

The Australian Unicycle  
Society presents

ABN 11598822426

9th Australian National Unicycling  
Championships and Festival



northernbeaches

*Uninats 2014*

*Friday 3rdth – Monday 6h October 2014*

*Sydney, Australia*



## Welcome

Hello and welcome to Australia's 9th Uninats - the first ever on the Northern Beaches of Sydney. Make yourself at home, relax, look around, learn, compete, share skills and yourself. If you can find the time, check out the famous Manly 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 2014 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 **0417190303 (Charlie)** 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 2014 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.

### *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*

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.

### *Uninats Championship Pointscore*

Uninats 2014 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 2014 Champions!

### *Age Categories*

Most events will be divided into 3 age categories: Juniors (14 years and under on 3 Oct 2014), 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 3 Oct 2014 PM

## *Social ride*

**Location:** Manly Wharf, to the side near Bavarian Beer Cafe (see map below)

**time:** 1:00pm

**activity:** The tradition of Uninats. A social ride to kick start the weekend. Unicycles of all sizes will cruise around Manly soaking in the world famous beachfront, Shelley beach giving the Manly locals & tourists a taste of what is to come this weekend.

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

**Getting to registration and flatland:** We will pass the flatland comp area on the ride. Organisers will be heading to the flatland area to set up at 4:00pm. Please join us if you can and help set up!

## *Friday events locations (Manly)*



Friday 3 Oct 2014 PM

## *Registration and flatland*

**location: Outside Skater HQ, Manly Beachfront**

**time: 3pm-5pm**

**Activity: Registration and Flatland comp. Uninats officially opens with registration from 3pm**, where you can pick up your rider number and wristband.

**food and drinks:** It's the centre of Manly. You will not get a better selection of bars, restaurants, cafes and shops all weekend. Go nuts.

**emergencies:** Call 000. The nearest hospital is Manly Hospital on Darley Road, just up the hill. Please advise an organiser of any injuries.

### **FLATLAND Competition**

Uninats 2014 kicks off with a bang with the Flatland competition. If you're not competing, come and watch riders demonstrating some mind bending ground tricks.

Competitors - please bring your own music (**and keep it clean**) - PA is provided. You must be registered for Uninats in order to compete. Competition starts at 5pm

**The flatland comp has been organised in collaboration with the Manly Youth Council and is a feature event of the SPRUNG youth festival.** Be sure to check out the rest of the events being held Friday night such as Skateboarding, Graffiti and Parkour.

**Saturday 4 Oct 2014 AM**

*Muni*

**location:** Hornsby Mountain Bike Trail, Quarry Road, Hornsby

**time:** 7-8:30am setup, 9am races start

**activity:**

**Beginner:** A green run around the basecamp trail, 300m. Not timed, only for fun. For real beginners and good for warming up.

**Advanced:** 6.2km course made up of 2 laps of intermediate blue runs only.

**Expert:** 9.2km course made up of 2 laps of intermediate blue and advanced black runs.

**parking:** Parking on Quarry road.

**food:** Water will be provided - BYO breakfast

**emergencies:** Call 000. The nearest hospital is Ku-ring-gai at Palmerston Road, Hornsby. Please advise an organiser of any injuries.

If you have a vehicle, please offer lifts to and from the venue to other riders if you possibly can!

