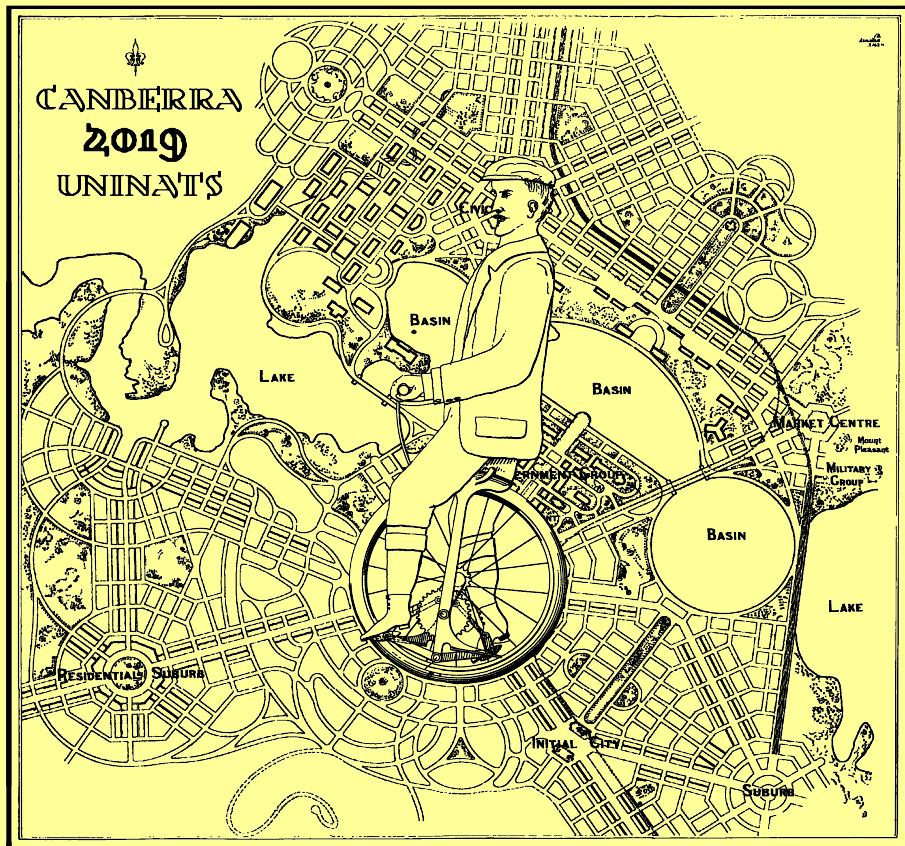


The Australian Unicycle Society presents.....

ABN 11598822426

# UNINAT'S 2019



Australian National Unicycling Championships 4-7 October 2019

## CANBERRA

Hosted by Unicycling ACT

## Welcome

Hello and welcome to Australia's 16th Uninats held around Canberra and Queanbeyan! Make yourself at home, relax, look around, learn, compete, share skills and yourself. If you have the time, check out the local attractions at Floriade.

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 2019 Organising Committee* -



## Contact

You can find all the information you need at the check-in, in this program, or by asking someone. If you need urgent assistance, the organisers can be contacted on: **0410 949 994** or via Facebook page '**Uninats 2019**'.

## 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 the case of an emergency, **dial 112 on a mobile phone**. The venue address for each event is in this program.

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 track events, 5/10km 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.**

## ***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 only covers public liability and negligence claims, not your medical expenses or reckless actions.

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

All riders in Uninats 2019 must be members of the Australian Unicycle Society and all participants will have agreed 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 for each event, either after the event or at the end of each day. [Unicycle.com](http://Unicycle.com) Australia is generously sponsoring a number of fantastic prizes, including overall winner prizes and many individual events and categories.

## ***Uninats Championship Pointscore***

Uninats 2019 is running a point-score competition to determine the overall Uninats champion(s). A point will be awarded for every event you participate in, 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 2019 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) Entry age is your age on 4th October 2019.

Depending on numbers, some further divisions may apply. Juniors may be divided into under 10 years and 10-14 years. Masters may be divided into 40-59 and Vintage Masters 60 plus.

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

## *Wheels, Tyres, Cranks & Pedals*

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

<https://tinyurl.com/uninats2019-wheelsizes>

Unicycles used indoors **must** have non-marking tyres and plastic pedals.

## *Maps of all venues*

This year, all the maps are digital. Download a copy of **this program here**.

