

UNIC20thN

UNICYCLE WORLD CHAMPIONSHIP

Participant's guide



26/07
FROM
06/08 TO
GRENOBLE
and its surroundings

Information on unicon20.fr

20
JOURS
DE JEUX
24





Welcome to Grenoble

Eric Piolle
Mayor of Grenoble

Grenoble is proud to host UNICON! It is always an honor to host an international event in Grenoble. After the 1968 Olympic Games, the 1982 Davis Cup and the 2019 Football World Cup, you are now part of this legacy.

However, today's major sporting events today are a reflection of the contemporary challenges facing us. A few months ago, France concluded the Beijing Games with 26 medals. The Olympics showed the urgent need to turn toward international competitions that promote peace and equality and that are in line with the climate emergency.

This is where UNICON is a forerunner: you are both balancing athletes and well-balanced people! With 35 disciplines, from the most accessible to the most extreme, from the most individual to the most collective, you practice on all terrains and you are open to one and all. This is the path we must take: top-level sports performances that allow for community impact and that are catalysts for empowering sports practice for all.

This summer you will allow many Grenoble residents, of all ages, to discover a different approach to sports. In fact, UNICON reflects the vision of Léo Lagrange, a pioneer in the thinking on time off. He was the first under-secretary of state for sports and organisation of leisure activities in the Front Populaire government in 1936.

In the context of the European Green Capital year, you are setting an example in your intention to include UNICON in the COP21 trajectories. Drastically limiting waste, encouraging soft mobility and not promoting polluting companies through sponsorship, that's also what it means to reinvent the future of sport!

Finally, in line with the vision of France's leading cycling city and at the crossroads of the Alps, you will contribute to a playful, joyful and positive look at low-impact and active travel.

For all these reasons, I welcome you to Grenoble.

Happy UNICON 2022 to all of you!



Unicon 20 an eco-event

Unicyclists are rather eco-friendly... right?

To limit its environmental impact, we are committed to reducing the carbon footprint of the 20th unicycle world championship. Our initiative has already been rewarded by 3 labels:

- The [Développement durable, le sport s'engage® label](#), awarded by the CNOSF (French National Olympic and Sports Committee);
- The Grenoble [capitale verte européenne 2022](#) program;
- The Ecofest label, created by the ImpAct association of Grenoble Ecole de Management (GEM)

For these efforts to bear fruit, we need you! How can you become true eco-participants?

Here are some ideas suggested by our Green Team to get you started: To move around, ride your unicycle or take advantage of free public transport in the Grenoble area. Forget plastic water bottles, you can fill your reusable water bottle any time during the event. Think of reusable containers for your meals, give preference to local food, and finally, sort your waste.

Give a strong signal for the future generations and the future of unicycling : it's up to you !



Discover Grenoble



For free guided tours of Grenoble, choose your tour and register on the Greeters website (association of volunteers):

<https://greeters.fr/grenoble/>

Situated in the Rhône Alps region between the mountain masses of Belledonne, Chartreuse and Vercors, Grenoble offers a spectacular panorama. As an innovative and pioneering city, the Capital of the Alps has been able to reinvent itself throughout its two thousand years of history. From the Revolution to the Resistance, visitors can discover a fascinating history and a rich cultural life.

The Bastille of Grenoble

The best way to discover the city is to take the famous "Grenoble bubbles". Since 1934, the Bastille cable car enables you to go up and admire the view from the terrace of the 19th-century fort. It's the first urban cable car in France! From up there, Grenoble and the surrounding mountains unfold in front of your eyes.

The Grenoble Museum

The Grenoble Museum is a unique complex that ranks among the most prestigious European cultural institutions. Its collections, ranging from ancient Egypt to contemporary art, are remarkable for their variety and quality.

Strolling around the city

Grenoble is a city where you can enjoy strolling between architecture and nature. You can visit its historic center, with its medieval streets and Haussmann-style squares, the antique dealers' district which is full of shops and galleries, or the banks of the Isère which are ideal for enjoying the dolce vita... On the Championnet side, you may be tempted by the restaurants and cafés. If you are looking to relax, then take a trip to the parks of the Caserne de Bonne eco-neighbourhood.

Mountain walks

Grenoble is the perfect base camp for all mountain-related disciplines. Many activities and hikes start directly from Grenoble or can be accessed via the extensive public transport network. From the forests of the Chartreuse, to the lakes of the Belledonne, to mountaineering in the Vercors, Grenoble has something for everyone!

Specialities from Grenoble

As for gastronomy, you shouldn't miss the Halles Sainte-Claire, a roofed market where you can find all the delicacies from Dauphiné and the surrounding region. Cheese, of course, but also the famous Chartreux fathers' liqueur or the tasty Noix de Grenoble.

Practical information

Please note that the following schedule is subject to change.
Check the online schedule for possible changes
(on the website or by downloading the Unicon 20 application)

Getting around: it's easy and free in Grenoble

Consider public transportation to get around!

Your Unicon registration bracelet (marked with the **SMMAG** logo) allows you to free use of all public transport (trams and buses from the MTAG network) for the duration of the event.

Plan your journey: <https://www.tag.fr/>

To get to the Unicon center

Village Unicon 20 (sur l'Anneau de Vitesse) & Halle Clemenceau

**Boulevard Clemenceau,
38100 Grenoble**

Tram : **A** Stop Chavant
C Stop Grenoble Hôtel de Ville
Bus : **C4** Stop Driant
12 Stop Madeleine
13 Stop Auguste Ravier

Unicon Village

Unicon is above all a friendly convention to share our passion for unicycling!

The Village (located on the Anneau de Vitesse) will be open every day for you to come and enjoy the relaxation area while quenching your thirst at the refreshment bar, having a snack from the food-trucks, and visiting the stands. There will be activities for you and the general public: enjoy the smoothie bikes and the free access wooden games, relive past Unicon thanks to the uni- exhibition...

Check out the schedule on the website to attend conferences on current topics in the world of sport (violence in sport, sport and health), the movie-night (evening of premiere screenings of unicycle videos) or even a concert and an awareness-raising event on zero waste... **Can't wait to see you there!**

Participate in the Unicon tombola

Win great prizes! Buy your tickets at the refreshment bar or at the information point in the village.

3 prize draws are planned during the event:

- Saturday 30 July, during the trial break;
- Tuesday 2 August, during the freestyle evening;
- Saturday 6 August, during the closing night.

Massages during your races

Unicyclists can benefit from physiotherapists' massages after their races (10 km, cross, marathon, cyclo-cross and hill climb). Please remember to bring cash and make one donation per massage for their association!

A training gym is at your disposal

For the duration of Unicon, the Gymnase Léon Jouhaux (4, Rue du 140^e R.I.A., 38100 Grenoble) is available for training freestyle sessions. Ask for the keys at the info point.

Become a volunteer

We always need volunteers. Do you want to join the team? Contact Elise, the Unicon's volunteer representative by sending her your contact details and availability to volunteers@unicon20.fr or come and meet us at the info point. You can also register directly at this link: <https://www.unicon20.fr/volunteers/>.

Think about protections

Athlétisme : Athletics: closed shoes, knee pads, gloves

Road: closed shoes, helmet, gloves / Knee and elbow pads encouraged.

MUni: closed shoes, knee pads, gloves or wrist guards, helmet / Shin guards, elbow pads, and ankle guards encouraged.

Cyclocross: closed shoes, knee pads, gloves or wrist guards, helmet

Flat: closed shoes

Street: closed shoes and helmet / Shin guards recommended

Trials and speed trials: closed shoes and helmet / Gloves, shin and knee pads encouraged

Long jump: closed shoes, knee pads and helmet. Gloves are also required for the classic long jump (not for the platform jump)