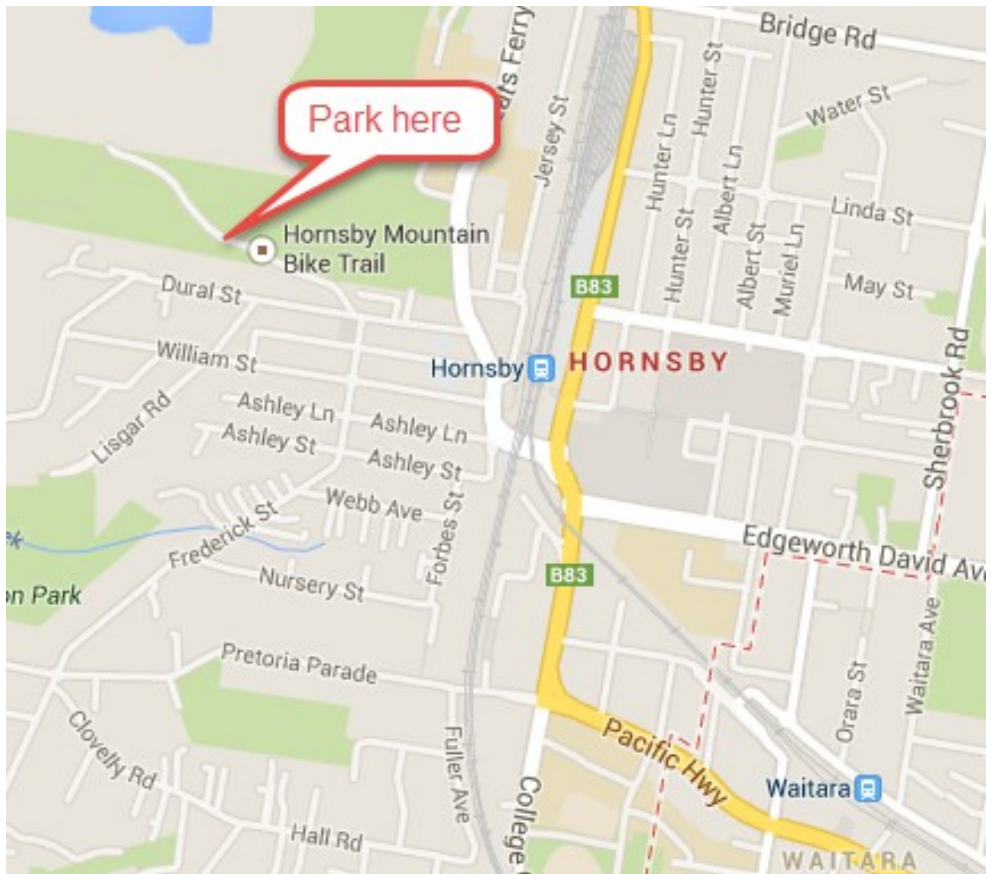
**THERE ARE TRACKWORKS ON THE NORTH SHORE RAIL LINE ON THIS DAY - DO NOT EXPECT A WORKING OR RELIABLE TRAIN SERVICE TO HORNSBY!**

**REPLACEMENT BUSES MAY NOT LET YOU ON WITH A UNICYCLE (which sucks!)**

**Call Charlie (see P1) if you are really stuck!**

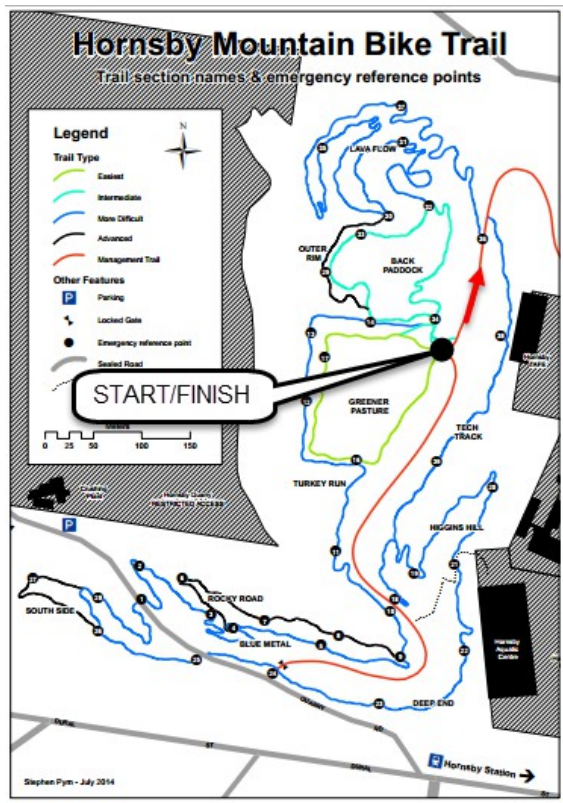
Saturday 4 Oct 2014 AM

*Hornsby Mountain Bike Trail - Location Map*



Saturday 4 Oct 2014 AM

## Muni Advanced Course



### ADVANCED

All laps start leading up the **fire trail**

1x lap **Lava Flow** and back half of **Back Paddock** back to start

PLUS

2x laps of **Tech Track**, **Higgins Hill**, **Deep End**, **Blue Metal** and **Turkey Run**.