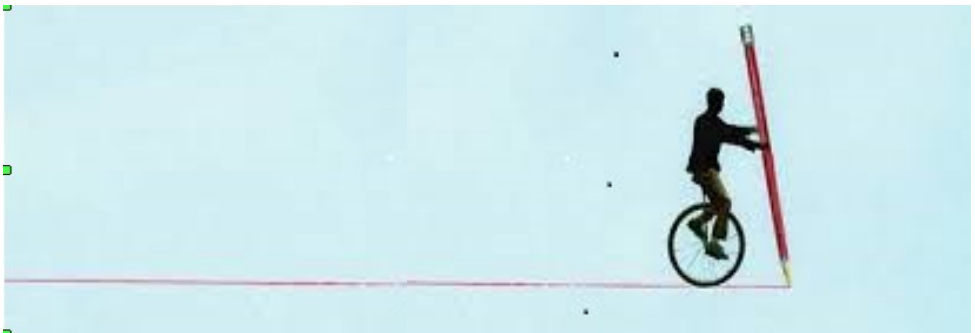
You can now use your phone, tablet or anything internet-this program hereshaped you want to view the interactive maps!

Maps are all available Online - Every link is underlined

A map showing all the event locations is here:

<https://tinyurl.com/Uninats2019-map>

Click or touch an icon on the map to see what it is happening there. The blue circles are all the useful car parking locations.



Friday 04 October 2019

*Registration, social ride, expert flatland, 5pm - 8:30pm*

**Event Location:** 'Smith's Alternative', 76 Alinga St, Canberra.

**Facilities:** food, drink and toilet facilities are available on-site.

**Car Parking:** All day free parking is further away, but free parking after 5pm is much nearer, and after 5:30pm is a bit nearer still.

Free parking **all day** is here.

Free parking **after 5pm** is here. Drive to the right for 100m and park.

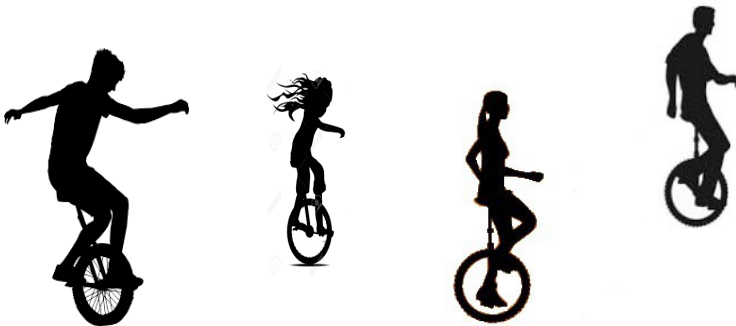
Free parking **after 5:30 pm** is here.

**Access:** Registration is 50m from the Alinga Street light rail terminal. Unicycles are free on the light rail service, but riders must pay.

**Registration:** 5pm-6pm.

Check-in to collect your rider number, wristband and buy your hot yellow Uninats 2019 T-shirt. Order and pay for Saturday evening food here. 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.

**Social ride:** We will be using cycle paths to go through the CBD to Lake Burley Griffin. We will then ride to Garema Place in City Walk (ask for 'the Chess Pit').



Friday 04 October 2019

*Expert flatland, 7pm - 8:30pm*

**Event Location:** Garema Place.

**Transport/facilities:** Walk from Smith's Alternative, the Alinga St light rail terminal or the Mort Street Bus terminal.

There are public toilets in Mort Street and water fountains are available on-site.

**Food and drinks:** There are heaps of shops and cafes within walking distance.

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

Time	Activity
7:15pm - 8:30pm	Advanced/Expert Flatland
8:31pm - 9pm	Pack up

**Emergencies:** Call 112 on a mobile phone. Nearest hospital is Calvary Hospital at Bruce. Please advise an organiser of any injuries using 0410 949994 by voice, text or Whatsapp.



**Saturday 05 October 2019**

**Registration 8am - 8:30am**

**Track & Field - 8:30am - 12pm**

**Location:** Woden Park, Cnr Kitchener Street and Ainsworth Street, Woden

**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:** Limited parking is available on site, or in the playing fields off Ainsworth Street.

Toilets are available. Drinking water available.

Closest bike shop: Trek bicycle shop, 3/46 Botany Street, Phillip.

**Food and drinks:** Canberra Hospital cafes, across Yamba Drive.

**Activities:** 100m, 4x100m, 50m one footed, 50m backwards, 50m ride and juggle, 30m wheel walk, 400m, 1600m, coasting, high jump, long jump, slalom.

