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FOR IMMEDIATE RELEASE

**ANNUAL CALIFORNIA MOUNTAIN UNICYCLING EVENT  
COMING TO SAN DIEGO  
California Muni Weekend, October 17-19, 2008.**

SAN DIEGO, California (October 12, 2008) – The Ornish Family with the San Diego Unicycle Society (SDuni) is hosting the California Muni Weekend (CMW'08) where off-road mountain unicyclists from around the country will gather to test their skills at three prime, mountainous locations in San Diego County for the first time ever.

“Everyone is showing tremendous support,” said Miles Ornish, 15. “It’s gonna be good.” He and his mother Marty took the initiative to organize and host CMW’08. Miles is highly skilled and has been competing since age 12 in various unicycle events held nationally and internationally.

The event in its 12th successful year has previously been held in Auburn, Santa Cruz and Lake Tahoe. The CMW event started in 1996 by John Foss of Sacramento, a long-time unicycle veteran and former world champion who has been riding for almost thirty (30) years. Foss and an estimated 60-75 riders of all ages, beginner and expert alike, will be attending.

The term “Muni” is a portmanteau combining “mountain” and “unicycling” together. While many people associate unicycles with the circus, this rugged and rapidly growing sport is getting more serious recognition and quickly evolving-- these guys (and gals) aren’t clowning around. Think BMX, minus one wheel, gears and handle bars. Riders wear full protective gear and their unicycles are designed with specialized robust frames, knobby tires, air seats, heavy duty cranks and pedals, and occasionally a hand brake. Unicycles are driven purely by muscle power and test riders physically and mentally, constantly working their balance, agility, patience and endurance throughout the endless mountain obstacles.

Each day of the event will feature a different signature mountain trail (Elfin Forest in North County, Iron Mountain in Poway, and Noble Canyon near Pine Valley), locations which epitomize what Southern California off-road is all about. In addition, a beach boardwalk ride (Pacific Beach), and a 36” big-wheel unicycle race and trials competition will be thrown into the mix (Jamul).

For more information on the CMW’08 event, visit: [www.unicycling.com/muni/](http://www.unicycling.com/muni/), or contact Marty & Miles Ornish at 619-300-2251. John Foss may be reached at 916-359-7876.

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The San Diego Unicycle Society is the exclusive unicyclist community in San Diego County, promoting healthy lifestyles, drug-free activities, and wholesome fun. They provide lessons, school demonstrations, and weekly rides all over San Diego County. For more information, visit [www.sduni.com](http://www.sduni.com), or email [info@sduni.com](mailto:info@sduni.com). A basic information sheet can be downloaded in PDF format: <http://www.sduni.com/sduniinformation.pdf>.

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