Total 6.2k

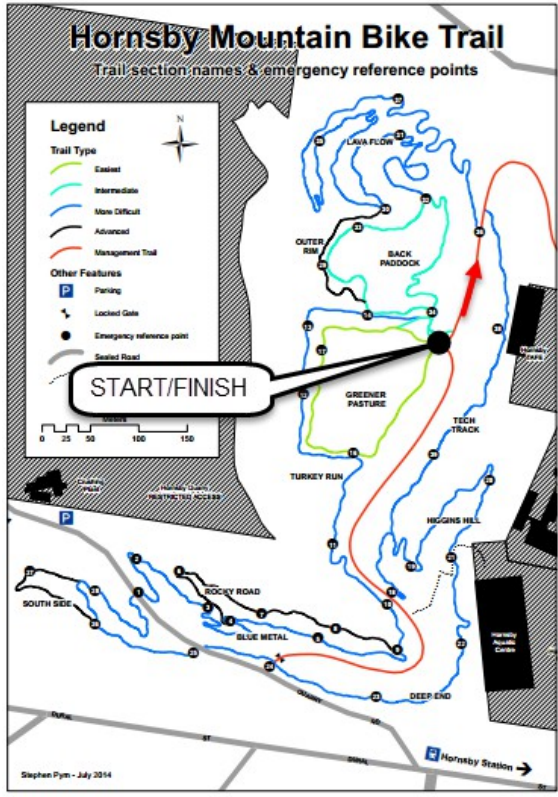
You do not ride the south side of Quarry Road. Follow the marshals directions when you get to the road

Race rules will be given on the day



Saturday 4 Oct 2014 AM

## Muni Expert Course



### EXPERT

All laps start leading up the **fire trail**

Lava Flow and back half of **Back Paddock** back to start, Tech Track, Higgins Hill, Deep End, over the road to **South Side** then back across the road to **Rocky Road** and **Turkey Run**.

x2 laps

Total 9.2k

Follow the marshals directions when you get to the road

Race rules will be given on the day

**Saturday 4 Oct 2014 PM**

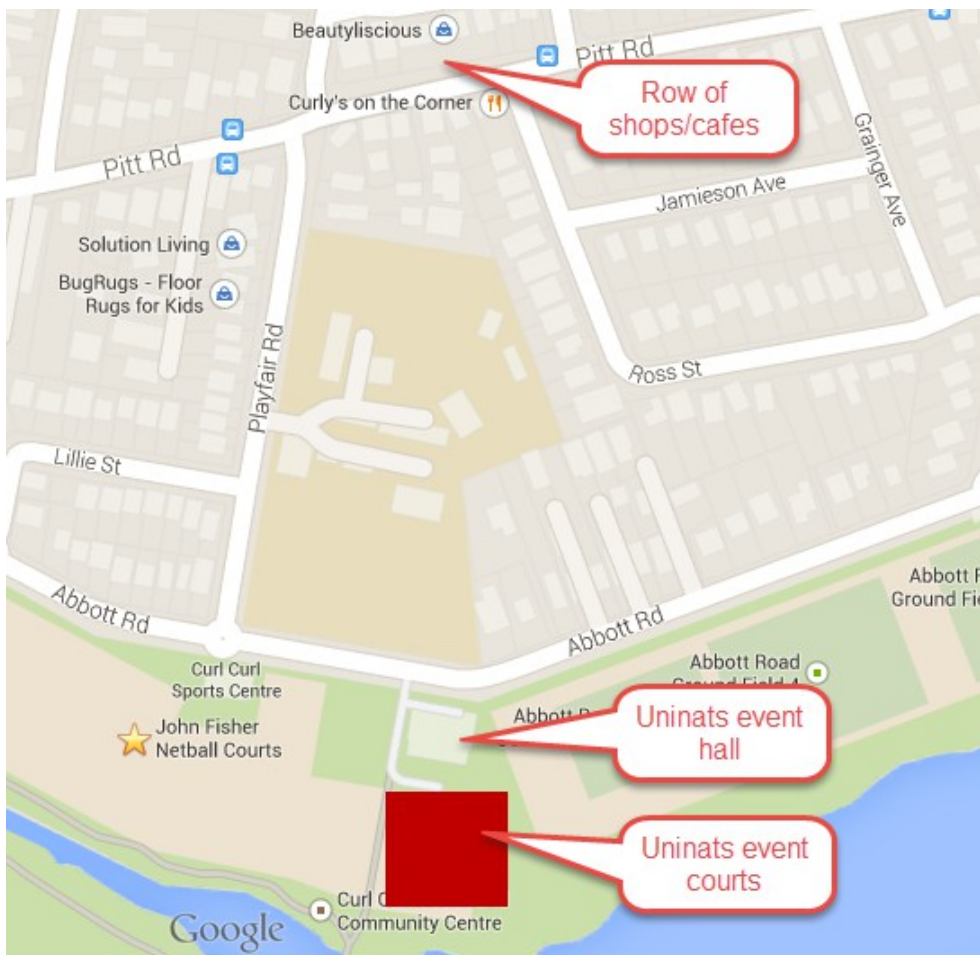
## ***Slopestyle, Long Jump, High Jump, Slalom***

**location:** NBUC, John Fisher Netball Courts, Abbott Rd, North Curl Curl

**time:** 10-2pm setup slopestyle, 3pm events start

**activity:** Slopestyle, high jump and long jump will all be run at the same time in the same location on the outdoor event courts. Actual schedule will be drawn up on the day.

