

The Australian Unicycle Society presents

ABN 11598822426



Uninats 2009

*Fifth Australian National Unicycling Championships
and Festival*

11 - 13 April 2009
Wollongong, Australia

Welcome

Hello and welcome to Australia's fifth Uninats - the first ever in Wollongong. Make yourself at home, relax, look around, learn, compete, share skills and yourself. If you can find the time, check out the beautiful beaches and escarpment.

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

Uninats 2009 Organising Committee

Contact

You can usually find all the information you need at the check-in but the organisers can be contacted on **0400 96 4441** 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 aid and other basic supplies and be prepared to deal with minor bumps 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 insurance prior to participation.

All riders in Uninats 2009 must be members of the Australian Unicycle Society, and all participants agree to the assumption of risk included in the AUS membership conditions.

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 and The Unicycling National Medal

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.

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

Unicycle.com Australia are generously sponsoring a number of fantastic prizes, including for overall winners and individual events and categories.

Uninats Championship Pointscore

Uninats 2009 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 3rd, 2nd, 1st 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 2009 Champions!

Age Categories

Most events will be divided into 3 age categories: Juniors (14 years and under on April 11th 2009), Masters (40 and over) and Open (any age).

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

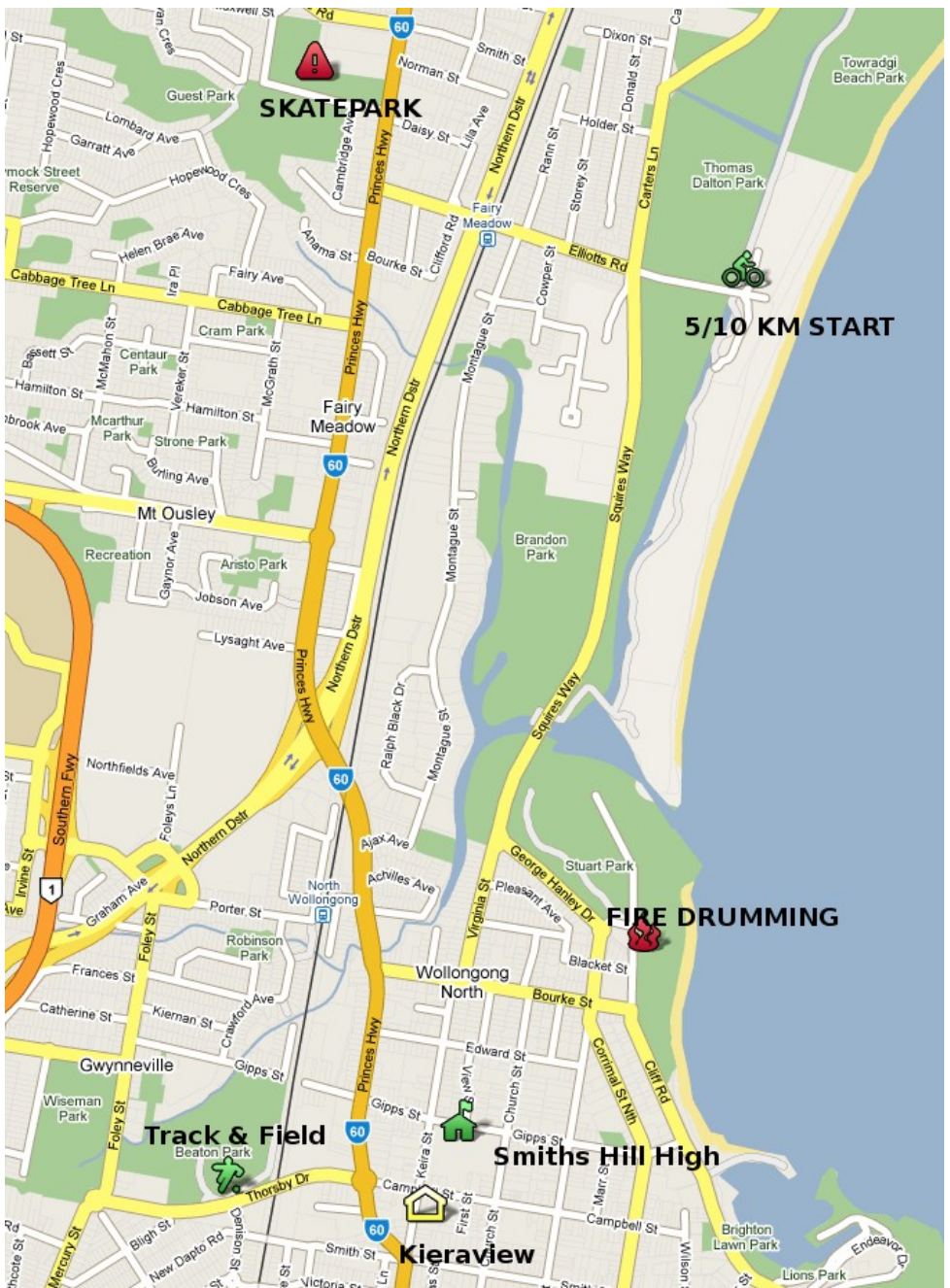
For most events, there will also be separate gender categories.

