 15min cycle from Sutherland train station (Illawarra or Cronulla Lines) or 10min cycle ride from Loftus Station (Illawarra Line).

Toilets may be available at Warratah Park + 24 hour public toilets at Sutherland train station

Closest bike shop: Durban cycles, President Ave, 6min drive

**Food and drinks:** 6min drive to Coles Supermarket, corner President Ave & Old Princes Highway

**Activity:** 5km standard wheel, 10km standard wheel, 10km unlimited wheel (competitors to only ride in one event each). The 5km standard wheel event is intended for newer riders.

The rides are held around a 900m lap (so 11.11 laps for 10km).

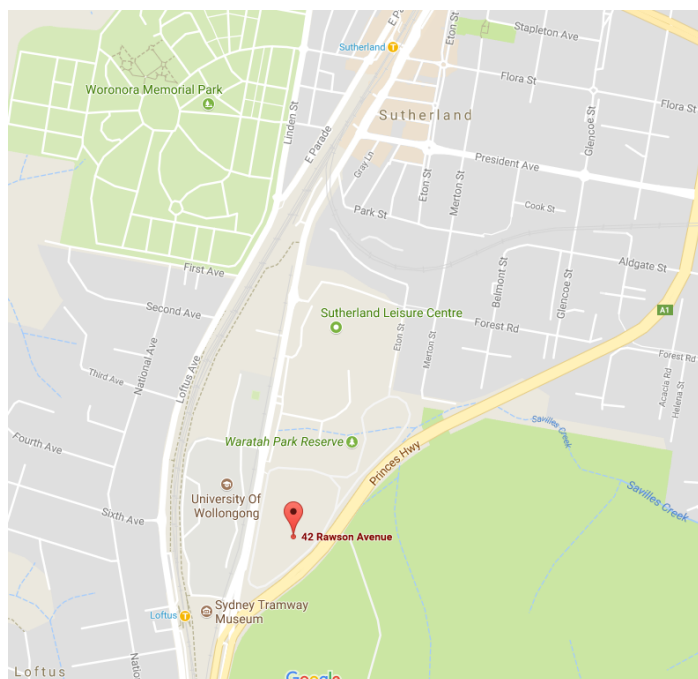
A standard wheel is one with a diameter up to 24" and minimum crank length of 125mm. An unlimited wheel allows any size wheel and cranks, and allows gears (but not electric assist!).

11am - 11:45am	Registration Check-In
12pm - 2pm	Racing
2pm	Pack up

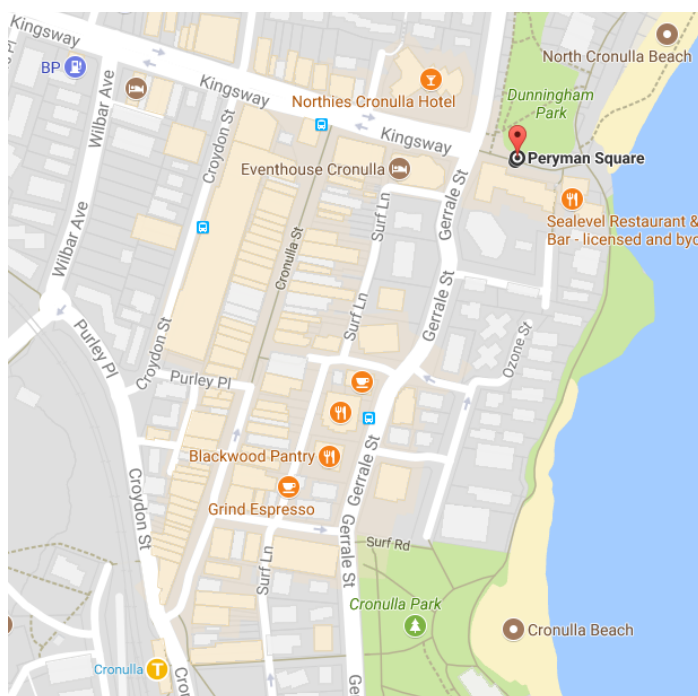
**Protective gear:** Helmet, gloves and kneepads required.

**Emergencies:** Call 000. Nearest hospital is Sutherland Hospital at the Kingsway, Caringbah. Please advise an organiser of any injuries.





**5 & 10 km Venue map**



**Social ride Meeting Point map**

**Monday 2 October 2016**

**Hockey, Freestyle, Basketball & Slowboard,  
8:30am - 6:15pm  
AGM, AUHL Meeting & Party, 6:15 - 9pm**

**Location:** Menai Indoor Sports Center, 98 Allison Crescent, Menai

**Food and drinks:** Canteen, 5min walk to Woolworths. Menai market place is within walking distance and will be open during the day. We are arranging pizza for the party. Please ask at check in **on Saturday** to order and pay.

**Transport/Facilities:** Large underground car park at venue. Nearest train station: Sutherland, catch bus 961 to Menai (15 mins) then 150m walk (see map on next page)

Toilets and showers on site.

Nearest bike shop: Big W, located in Menai Market Place

**Activity:** See timetable on next page.

Freestyle (individual, pairs and group)

Hockey and basketball - teams should be pre-organised, but we can make final changes on the day. If you do not have a team then we will find you one!

Annual General Meeting (AGM) of the Australian Unicycle Society (AUS). Every Uninats participant is an AUS member and entitled to vote! Come along to find out what's happening in the AUS, learn where your money is going, decide who will be the next AUS president and help choose when and where future Uninats are held!

An Australian Unicycle Hockey League (AHUL) meeting will follow the AUS AGM to discuss how the AUHL is going and next year.

Slowboard and Slalom - slow forward and slow backward races will be held most of the day. Enter when you are free.