High jump: closed shoes and helmet/shin guards recommended

Field hockey: closed shoes, no jewelry

Basketball: closed shoes, no jewelry

Emergency numbers in France

Medical assistance - **15**

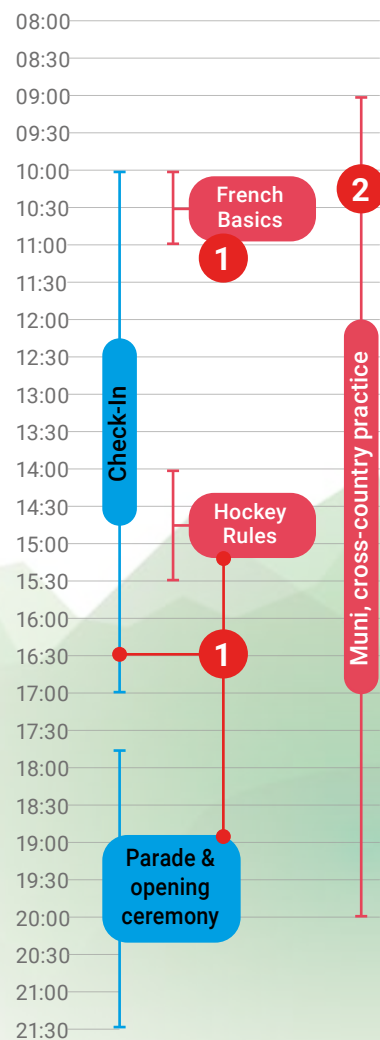
Police Emergency - **17**

Firefighters - **18**

General - **112**

Schedule

26th of July



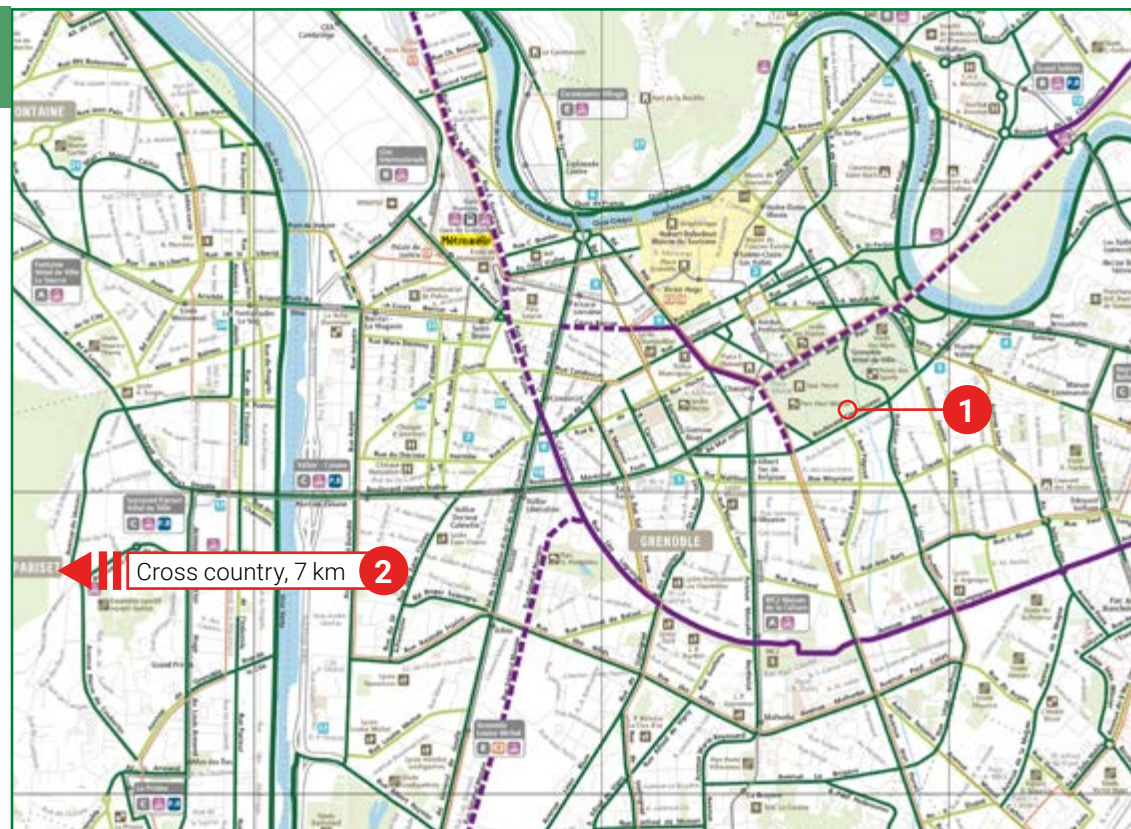
On July 25th,
check-in from
14:00 to 19:30
at Halle Clémenceau,
Boulevard Clémenceau,
38100 Grenoble

workshops

9:00: Exploration of the
Cross Country course

10:00: **Introduction** to
French basics

14:00: Explanation of
Unicycle Hockey Rules



1 Halle Clémenceau, Boulevard
Clémenceau, 38100 Grenoble.

Tram : A Stop Chavant

C Stop Grenoble Hôtel de Ville

Bus : C4 Stop Driant

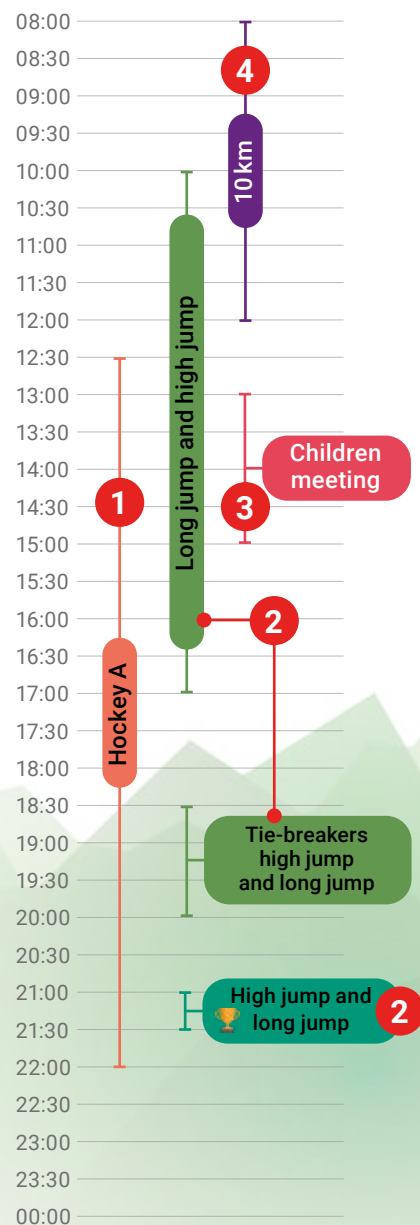
12 Stop Madeleine

13 Stop Auguste Ravier

2 Désert Jean-Jacques
Rousseau, 115, Route de Saint-Nizier,
38170 Seyssinet-Pariset.

> No public transportation. Think about
carpooling!

27th of July



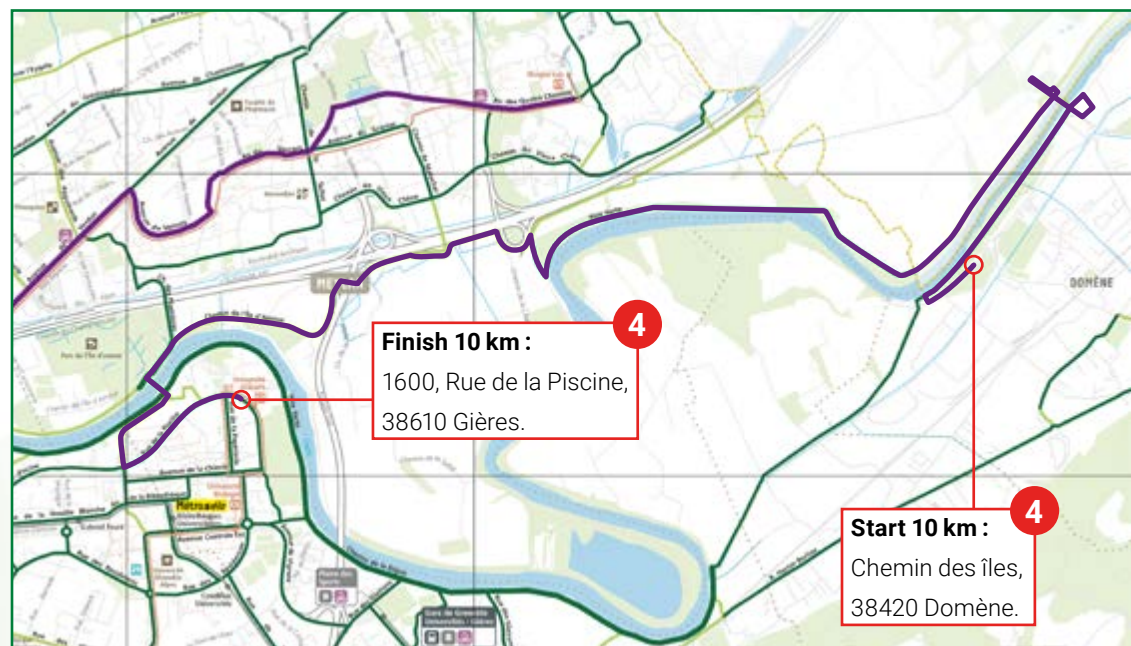
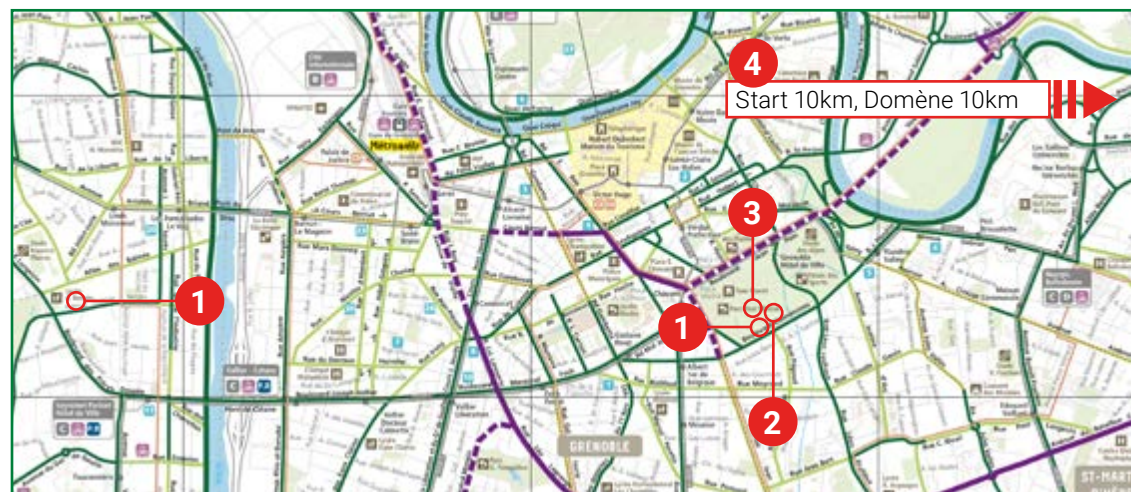
- 1** Gymnase Aristide Berges, 25 Allée des Balmes, 38170 Seyssinet-Pariset.
Tram : **A** Stop Louis Maisonnat
Bus : **C6** Stop Aristide Bergès
20 Stop Bergès Vercors
- 2** Village Unicon 20, Anneau de Vitesse, Boulevard Clemenceau, 38100 Grenoble.
- 3** Parc pour enfant Sud, Parc Paul Mistral, Boulevard Clemenceau, 38100 Grenoble.
- 4** Chemin des îles, 38420 Domène.

Buses to get to 10 km start

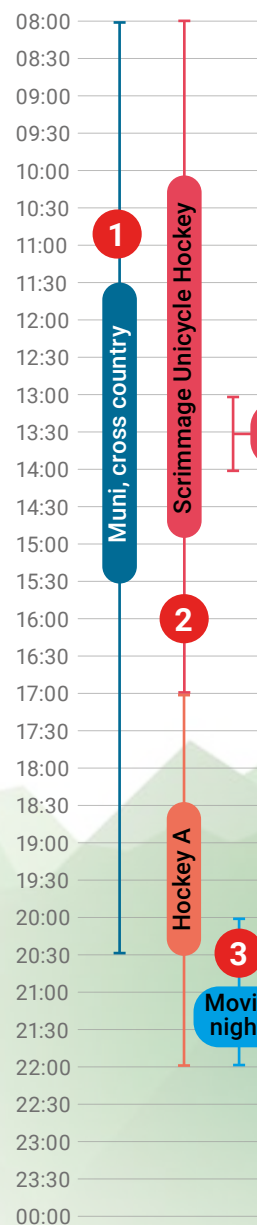
Departure: 6h45 on the parking of Halle Clémenceau

> Possibility to return by public transport after the race.