Wheels, Tyres & Pedals

The “standard” maximum wheel size for all events is an outside tyre diameter of 24.33”. For events where any wheel size is allowed, such as 10k and Muni, all larger wheels fall into the “Open Wheel” category, with separate placings.

Unicycles used in the main school hall must have non-marking tyres and plastic pedals!

Area Map



Friday 10th April 2009

Early Check-In

address: Keriview Accommodation, 75-79 Keira Street, Wollongong
schedule: 3.45pm - 4.20pm

There will be an early check-in from 3.45pm at Keiraview Accommodation, where you can pick up your number and wristband to save you time on Saturday morning.

Social Ride around Wollongong

address: Keiraview Accommodation, 75-79 Keira Street, Wollongong
schedule: 4.30pm - 6pm (about 4.5Km)

Join us for a social ride on Friday night. Meet other riders and see the highlights of Wollongong!

The ride will take us past Smith's Hill High School, past the grassy patch at North Beach and along the front where we will dine on the views of Wollongong's coastline, harbour and Flagstaff Hill before arriving at about 6pm at the Five Islands Brewery (a micro brewery) for dinner and drinks.

Bring some warm clothes and maybe a torch or cycle lamp. It could be cold and will be dark by the time we finish the ride.

Dinner & Drinks

Five Islands Micro Brewery

address: Eastern Terrace WIN Entertainment Centre, Crown St
schedule: about 6pm, after the social ride
food: yes - snacks around \$7-10, mains \$15-20

Full Moon Drumming and Fire North Beach

address: Grassy Patch at North Beach
schedule: from 7pm
food: Diggies Cafe open until 10pm

After dinner, we will make our way back to that grassy patch at North Beach for about 7.30pm for Full Moon Drumming, Dancing and Fire Twirling.

Non-Riders and Latecomers can meet us at the Five Islands for dinner and drinks or at North Beach for Fire, Drumming and cafe food.

Saturday 11 April 2009

Smiths Hill High School

address: 35 -37 Gipps Street, Wollongong. NSW, 2500

schedule: Doors open at 8.30am

food: Lunchtime: BBQ on site (veg)

Dinner: Pre-order pizza from the check-in desk for the party.

emergencies: Call 000. Nearest Hospital is Wollongong Hospital on Princes Highway (South). Please advise an organiser of any injuries.

Workshops

Workshops will run at various times throughout Saturday, both outdoors and in the 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.

Unicycle.com

Check out the unicycle.com stall, with an assortment of stock, including gloves, armour, saddles, DVD's magazines, and of course a range of unicycles. There will also be some demo stock that can be tried out & some "show special" prices over the weekend of Uninats.

Red & Black Pizza Party & Video Competition

Saturday Night is the Uninats Red & Black Pizza Party!

The dress code is Red & Black – you are free to interpret this however you like! Face paint, lights, hats, clothes etc. etc. Entry is free to all registered Uninats participants (riders and non-riders). There will be traditional unicycle party games like Sumo, Red Rover, Dodgeball (and any others that work out after the games workshop) and we will also be holding the Grand Uninats Video Competition.

For the video comp, bring your media to the Video organiser at the start of the party to register your entry and check we can play it. DVD, AVI, DivX, MOV on DVD or USB should be OK.

food: You can pre-order your choice of pizza at the check-in desk during the day on Saturday, and we will have it all delivered at about 7.30pm, to enjoy whilst we watch the Video Competition. You are free to BYO food instead if you wish.

drink: *Sorry, no alcohol is allowed at the school.* Order or BYO soft drinks. We finish at 9.30pm, so there's time for the pub afterwards.