**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 112 on a mobile phone. Nearest hospital is The Canberra Hospital, opposite Yamba Drive and 100m to the right. Please advise an organiser of injuries on 0410 949994 by voice, text or Whatsapp.



<b>00:00</b>	<b>Races</b>
08:00	Set up
09:00	100m (5-6 races)
09:20	50m One footed
09:35	50m Backward (2-3 races)
09:50	50m Ride and juggle (2-3 races)
10:05	30m Wheel walk (2-3 races)
10:20	Flat gliding
10:30	Coasting
10:40	400m (2-3 races)
11:00	4 x 100m relay (1-2 races)
11:25	1600m
09:30 - 11:00	Slalom
09:30 - 11:00	High jump & long jump
11:45 - 12:00	Wrap up, Finish and ribbons





**Saturday 05 October 2019**

**Registration 12:30pm**

**1pm - 9pm Hockey, basketball, freestyle, slowboards, video competition, AGM, fun games, silly games even.**

**Location:** Q-One indoor Stadium, 1A Yass Road, Queanbeyan.

**Food and drinks:** Red Rooster opposite, KFC, Dominos and Macdonalds, 2 min walk towards town. 10 min walk to Woolworths or Coles. We are arranging food for the party.

**Transport/Facilities:** Limited car parking at the venue. Parking on the road or the bowling club next door.

Toilets and showers on site.

**Nearest bike shop:** Werks bikes, 48 Aurora Ave, Queanbeyan East. Closes at 1:30pm.

**Activities:** See the timetable on the 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! All hockey sticks will require a towelling strip on the bottom to protect the hall's rubber floor. Strips will be provided.

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.

Video competition - Bring your best videos to show. They must be filmed on or after the start of Uninats 2018, no more than 210 seconds long, and about unicycling (of course!). It's best to bring your entry on a USB stick.

Slowboard - Slow forward and slow backward races will be held most of the afternoon. 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 112 on a mobile phone or seek help from the centre staff. The nearest hospital is Queanbeyan District Hospital at 107 Collett St, Queanbeyan. Please advise an organiser of any injuries on 0410 949994 by voice, text or Whatsapp.

Start Time	Indoor timetable
13:00	Hockey basketball
17:00	Hockey basketball finals
18:00	Freestyle competition
14:00 - 16:00	Slowboard "races"
18:15	AUS AGM & Pizza
18:45	AUHL Meeting & Pizza
18:45	Video competition
18:45	Party & games
20:40	Clean up



Sunday 06 October 2019

Registration 08:30am

**MUNI - Cross country, downhill, uphill - 9am - 1pm**

**Location:** Stromlo Forest Park, Opperman Avenue, Stromlo.

**Food and drinks:** The Handlebar cafe on-site. (Note, pay by plastic, no cash). Drinking water on-site.

**Transport/Facilities:** Ample car parking at the venue.

**Toilets and showers:** on site at the Criterium track building, lower side.

**Nearest bike shop:** Giant, 61 Lathlain St, Belconnen. Ph 6253 2149. Closes 4pm.

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

**Emergencies:** Call 112 on a mobile phone. Nearest hospital is The Canberra Hospital, Yamba Drive, Woden. Please advise an organiser of injuries on 0410 949994 by voice, text or Whatsapp.

All the routes can be found here, <https://tinyurl.com/Uninats-2019-xc-muni-routes>

There is a

- Short cross country route
- Expert cross country route This route turns right at the end of Willo link directly onto Party line. It does **not** include the loop to the north-west of Willo link.
- Ultra cross country route This route is optional. It is the same as the expert route, however it also includes the more technically difficult loop to the north-west of Willo link. This loop will *not* be available to slower riders.
- Downhill route
- Uphill route



The Downhill and Uphill routes start from the **top of Mt Stromlo**. Either drive or beg a lift in a car to the top. The organisers will also provide a ferry service to the car park at the top, and it is a 5-10 minute walk from the Car park to the start of the downhill route.

**Please note** that some of the roads are new, and not all GPS mapping apps have up-to-date maps that include all the roads that you will use, (especially some versions of Google maps). This is why written directions are also provided here.