Tram : **B** or **C** Stop Bibliothèque Universitaire



28th of July



1 Désert Jean-Jacques
Rousseau, 115 Route de Saint-
Nizier, 38170 Seyssinet-Pariset.

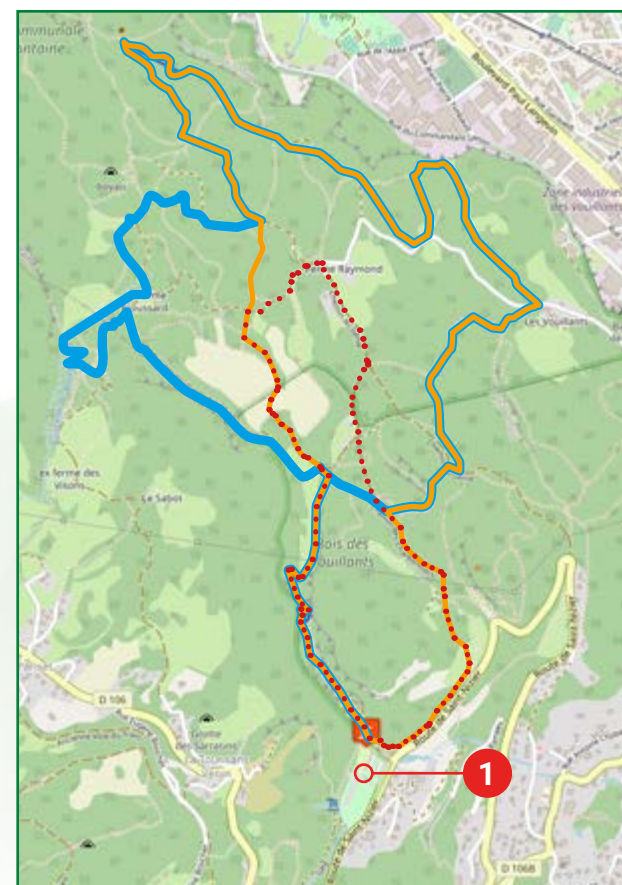
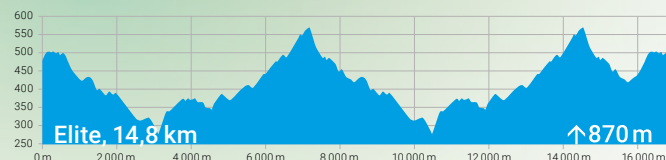
Buses to get to cross start
*Departure on the parking
of Halle Clémenceau*

Departure 1 : 06h30

Departure 2 : 10h30

Departure 3 : 12h30

> Available **return Buses**
to Halle Clémenceau.



2 Gymnase Aristide
Bergès, 25 Allée des Balmes,
38170 Seyssinet-Pariset.

Tram : **A** Stop Louis
Maisonnat

Bus : **C6** Stop Aristide Bergès
20 Stop Bergès Vercors

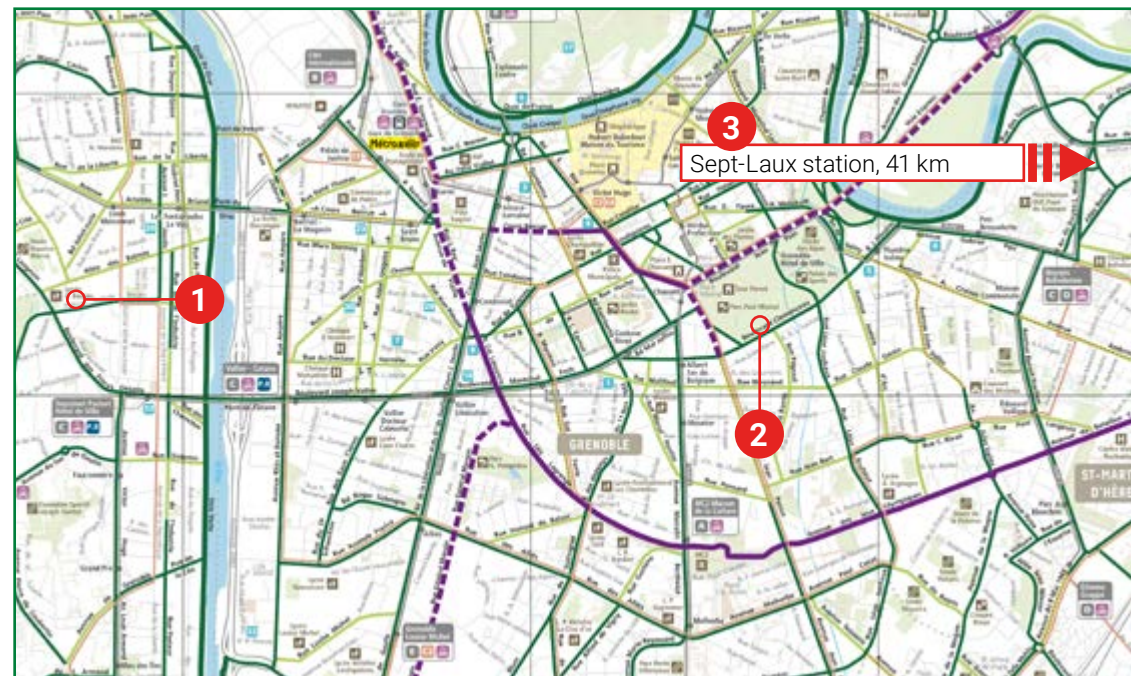
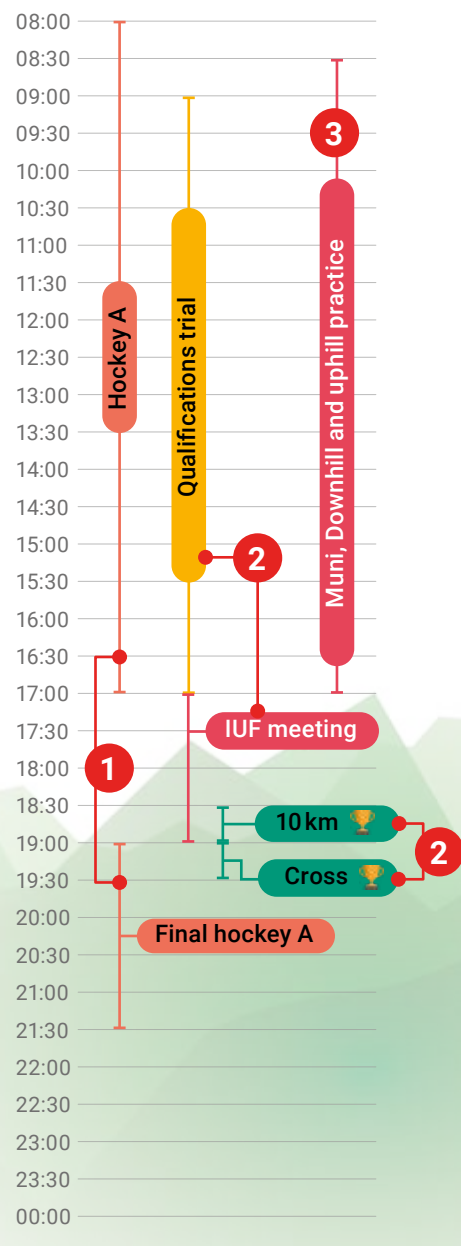
3 Village Unicon20,
Anneau de vitesse, Boulevard
Clémenceau, 38100 Grenoble.

workshops

08:00 : Organisation of
scrimmage hockey games

13:00 : Initiation to satmots
freestyle

29th of July



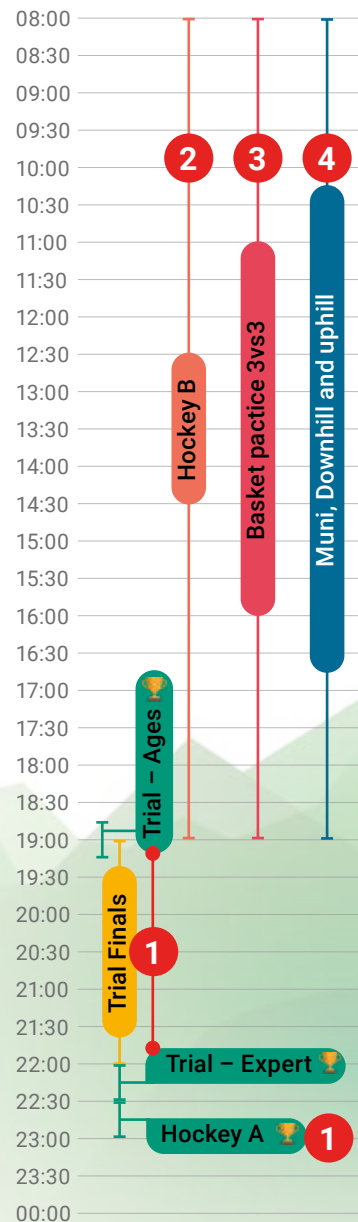
- 1** Gymnase Aristide
Berges, 25 Allée des Balmes,
38170 Seyssinet-Pariset.
Tram: A Stop Louis Maisonnat
Bus: C6 Stop Aristide Bergès
20 Stop Bergès Vercors
- 2** Halle Clemenceau, Boulevard
Clemenceau, 38100 Grenoble.
- 3** Station des Sept-Laux.
Prapoutel, 38190 les Adrets.
> No public transportation.
Think about carpooling!

workshops

8:00: **Exploration of the Bike Park** for downhill & uphill at the Sept-Laux Station