**parking:** Plenty of free parking on Abbott Road. **food:** Shops & cafe 10 minute ride away.



## **Saturday 4 Oct 2014 Evening**

### ***Video Comp, Freestyle***

The party hall is in the same location as the day's afternoon events. The hall opens at 5pm.

Video competition and Freestyle will be on in the hall before the party kicks off.

Bring your competition videos in any common format to the organisers. They must be new/recent videos (this year) made by or involving yourself to be in the competition.

Favourite videos can be played after the competition during the party.

### ***Party Food***

We will take orders (and cash) for takeaway food during the afternoon and then collect it in time for the party. The plan is to order pizza (with a couple of options, including a vege) and serve it up around 7pm.

See the registration desk to check the options and place your order – order early!

### ***Party & Games***

It's a unicycle party, so expect to ride your unicycle!

Some classic games you can expect: Red Rover, Dodgeball

Some NBUC favourites: Line-Chase Tag, Bash Charlie

The bruisers: Gladiators, Sumo

and any others you know...

**Sunday 5 Oct 2014 AM**

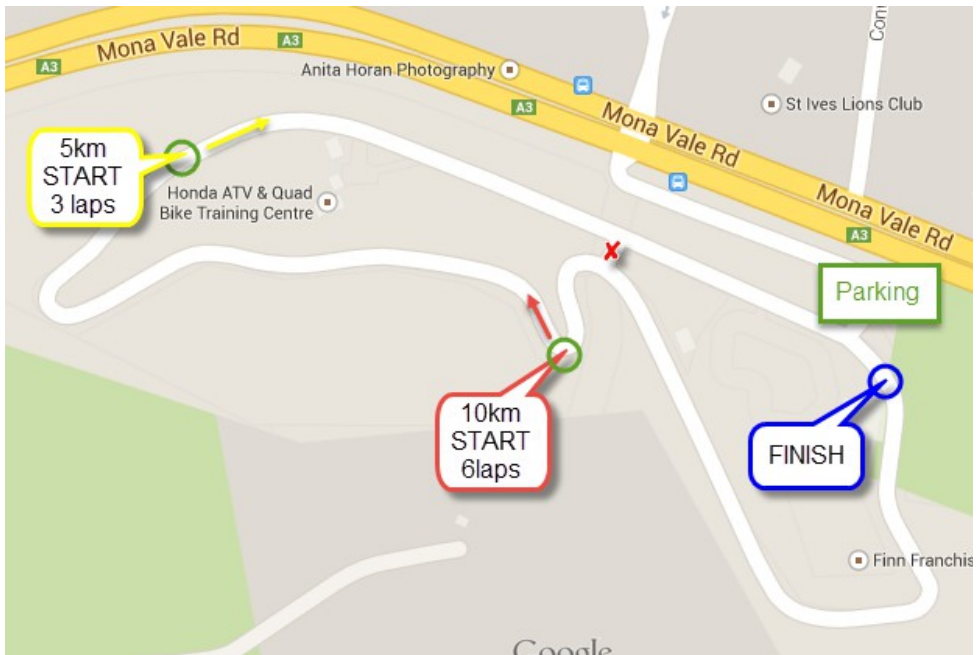
**5k & 10k**

**time:** Setup 7am, races 7:30-8:30am. EXIT SITE 9am.

**where:** HART, 451 Mona Vale Rd, St Ives NSW 2075

**activity:** 5 & 10k races will be run on a closed private course 1.5km long.

Both 5 & 10k will start AT THE SAME TIME, Enter only one!



**Sunday 5 Oct 2014 PM**

***Hockey, Trials, BBQ***

**location:** NBUC, John Fisher Netball Courts and NBUC Hall

Abbott Rd North Curl Curl

**activity:**

10-1pm - **Trials Build**

This is a massive event and we will need as many people as possible to help build the trials course. We have pallets, beams, planks and equipment from SkaterHQ. Please bring any tools you have to help us do this as quickly as possible!

12-2pm **BBQ** Snags for sale!

2-5pm **Trials**

1-8pm **Hockey**

Hockey teams will be finalised on the day. If you do not have a team then we will find you one! Games may be short (depending on the number of teams) as we only have 1 hall to use.

Trials & Hockey will run at the same time - you can start and stop trials at any time (until 5pm).

**parking:** Plenty of free parking on Abbott Road. **food:** Shops 10 minute ride away.

Same map as Saturday PM.

