

Unicycle Race

In the Olympics Cycling is a sport that is competed but what about unicycles. Unicycles are similar to bikes but instead they only require one wheel.



This is a Unicycle

The Unicycle race is good for entertainment and also good for physical health. It gets your heart pumping. The muscles in your legs will get stronger as you are peddling. You use three muscles in your legs which are the Calf, Quadricep and the Hamstring. When peddling These will grow stronger when you are using the unicycle. When you ride a unicycle, you will have to require a good amount of balance as there are no handlebars like on a bike.

The Unicycle race could be competed on the same track as bikes in the Olympics. The track creates a full circle. Most standard Olympic bicycle tracks are 250m long. This track is perfect for a unicycle as the shape of the track makes it harder to race on. This allows the racers to have a more of a challenge.



Fun fact

Kris Holm and Rudy Horn are some of many Unicycle riders. Rudy Horn is a juggler who trained on a unicycle and Kris Holm is a youtuber known for his skills on a Unicycle.

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