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SOMETHING TO TALK ABOUT

Wheel in motion

Families, friends ride unicycles together

BY PATRICIA MONTEMURRI • May 25, 2008

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Here's a different spin on the balancing act many women perform every day.

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Wendy Grzych and Kathy Susanka are working mothers who find relaxation and quality **family** time by pedaling a unicycle.



Wendy Grzych, 40, of Garden City is the president of the Redford Township Unicycle Club. She leads practice May 3 at St. Robert Bellarmine church in Redford Township.

Kathy Susanka, 43, of Dearborn Heights is a member of the club.

They are members of the Redford Township Unicycle Club, who will be flexing their core muscles and maintaining their balance, in [entertaining](#) unicycle formations in Monday's Memorial Day parade in Dearborn.

Wendy, the group's choreographer, appreciates how she can share an activity with her son and daughter.

"This is something we can do together," says Wendy, 40, an alternative education teacher.

When the Grzyches go for a bike ride, that means a unicycle ride. You can sometimes spot Wendy, Amanda, 14, and Dale, 11, atop their unicycles in their Garden City neighborhood.

Wendy, a unicyclist since she was 9, has nurtured the talent in others. She is taking several unicycling teens to a national competition this summer in South Dakota.

She even plays unicycle basketball -- pedaling, dribbling and dunking.

Kathy Susanka, 43, of Dearborn Heights bought a unicycle for her daughter 15 years ago. She eventually encouraged Kathy to give it a whirl.

Unicyclists are rated on a 1-10 skill level range, depending on tricks they master. Kathy's a level 2. Her son, Steven, who was practicing a move called the "suicide side mount" on a



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Families -- from grandparents to grandkids -- put a multigenerational spin on the activity.

(PHOTOS BY KIMBERLY P. MITCHELL)

recent Saturday, is a level 5.

"We very seldom have a family where just one kid does it," Kathy says. "Parents will bring the kids to learn to ride, and the parents will end up trying it."

Patricia is a Twist writer. Reach her at 313.223.4538 or pmontemurri@freepress.com.

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