Saturday 11 April 2009

Venue Schedule

Whilst 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.

Start Time	Outside - Multiple Locations	Main Hall
8:30 AM	Check-In Open	Freestyle Setup
9:00 AM	Hockey Rules & Skills	
9:30 AM	Hockey Practice / Friendlies	
10:00 AM	Opening Welcome in the Main Hall	
10:15 AM	More Hockey Practice & Friendlies!	IUF Skill Competition
10:45 AM est		Individual Freestyle
11:15 AM est		Pairs Freestyle
11:45 AM est		Group Freestyle
12:00 PM est	Flatland (after Freestyle) - venue TBC	
1:00 PM	Hockey Competition Rounds All Afternoon	Hall available for Workshops after Freestyle
2:00 PM	Basketball	
4:30 PM	Hockey Final	
5:15 PM		AUS Annual General Meeting - All Welcome
6:00 PM		Party Setup
6:30 PM		Party Doors Open
7:00 PM		Unicycle Games
7:30 PM		Pizza Time & Video Competition
8:30 PM		More Unicycle Games
9:30 PM	Party Ends (boo!) - Everyone helps clean up! (yay!)	

All members are encourage to attend the AGM at 5.15pm to elect a new AUS committee and discuss plans for Unicon XV and Uninats VI.

Sunday 12th April 2009

5 & 10Km Ride

7am!!! Wollongong North Beach Cycle Path

address: start at car park on North Beach Cycle Path, corner of Elliott's Road, Fairy Meadow (North of town centre)

schedule: Rides starts 7.00am. Don't be late!

food: BYO, or hang out for the Beaton Park Canteen later.

emergencies: Call 000. Nearest Hospital is Wollongong Hospital on Princes Highway (South). Please advise an organiser of any injuries.

This is an out and back ride with turnarounds for 5km and 10km riders.

Morning - Track and Field Beaton Park Leisure Centre

address: entry on Foleys Road, Gwynneville, Wollongong

schedule: 9.00AM - 12.15PM

food: Onsite Canteen at the Leisure Centre. Plenty of meat and vegetarian food available.

emergencies: Call 000. Nearest Hospital is Wollongong Hospital on Princes Highway (South). Please advise an organiser of any injuries.

Be early - your race will start without you if you are late!

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, Obstacle 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

Start Time	Track Events	Field Events
11:15 AM	800M (4 races)	
11:45 PM	1600M Unlimited (36"/Coker)	
12:15 PM	Track & Field Closing	

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 (Flying 50m)

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 or 60m distance and your speed calculated in m/s and km/h. Winners will be calculated for each wheel size. 2 attempts per rider.

Times to beat (from Uninats 2007):

24" Wheel: 24.75 km/h Ashley Curtis (M), 19.05 km/h Cassie Carter (F)

36" Wheel: 29.99 km/h Tom Lambert AU, 32.45 km/h Wil Sklenars NZ

Afternoon – Trials Competition Smiths Hill High School

address: 35 -37 Gipps Street, Wollongong. NSW, 2500

schedule: 1pm—5.30pm

emergencies: Call 000. Nearest Hospital is Wollongong Hospital on Princes Highway (South). Please advise an organiser of any injuries.

The trials competition takes place on the grounds of Smiths Hill High School. Trials is a lot of fun to do and to watch. All abilities can take part.

Novice and Expert categories are self-declared – if you haven't ridden trials before or rarely try this kind of riding, you are a novice. Expert riders know who they are, and will be mocked by their peers if they enter themselves as novices!

If you want to help build the trials course, look out for the Trials Building Workshop planned for Saturday afternoon, and/or turn up early on Sunday morning. Thanks to Dan Cowling and other volunteers for help with course building.

Hockey and Workshop Options on Sunday

As we will have the grounds of Smiths Hill High available, it's possible that there will be more hockey and/or workshops on Sunday afternoon for those who have done their best at trials and are defeated.