17:00: **Public meeting** of the International Unicycling Federation (IUF)

30th of July



workshops

8:00: **Basketball training, 3vs3 games**

1 Halle Clemenceau, Boulevard Clemenceau, 38100 Grenoble.

2 Gymnase Aristide Bergès, Av. Aristide Berges, 38170 Seyssinet-Pariset.

Tram : **A** Stop Louis Maisonnat

Bus : **C6** Stop Aristide Bergès

20 Stop Bergès Vercors

3 Centre sportif Jean Philippe Motte, 1, Rue des Peupliers, 38100 Grenoble.

Tram : **A** Stop La Bruyère-parc Jean Verlhac

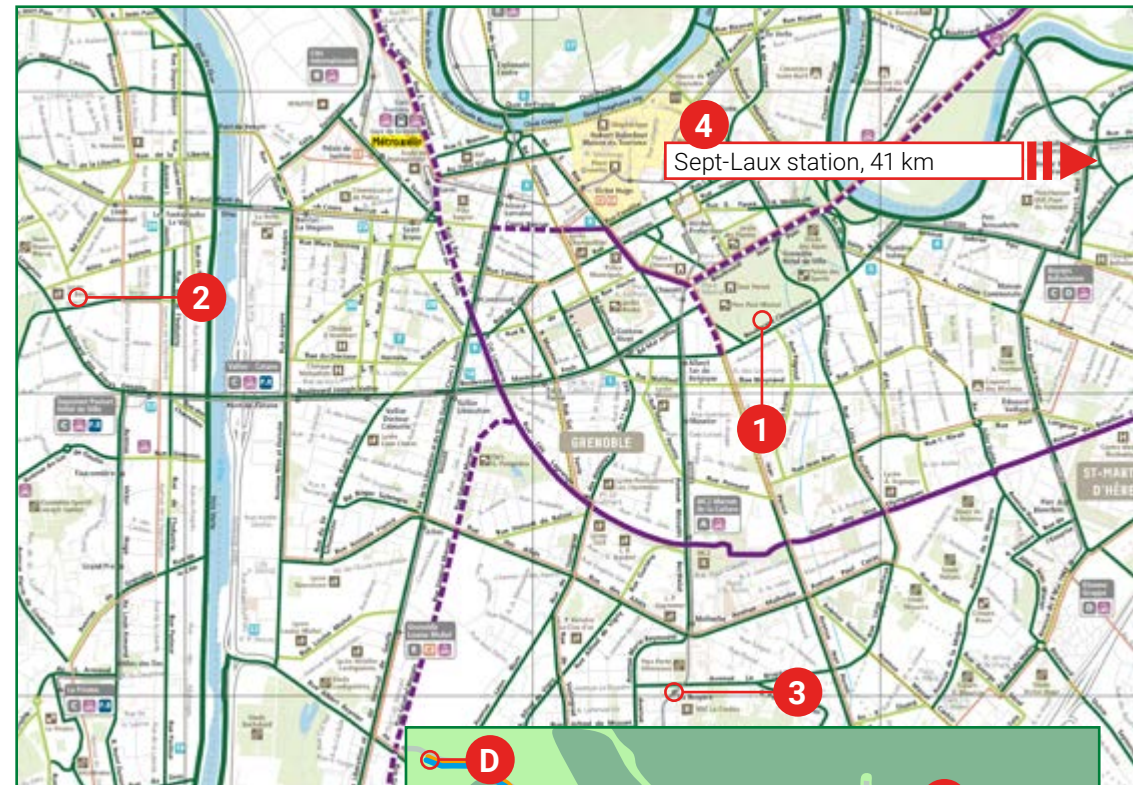
Bus : **C3** Stop Vigny

4 Station des Sept-Laux. Prapoutel, 38190 les Adrets.

Buses to get to Sept-Laux station

Departure: 06h15, parking of Halle Clémenceau

Return : 16h00, at the bottom of the slopes, parking of Sept-Laux



Beginners

1,5 km +0m - 224m

Qualifications

2,7 km +0m - 490m

Elite 1

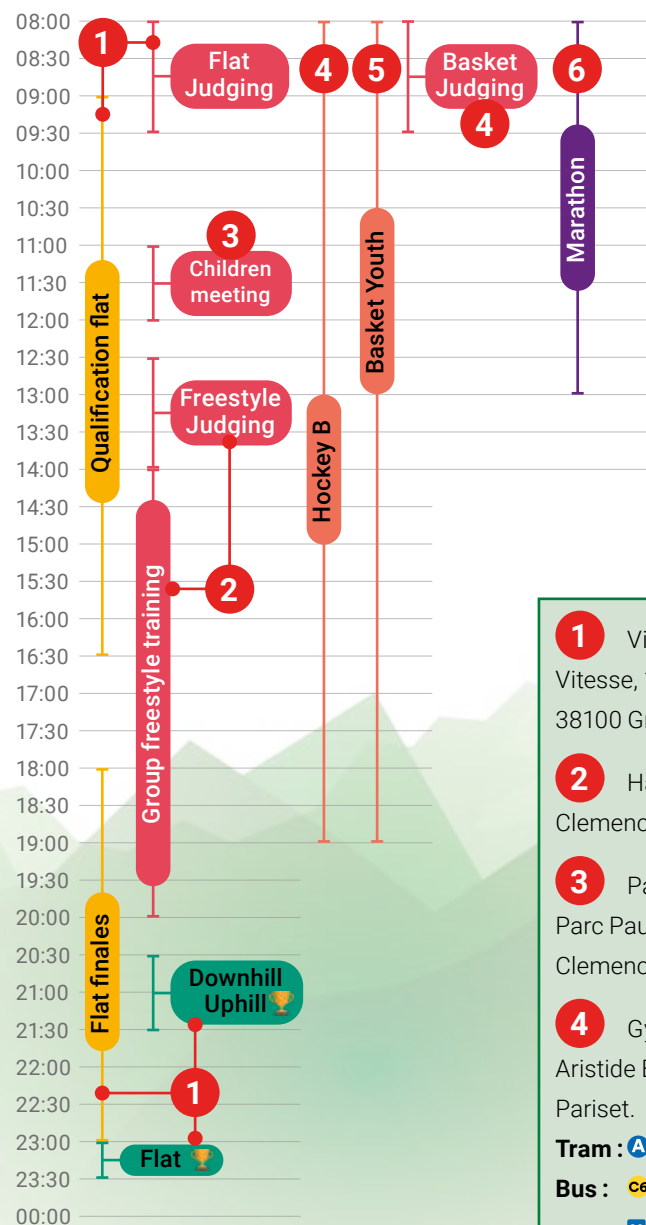
1,5 km + 0m - 406m

Elite 2

1,0 km + 0m - 209m



31st of July



workshops

8:00: **How to judge** a flatland competition

11:00: **Families** with **children** less than 10 years old can gather and play together.

12:30: **Learn how to judge freestyle.** Mandatory workshop for all freestyle judges.

14:00: Open gym for **freestyle training**

1 Village Unicon 20, Anneau de Vitesse, 18 Boulevard Clemenceau, 38100 Grenoble.

2 Halle Clemenceau, Boulevard Clemenceau, 38100 Grenoble.

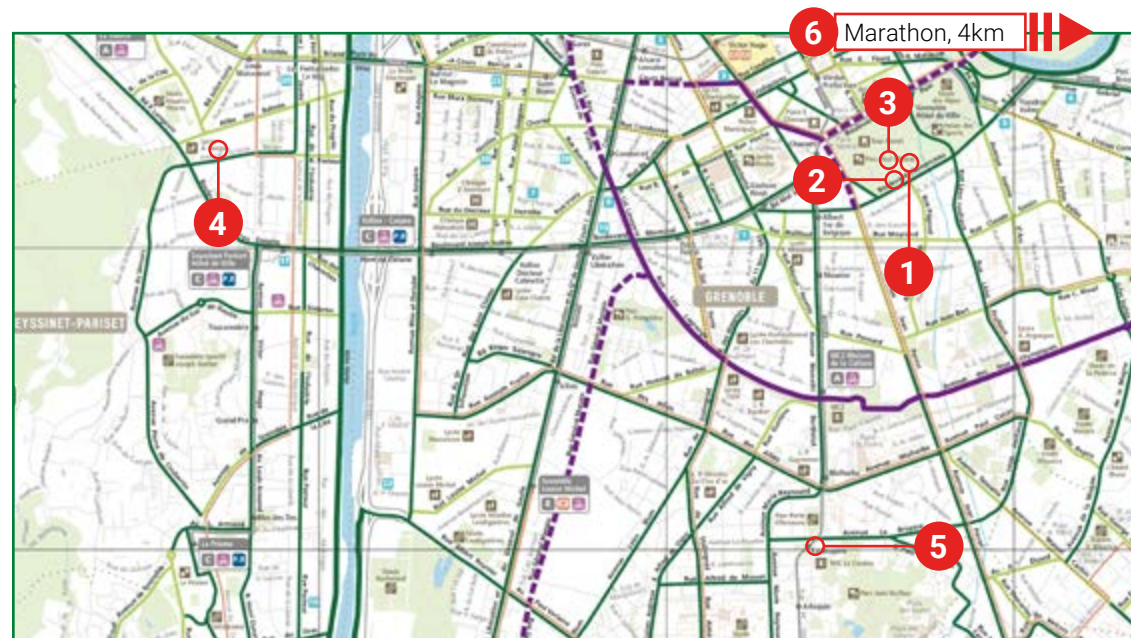
3 Parc pour enfant Sud, Parc Paul Mistral, Boulevard Clemenceau, 38100 Grenoble.

4 Gymnase Aristide Bergès, Av. Aristide Bergès, 38170 Seyssinet-Pariset.

Tram : **A** Stop Louis Maisonnat

Bus : **C6** Stop Aristide Bergès

20 Stop Bergès Vercors.



D Start:
Chemin de l'île d'Amour,
38240 Meylan

A Finish:
Rue de la Passerelle,
38 610 Gières

5 Centre sportif Jean Philippe Motte, 1, Rue des Peupliers, 38100 Grenoble.

Tram : **A** Stop La Bruyère-parc
Jean Verlhac

Bus : **C3** Stop Vigny.