The drive from the bottom car park (where the cross-country routes start and end) to the top car park takes 10-15 minutes. This is the route:

- Drive out of Stromlo Forest park
- At the **first traffic lights**, turn **right**
- At the **next traffic lights**, make a **U turn**
- At the **end of the built up area**, just before the bridge, **turn left** onto Swallowtail road.
- Ahead at two roundabouts, then **T junction**, **turn right** onto Cotter Road.
- At the Sign to Mount Stromlo, **turn right**.
- **Keep going up**, through the boom gates **until you can drive no further**, and park.
- WALK to the top of the tarmac, and past the gate, Take the first fire trail **right** downhill, and the top of the next hill at ECHIDNA GAP JUNCTION is the start of the downhill route. Allow 5-10 minutes to walk.

At the end of these races, there are many great tracks all the way down to the bottom car park (if you have the energy!...) while someone else takes the car down again.



## MUNI Activity:

Start Time	Activity
07:00	Mark out course & set up
09:00	Cross Country briefing
09:30	Start Cross Country
11:00	Finish Cross Country
11:30	Move to Top car park for Downhill & Uphill briefing
12:30	Start Downhill
13:00	Finish Downhill
13:00	Start Uphill
13:30	Finish Uphill. Return to Top car park and drive/ride down to the Trials site



## Sunday 06 October 2019

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

**Location:** Stromlo Forest Park, Opperman Avenue, Stromlo.

**Food and drinks:** The Handlebar cafe on-site. (Note, pay by plastic, no cash). Drinking water is available on-site.

**Transport/Facilities:** Ample car parking at the venue. Trials is at the start of the first car park

Toilets on-site at the Criterium track.

**Nearest bike shop:** Giant, 61 Lathlain St, Belconnen. Ph 6253 2149. Closes 4pm.

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

**Emergencies:** Call 112 on a mobile phone. Nearest hospital is The Canberra Hospital, Woden. Please advise an organiser of injuries on 0410 949994 by voice, text or Whatsapp.

#### **Trials Activity:**

<b>Start Time</b>	<b>Activity</b>
08:30	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!
14:00	Trials Course Open to All (peer judged)
17:00	Trials tear down and pack up. We will need all hands to help tear down the equipment and stack pallets!



**Monday 07 September 2019**

**5km, 10km Ride - 8am - 10 am**

**Location:** Kirkpatrick St, North Weston. This area has just been built, so it is not accurately displayed on most maps. However, if you look [here: https://tinyurl.com/Uninats2019-map](https://tinyurl.com/Uninats2019-map) to the east of Stromlo Forest Park (where you were yesterday). You will find a yellow line crossing the large pink 'Tuggeranong Parkway'. The blue dot at the west end of the yellow line is the start of the 5km and 10km rides. Turn off Cotter Road by the Caltex fuel station at the traffic lights at the top of the hill, and go behind McDonalds, down Kirkpatrick St to the car park.

**Food and drinks:** McDonalds, Oporto and 'petrol station food' at the top of the hill.

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

This year, we are not doing laps around a track. Instead, we are riding an 'out and return' along a lightly-used cycle path up the Molonglo river, past the Governor General's house. There are some short uphill and downhill stretches, and on the 10km route, a bridge, a tunnel and a dam wall to ride as well!

**Classes:** 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.

An unlimited wheel allows any size wheel and cranks, and allows gears (but not electric assist!).

08:00	Registration Check-In
08:30 - 09:45	Racing
10:00	Pack up

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

**Emergencies:** Call 112 on a mobile phone. The nearest hospital is The Canberra Hospital, Woden. Please advise an organiser of injuries on 0410 949994 by voice, text or Whatsapp.

**Monday 07 September 2019**

***Street competition - 11am - 2pm***

**Location:** Belconnen Skate Park Bowl, 77 Emu Bank, Belconnen.

**Transport/facilities:** Belconnen bus terminal is nearby.

There are toilets and parking nearby.

Nearest bike shop: Onya bike, 61 Lathlain St, Belconnen

**Food and drinks:** Food shops are nearby and bubblers on site.

**Activity:** Street competition. Free riding and warm up from 11am (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 112 on a mobile phone. The nearest hospital is Calvary Hospital, Bruce. Please advise an organiser of injuries on 0410 949994 by voice, text or Whatsapp.







unicycle.com

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 2019 Organising Committee thanks everyone who contributed to making Uninats happen, including the excellent assistance from the ACT and Queanbeyan 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 the Unicycle ACT riders and families, John Evershed, the Rays, the Harwoody-Edwardses, Ashley Curtis, Cris Bailiff, Rochelle Braaf, Mark Lavis, Lilli Albers, Steven & Mark Hughes.*

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