***AUS Annual General Meeting***

The AGM will take place on Sunday evening at the NBUC hall.

The scheduled time is 8pm, immediately after the Hockey, however it may be earlier if Hockey finishes earlier.

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 to be held!

**Monday 6 Oct 2014 AM**

***Track***

**location:** Sydney Academy of Sport and Recreation  
Wakehurst Pkwy North Narrabeen NSW 2101

**time:** 8am-1pm

**activity:** Track events - 100m, 400m, 800m, 1600m, relay, one footed, coasting, etc.

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

**food:** No food places nearby - BYO

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 if you are not there!*

<b>Start Time</b>	<b>Track Events</b>
8:00 AM	Set up track
9:00 AM	100m (5-6 races)
9:20 AM	50m One footed
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)
10:30 AM	4 x 100m Relay (1-2 races)
10:45 AM	400m (4 races)
11:15 AM	800m (4 races) if time allows/not running late
11:45 PM	1600m Unlimited (36"/Coker)
12:15 - 12.45PM	Packing up - Track Closed

Monday 6 Oct 2014 PM

## *Street competition*

**location:** Cammeray Skate Park, Ernest St, North Sydney

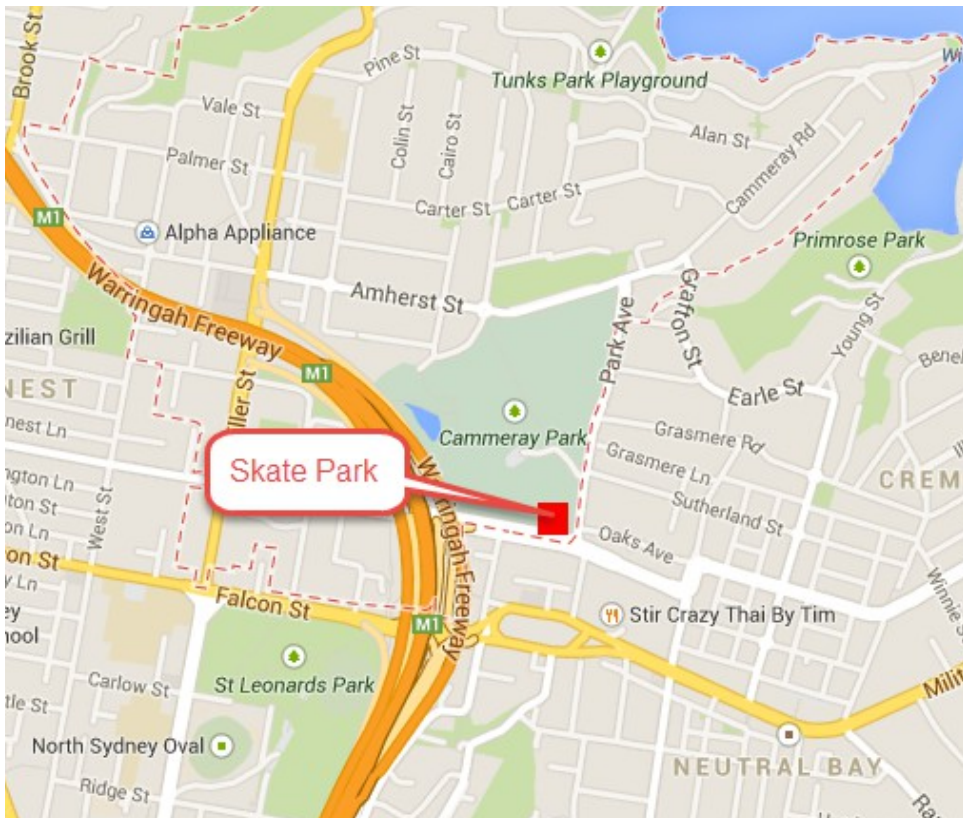
**time:** 3-6pm

**activity:** Street competition

**food:** Neutral Bay is just up the hill.

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

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





# Uninats 2014 Supporters

Heartfelt thanks to all the wonderful supporters of Uninats 2014!



*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.



The NBUC has been supported by Skater HQ for 2 years, offering club members discounts and lending equipment for special events. They were instrumental in getting the Flatland comp out on the beachfront and have provided much of the setup equipment required to run Uninats.

## *Credits and thanks*

The Uninats 2014 Organising Committee wishes to thank everyone who contributed to making Uninats happen. 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* Charlie Allum, Cris Bailiff and all the NBUC members!

***Thanks to all riders for your participation! We hope you had great time and see you at the next Uninats in Darwin, July 2015!***