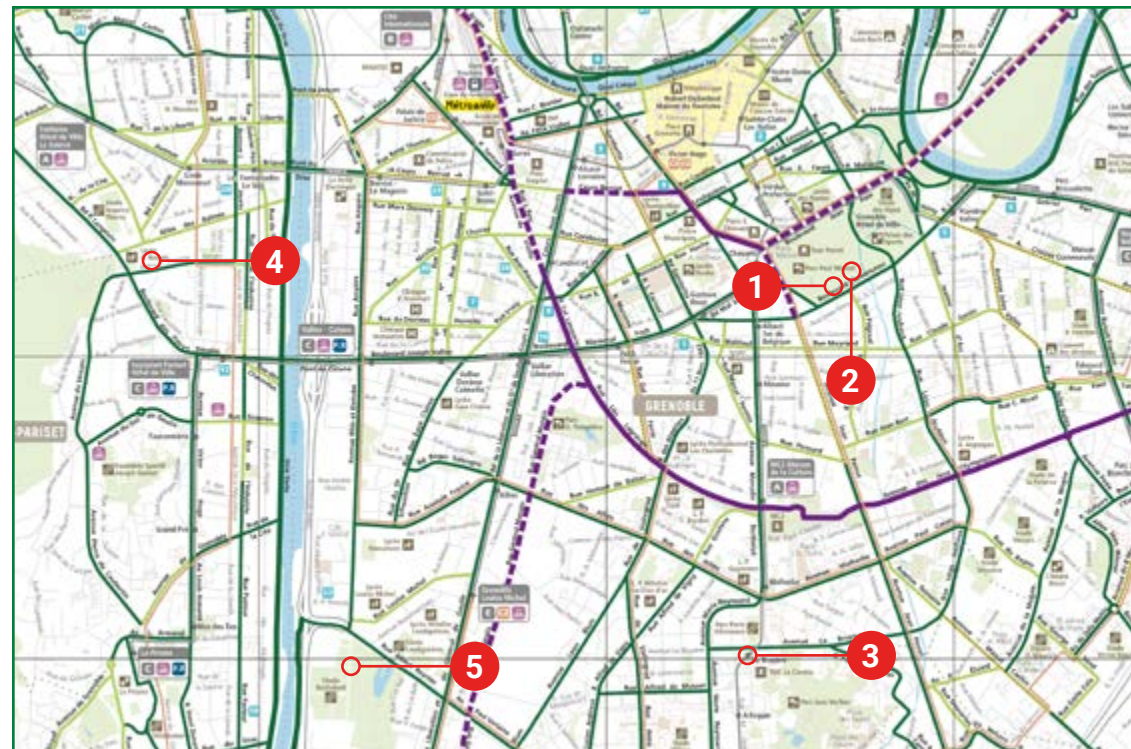
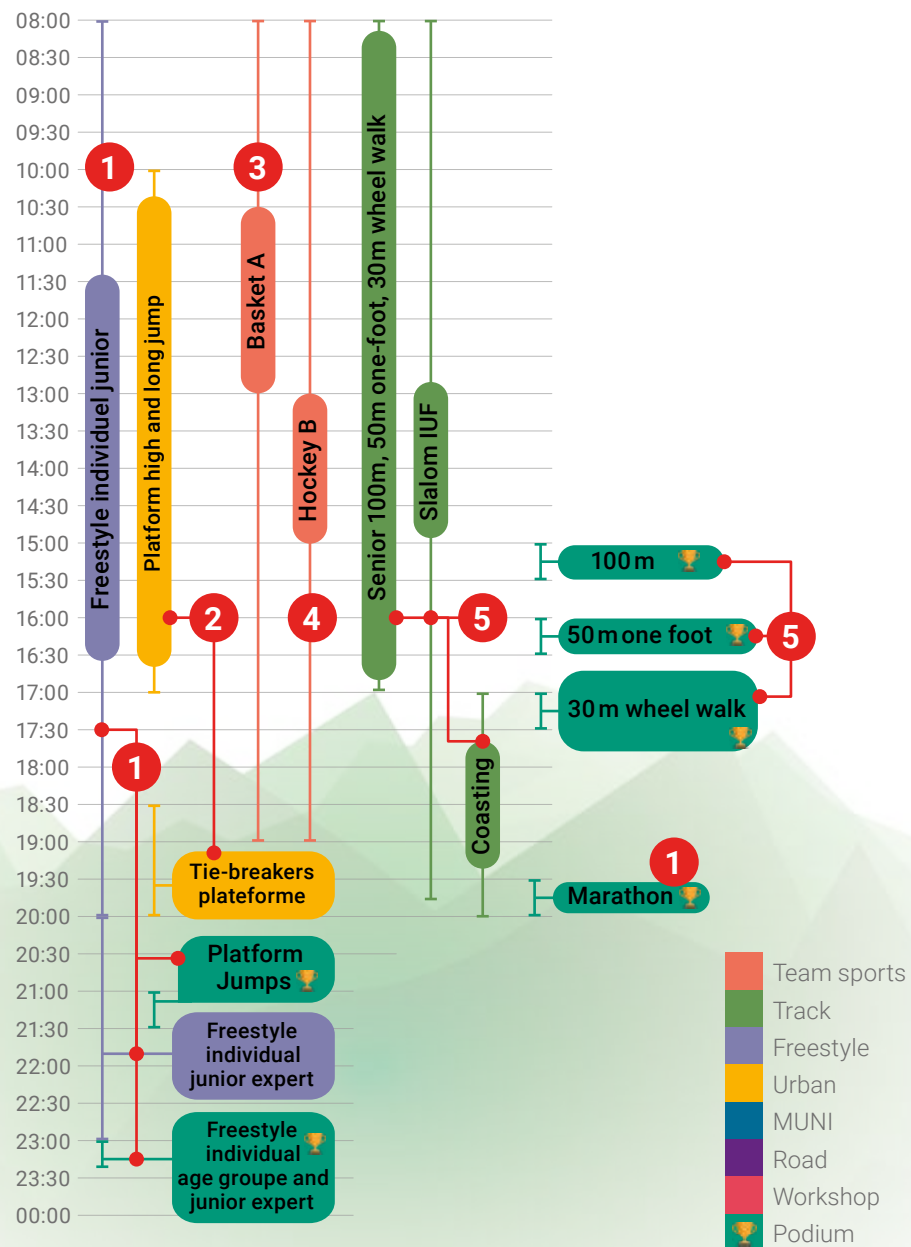
6 Parc de l'île d'Amour, 38240 Meylan.

Bus : **C1** Carronnerie - Ile D'amour

Tram : **B** ou **C** Stop Gabriel Fauré

> Possibility to return by public transportation

1st of August



1 Halle Clemenceau, Boulevard Clemenceau, 38100 Grenoble.

2 Village Unicon 20, Anneau de Vitesse, 18 Boulevard Clemenceau, 38100 Grenoble.

3 Centre sportif Jean Philippe Motte, 1, Rue des Peupliers, 38100 Grenoble.

Tram : A Stop La Bruyère-parc Jean Verlhac

Bus : C3 Stop Vigny

4 Gymnase Aristide Bergès, Av. Aristide Bergès, 38170 Seyssinet-Pariset.

Tram : A Stop Louis Maisonnat

Bus : C6 Stop Aristide Bergès

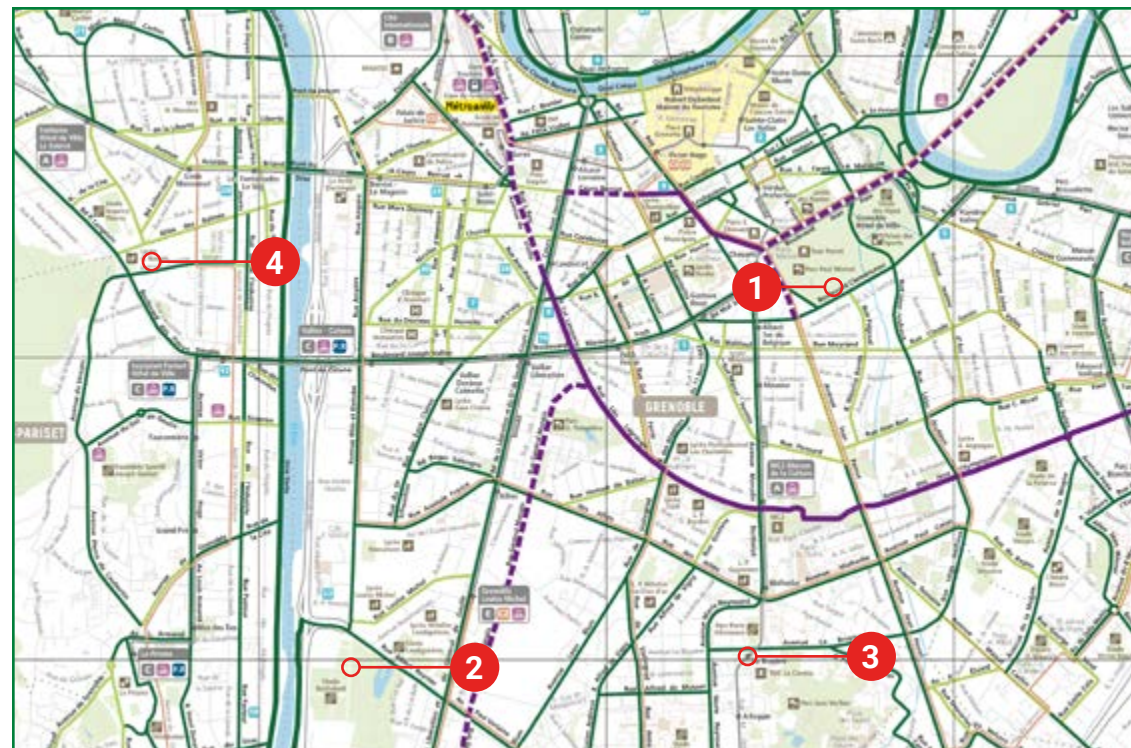
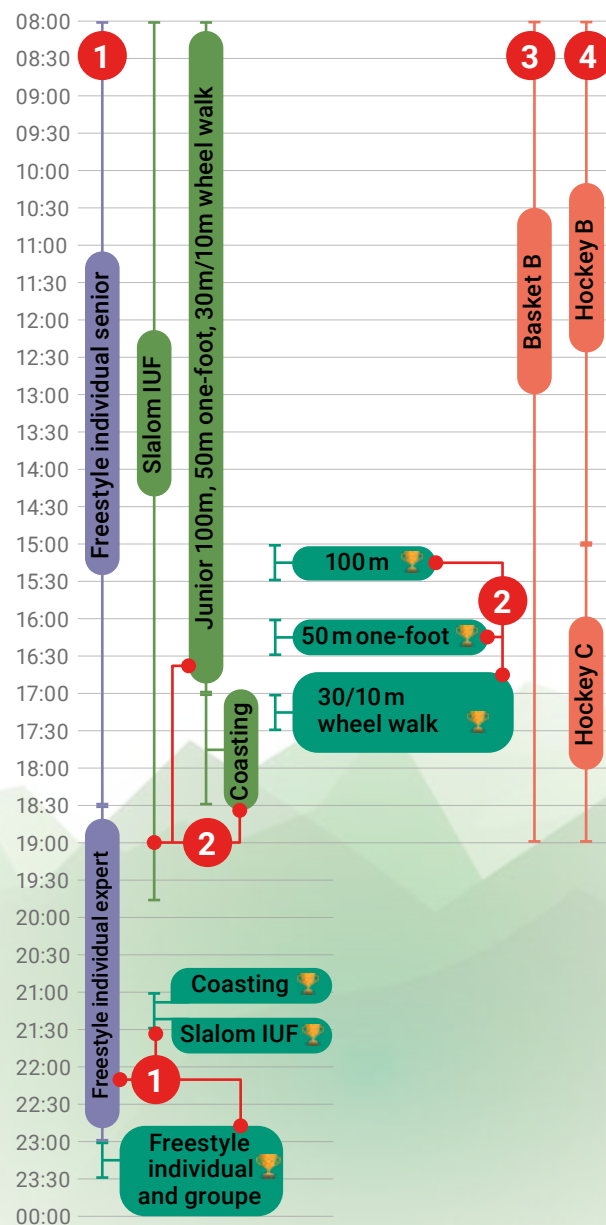
20 Stop Bergès Vercors.