Uninats party - This will be a unicycle party, so expect to ride! Some classic games you can expect - Red Rover, Dodgeball and Line-Chase Tag. And the bruisers - Gladiators, Sumo, and any others you know. Please note, no alcohol is allowed in the hall.

**Emergencies:** Call 000. Nearest hospital is Sutherland Hospital at the Kingsway, Caringbah. Please advise an organiser of any injuries.

## Sunday 1 October 2017

### ***Trials set up & competition - 8:30am - 6pm***

**Location:** Carpark of Carysfield Park, cnr of Johnson Rd & Leslie St, Bass Hill.

**Transport/Facilities:** Parking at Carysfield Park and public toilets are available.

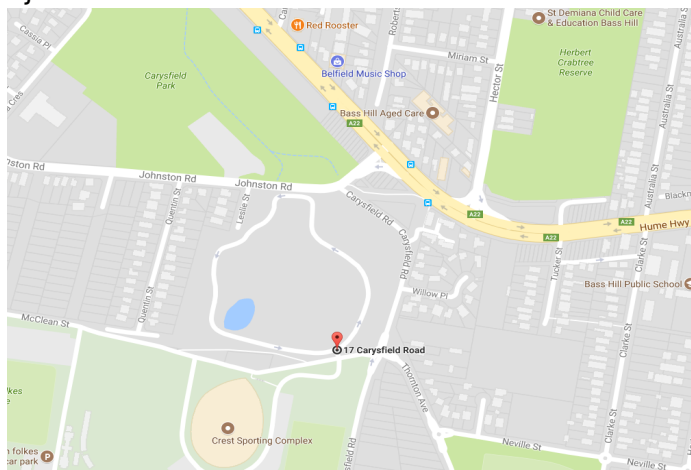
**Food & drinks:** Bring your own food and water. Le-rivage restaurant at the Velodrome (2 Carysfield Rd, open 12-11:30pm).

#### **Activity:**

Start Time	Activity
8:30am	Design and build trials course - We will need as many people as possible to help build the course. Please bring any tools you have to help us do this quickly!
2:00pm	Trials Course Open to All (peer judged)
5:00pm	Trials tear down and pack up. We will need all hands to help tear down the equipment and stack pallets!

**Protective gear:** We strongly advise wearing helmet, gloves and knee pads for these events.

**Emergencies:** Call 000. Nearest hospital is Bankstown - Lidcombe Hospital, Eldridge Rd, Bankstown. Please advise an organiser of injuries.



**Track and Trials Venue map**

## Saturday 30 September 2017

### ***Registration and Social Ride - 3pm - 5:30pm***

**Location:** Start - Peryman Square, at the south end of North Cronulla Beach.

We will ride along the beach to south Cronulla, then up through Cronulla Plaza to the Pavilion Amphitheatre, corner of The Kingsway & Cronulla St.

**Registration:** Check-in to collect your rider number, wristband and buy your hot Uninats T-shirt.

Check-in will be available at most events, but please get in early as you will need to complete check-in before your first competitive event.

**Transport/facilities:** 10min walk from Cronulla Station (T4 Eastern Suburbs & Illawarra Line). Parking next to park or multi-level car park at Cronulla Plaza.

Toilets available at Dunningham Park and at Amphitheatre.

Closest bike shop: Chain Reaction on The Kings Way, Cronulla.

**Food and drinks:** Many food outlets near the park along The Kingsway and at the plaza.

**Activity:** Join the social ride, soak in the sights, make new friends and impress locals. Wear a helmet to avoid hassle by helmet police.

**Emergencies:** Call 000. Nearest hospital is Sutherland Hospital 126A Kareena Rd, Caringbah. Please advise an organiser of injuries.

## Saturday 30 September 2017

### Flatland Competition - 6-9pm

**Location:** Pavilion Amphitheatre, Cronulla Plaza, Cnr Kingsway and Cronulla St

**Transport/facilities:** Nearest station is Cronulla Station. Parking available in multi-level car park at Cronulla Plaza.

Public toilets and water fountains available.

**Food and drinks:** Shops and cafes within walking distance.

**Activity:** Flatland competition. Bring your music, there will be a PA.

Time	Activity
6pm - 6:45pm	Novice Flatland
7:15pm - 8:45pm	Advanced/Expert Flatland
8:45pm - 9pm	Pack up

**Emergencies:** Call 000. Nearest hospital is Sutherland Hospital at the Kingsway, Caringbah. Please advise an organiser of any injuries.



Flatland Venue map

## Sunday 1 October 2017

### Track - 8:30am - 1pm

**Location:** Opposite Duncan Grey Velodrome, 27 Carysfield Rd, Bass Hill (near Crest Sporting Complex).

**Transport/facilities:** There is parking off McClean Street and there are public toilets.

**Food & drinks:** Bring your own food and water as outlets are limited to Le-rivage restaurant at the Velodrome (2 Carysfield Rd, open 12-11:30pm)

**Activities:** 100m, 4x100m, 50m one footed, 50m backwards, 50m ride and juggle, 30m wheel walk, coasting.

**Start times are approximate** - races will run back-to-back without waiting, even if running ahead of schedule. Be early - your race may start early and races will not wait for you.

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

**Emergencies:** Call 000. Nearest hospital is Bankstown - Lidcombe Hospital, Eldridge Rd, Bankstown. Please advise an organiser of injuries.

Start Time	Races
8:30am	Set up
9:30am	100m (5-6 races)
9:50am	50m One footed
10:05am	50m Backward (2-3 races)
10:20am	50m Ride and juggle (2-3 races)
10:35am	30m Wheel walk (2-3 races)
10:50am	Coasting
11:00am	Flat gliding
11:10am	4 x 100m relay (1-2 races)
10am- 12:30 pm	High jump & long jump
12:30pm	Finish and ribbons