Monday 13th April

Street Competition Fairy Meadow Skatepark

address: The Skatepark, Guest Park, end of Cambridge Avenue, Fairy Meadow, Wollongong.

schedule: starts at 8.30AM. Practice time beforehand...

food: BYO – otherwise slim pickings at 8AM on a holiday Monday!

emergencies: Call 000. Nearest Hospital is Wollongong Hospital on Princes Highway (South). Please advise an organiser of any injuries.

Street Competition! What more to say! Oh yeah - bring your own music! See the map on p4 for directions. Prizes and youtube fame for the winners.

Muni! Wollongong Mountain Bike Club, Appin

address: Appin Scout Hall, end of Burke Street, Appin. (30-40 minutes from Wollongong)

schedule: 11.00AM meet for 11:30AM start. Should finish by 1pm

food: None on-site, but cafe, pie shop and garage a couple of blocks away on the main street, Appin Road.

toilets: None on site – public toilets in Appin Park, corner of Appin Road and Market Street

emergencies: Call 000. Nearest Hospital is Campbelltown Hospital, Therry Road, Campbelltown. Please advise an organiser of any injuries.

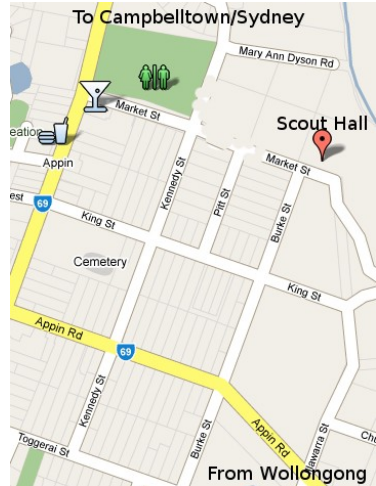
The Muni takes place on a great cross-country track set up by Wollongong Mountain Bike Club. Plenty of single track, some drops, a creek crossing and maybe puddles. There is a beginners/new riders course of 1 Km and a full course of 4.9 Km. Super-keen riders have the option of 2 laps. Take water with you!

Muni directions:

From Wollongong, head north up the Mt. Ousley Road and follow signs to Appin Road at the Princes Highway/Appin Road exit near Bulli. Drive about 16km to Appin. After entering the 60 km/h zone in Appin, turn right into Burke St and drive to the Scout Hall at the end of the road.

If you have extra space in your vehicle, please offer lifts to other riders, either on the notice board at the check-in or at the Street competition. It's a long ride to Appin on one wheel!

Appin Maps



Town plan and Scout Hall

Please allow at least 30 minutes to get to Appin. Add extra time if you plan to get lost en-route.

Finishing Up

The final ribbons and prizes will be presented and (hopefully) the Uninats champions announced immediately after the Muni in Appin. Results will also be posted on the AUS website.

There is an option to do another after-nats Muni ride on the way back to Wollongong. See Scott or Scott at the Muni finish for details.

Have a safe journey home, and see you in Wellington in December - www.uniconxv.co.nz !

Local Food in Wollongong

Fatboy Pide and Grill, 78/a market Street, Wollongong, NSW 2500
Just off Keira street, near the accommodation - Ph: (02) 4225 1433

10% discount for anyone with a Uninats wrist band.

Uninats 2009 Sponsors

Unicycle.com

Thanks to Peter and Lisa Howard and all the crew at Unicycle.com for sponsoring major prizes and supporting the AUS and Uninats 2009!



Huge thanks to AW Bell Melbourne Foundry - who have donated the Uninats Medals for Uninats 2003, 2005, 2007 and 2009!

Credits and thanks

The Uninats 2009 Organising Committee wishes to thank everyone who contributed to making Uninats happen!

from Scott Griffin, Cris Bailiff, Rochelle Braaf, Rod Lambert & the rest of the AUS committee

Special Thanks from Scott Griffin, Wollongong Organiser

To everyone past and present who have contributed to make Uninats what it is today. Special thanks go to:

- Cris Bailiff whom I'm sure has shaken his head at me a number of times and maybe still is. If you see him around make sure you give his neck a massage.
- Ashley Curtis and Nic Vevers respectively for poster and t-shirt creation.
- Rod Lambert for immaculate track organization and all from ACTURS for being a wealth of knowledge.
- Juliette Bland for providing lovely words of encouragement, flying from Adelaide to provide a helping hand, and agreeing to marry me. Lucky me!
- And of course to all who volunteer and participate.

Without all the above, Uninats would not be what it is today...