5 Stade Bachelard, 59 Rue Albert Reynier, 38100 Grenoble.

Tram : E Stop Louise Michel

Bus : C2 12 25 Stop Louise Michel.

2nd of August



1 Halle Clemenceau, Boulevard Clemenceau, 38100 Grenoble.

2 Stade Bachelard, 59, Rue Albert Reynier, 38100 Grenoble.

Tram : E Stop Louise Michel

Bus : C2 12 25 Stop Louise Michel.

3 Centre sportif Jean Philippe Motte, 1, Rue des Peupliers, 38100 Grenoble.

Tram : A Stop La Bruyère-parc Jean Verlhac

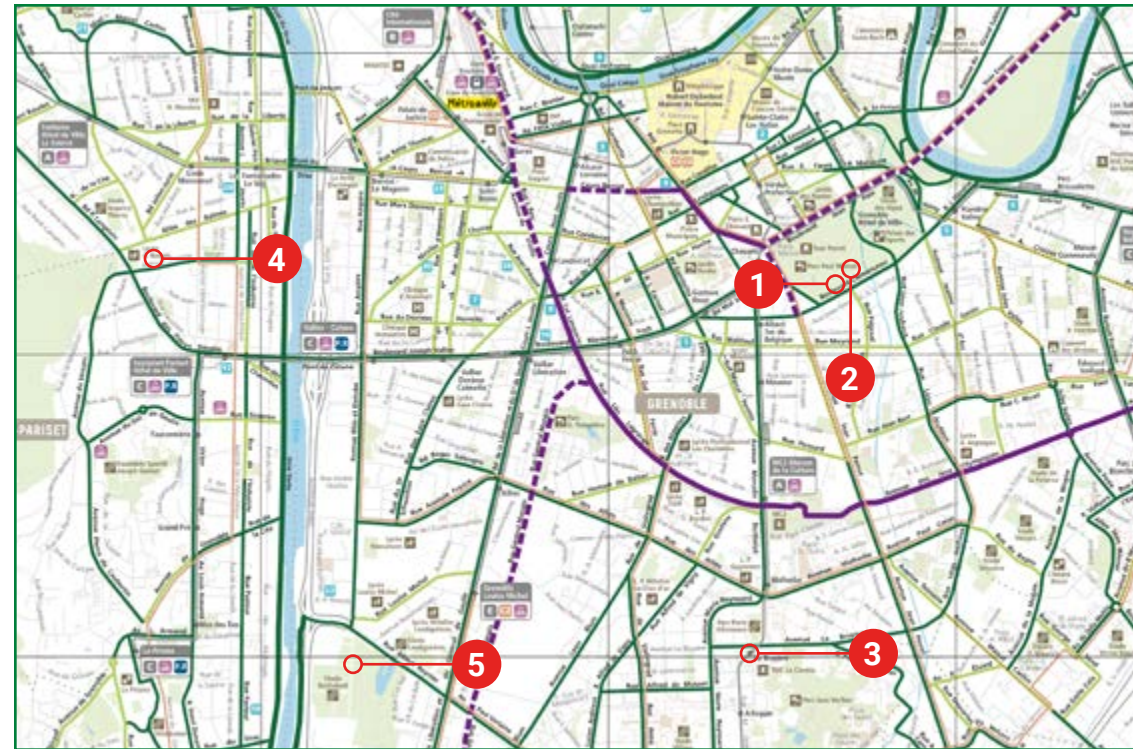
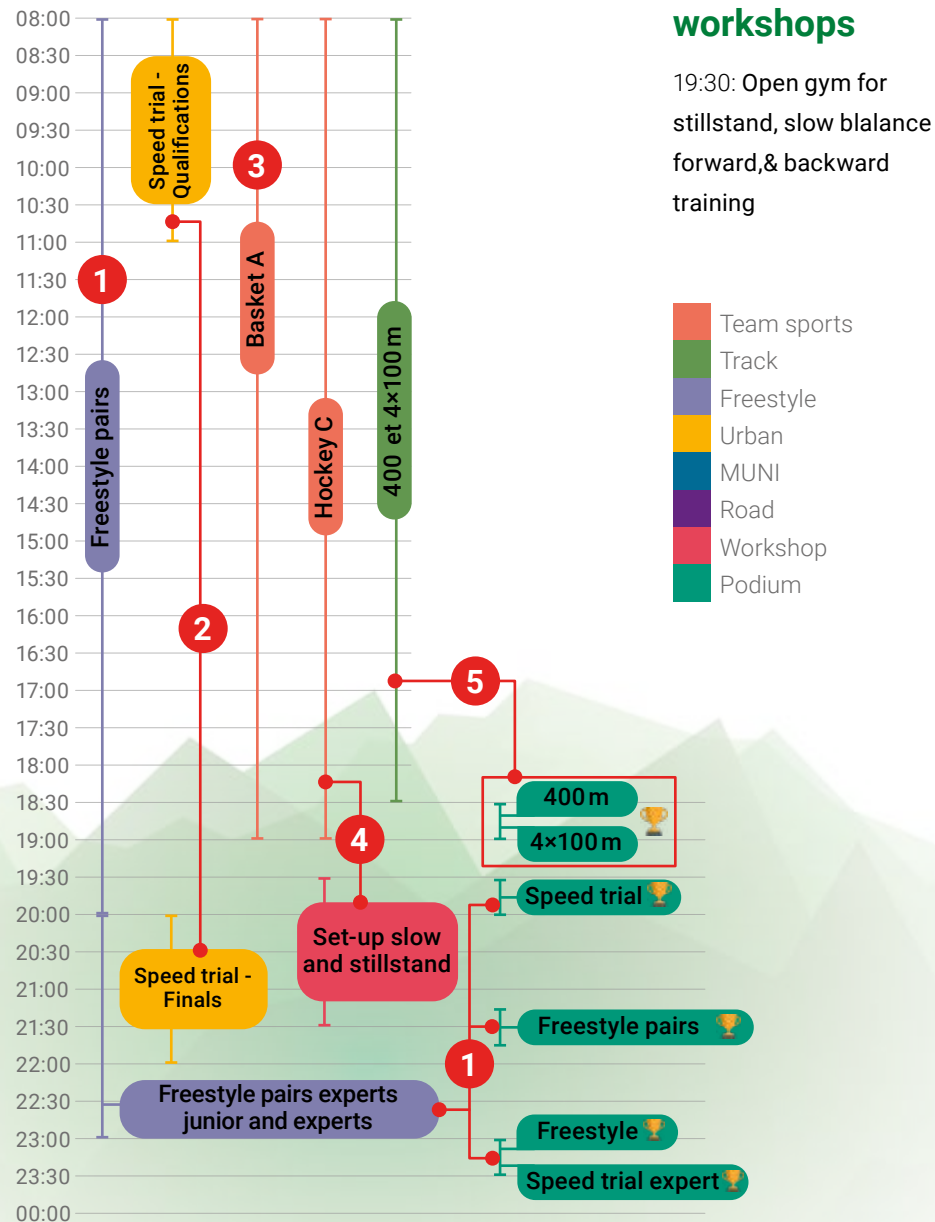
Bus : C3 Stop Vigny.

4 Gymnase Aristide Bergès, Av. Aristide Bergès, 38170 Seyssinet-Pariset.

Tram : A Stop Louis Maisonnat

Bus : C6 Stop Aristide Bergès
20 Stop Bergès Vercors.

3rd of August



1 Halle Clemenceau, Boulevard Clemenceau, 38100 Grenoble.

2 Village Unicon 20, Anneau de Vitesse, Boulevard Clemenceau, 38000 Grenoble.
Voir Infos pratique, page 6-7.

3 Centre sportif Jean Philippe Motte, 1, Rue des Peupliers, 38100 Grenoble.

Tram : A Stop La Bruyère-parc
Jean Verlhac

Bus : C3 Stop Vigny.

4 Gymnase Aristide Bergès, Av. Aristide Bergès, 38170 Seyssinet-Pariset.

Tram : A Stop Louis Maisonnat

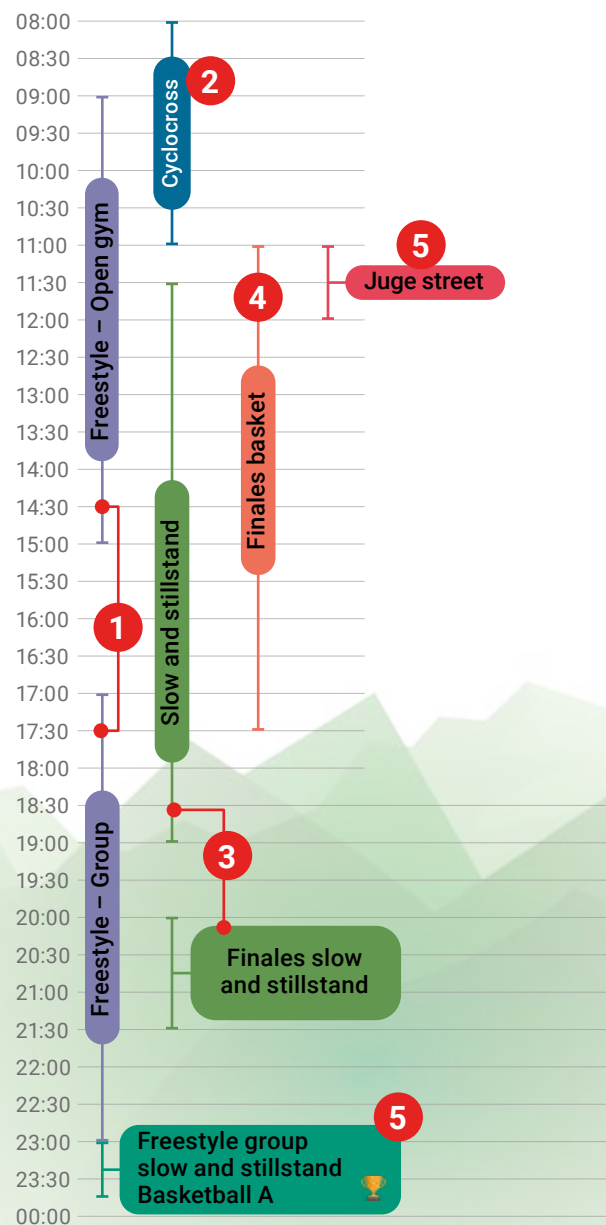
Bus : C6 Stop Aristide Bergès
20 Stop Bergès Vercors.

5 Stade Bachelard, 59, Rue Albert Reynier, 38100 Grenoble.

Tram : E Stop Louise Michel

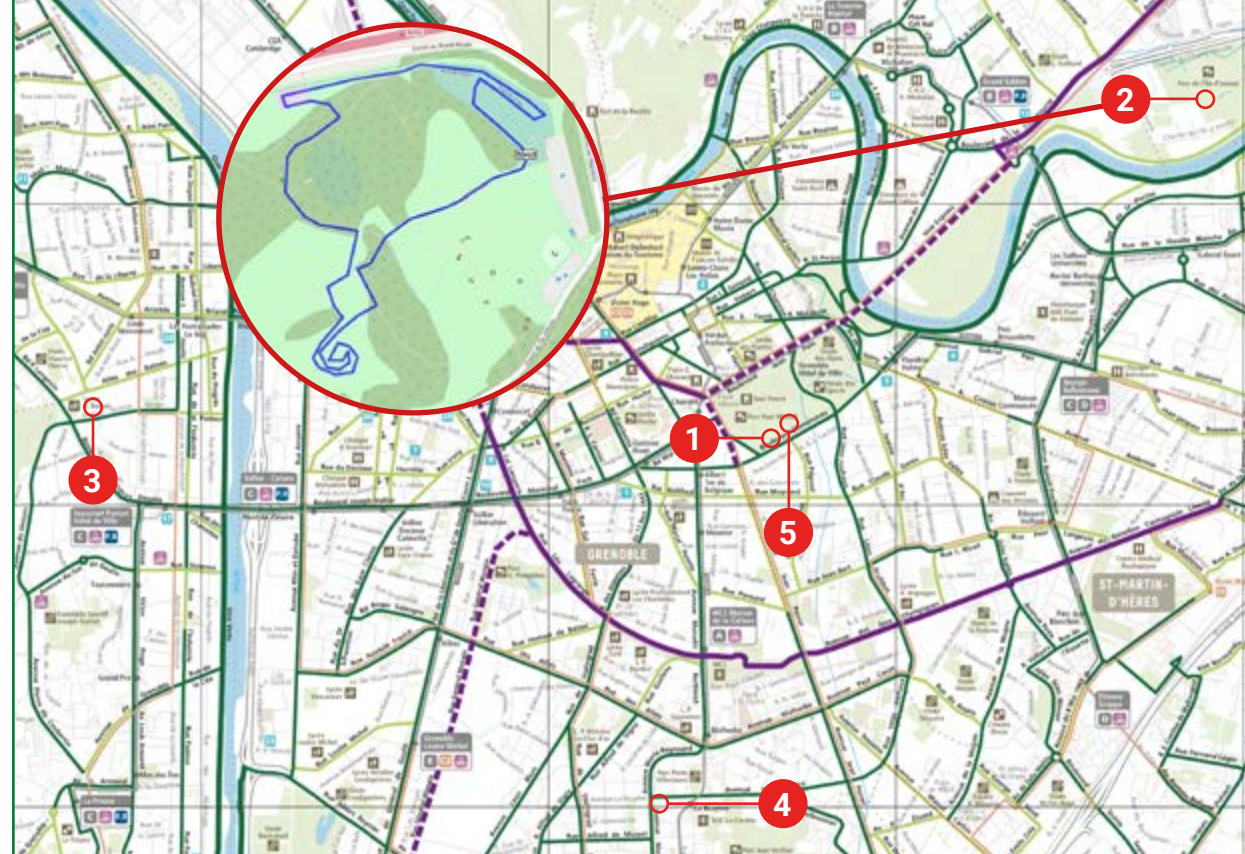
Bus : C2 12 25 Stop Louise Michel.

4th of August



workshops

11:00 : **Street judging.**
Mandatory workshop for all street judges.



1 Halle Clemenceau, Boulevard Clemenceau, 38100 Grenoble.

2 Parc de l'île d'Amour, 38240 Meylan.

Tram : B ou C Stop Gabriel Fauré

Bus : C1 Stop Carronnerie - Ile D'amour.

3 Gymnase Aristide Bergès, Av. Aristide Bergès, 38170 Seyssinet-Pariset.

Tram : A Stop Louis Maisonnat

Bus : C6 Stop Aristide Bergès
20 Stop Bergès Vercors.

Cyclocross



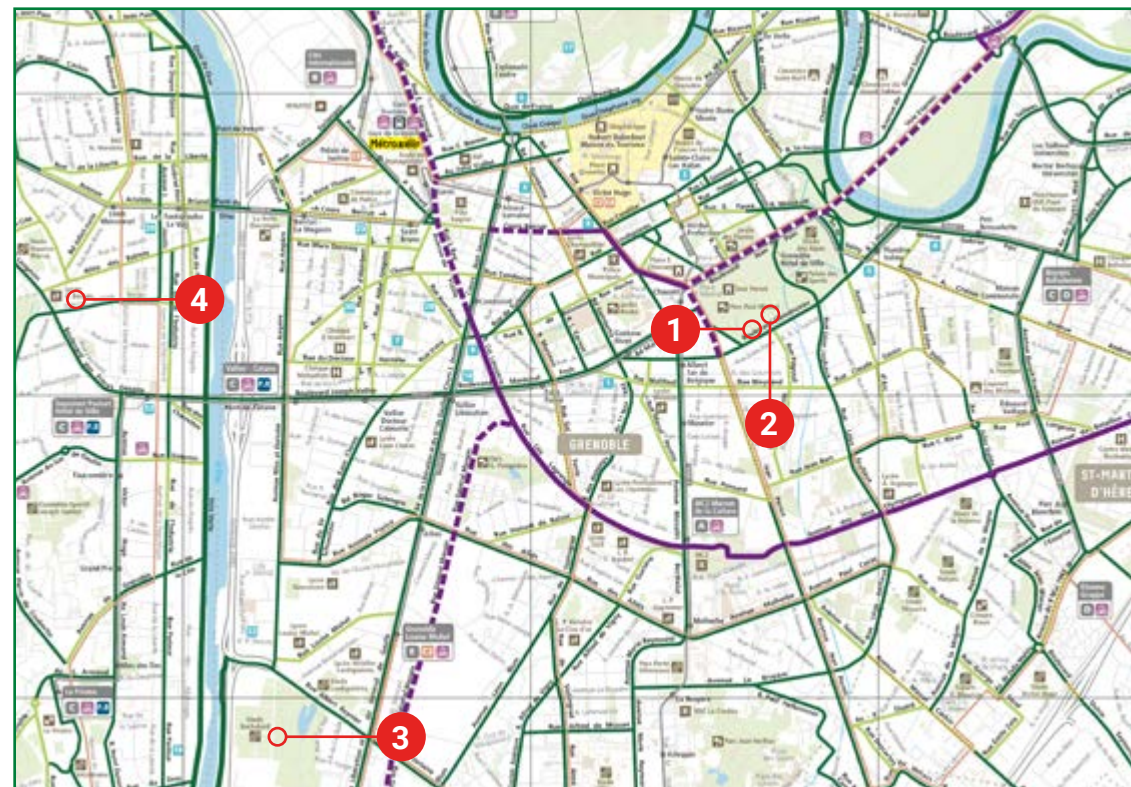
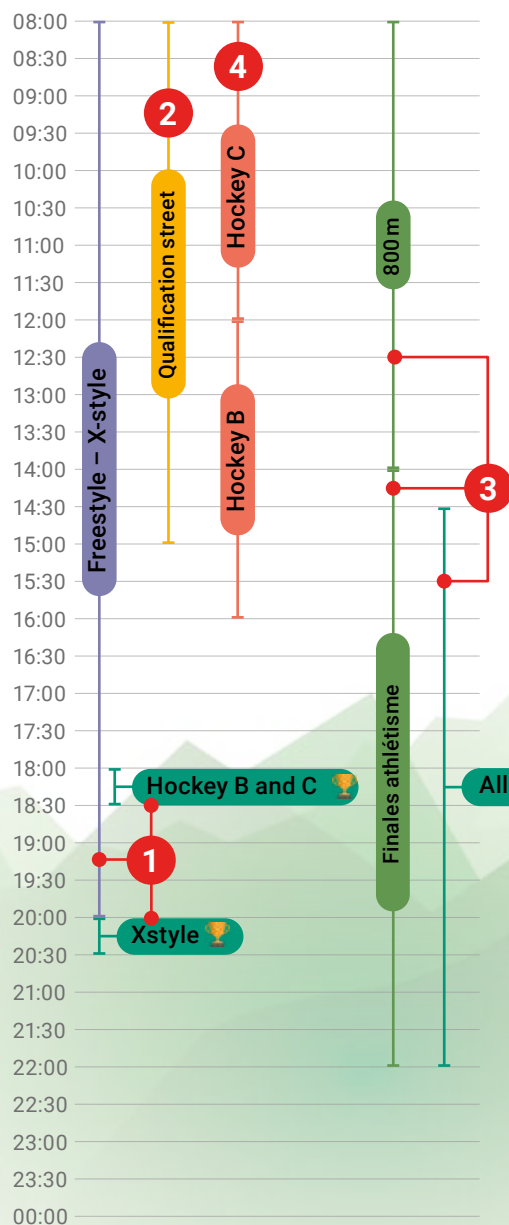
4 Centre sportif Jean Philippe Motte, 1, Rue des Peupliers, 38100 Grenoble.

Tram : A Stop La Bruyère-parc Jean Verlhac

Bus : C3 Stop Vigny.

5 Village Unicon 20, Anneau de Vitesse, Boulevard Clemenceau, 38000 Grenoble.

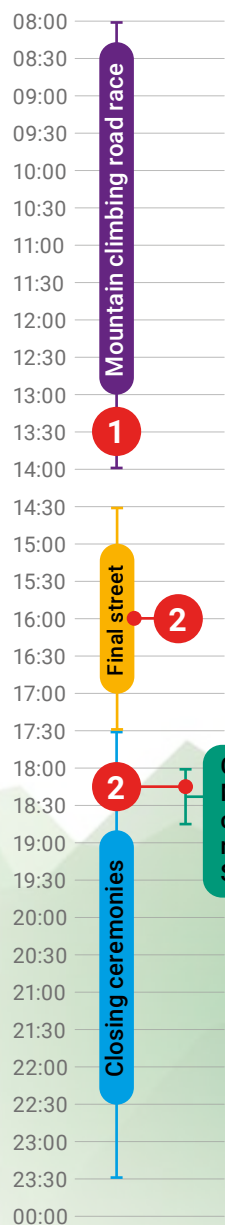
5th of August



- 1** Halle Clemenceau, Boulevard Clemenceau, 38100 Grenoble.
 - 2** Village Unicon 20, Anneau de Vitesse, Boulevard Clemenceau, 38000 Grenoble.
 - 3** Stade Bachelard, 59, Rue Albert Reynier, 38100 Grenoble.
- Tram :** E Stop Louise Michel
Bus : C2 12 25 Stop Louise Michel.

- 4** Gymnase Aristide Bergès, Av. Aristide Bergès, 38170 Seyssinet-Pariset.
- Tram :** A Stop Louis Maisonnat
Bus : C6 Stop Aristide Bergès
 20 Stop Bergès Vercors.

6th of August



Mountain climbing road race

1

Final street

2

2

Cyclocross
Mountain
climbing road
race
Street



Closing ceremonies

1 Stade Joseph Guetat,
Av. Pierre de Coubertin,
38170 Seyssinet-Pariset.

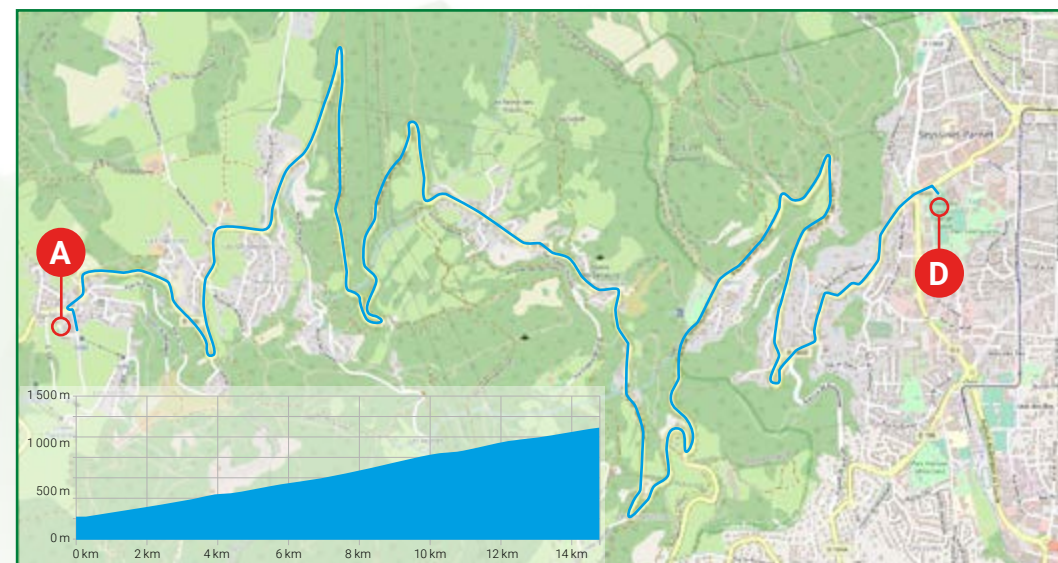
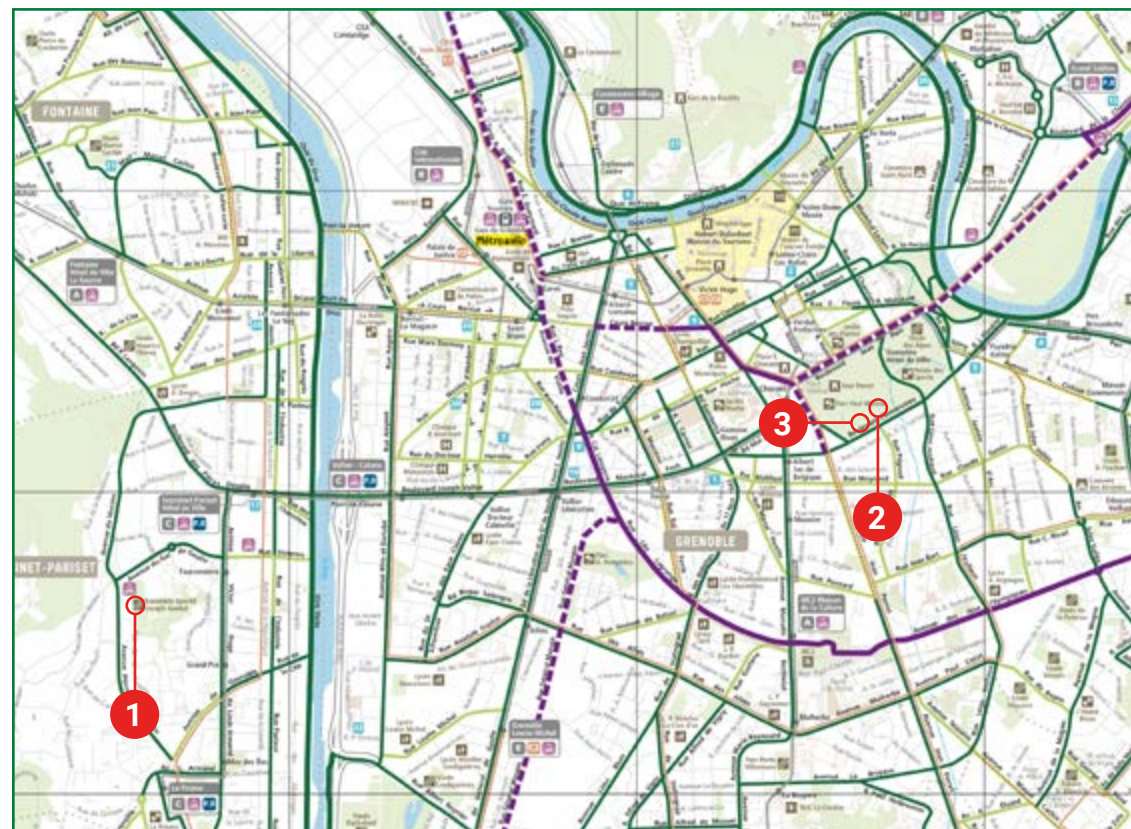
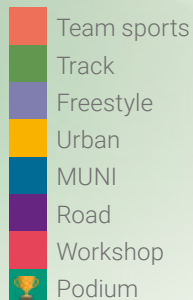
Tram : Stop Fauconnière

Bus : Stop Belvédère.

> Return by **bus** with departure at
the "salles des fêtes" (en: reception
hall) of St Nizier du Moucherotte
starting at 12:00. Buses arrive at
Halle Clémenceau.

2 Village Unicon 20, Anneau
de Vitesse, Boulevard Clémenceau,
38000 Grenoble.

3 Halle Clémenceau, Boulevard
Clémenceau, 38000 Grenoble.



Our partners



La Région
Auvergne-Rhône-Alpes



unicon20.fr
contact@unicon20.fr



To get the latest news and keep up with schedule changes, download the **Unicon20** app.

We are on social media.
Follow us!

