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12 Months, 12 Top-Riders, 12 Interviews

by Mad40ne

Interview with

Pierre Sturny

PIERRE STURNY, THE ATHLETE AT THE TOP OF THE EUROPEAN AND WORLD RANKINGS IN THE URBAN SPECIALTIES, IS A REAL MULTI-TALENT. IN THE INTERVIEW PIERRE TELLS US ABOUT HIS MOTIVATION AND PASSION FOR UNICYCLING.

AN ATHLETE...A PASSION...A TALENT

INTERVIEW WITH PIERRE STURNY

PIERRE STURNY, THE ATHLETE AT THE TOP OF THE EUROPEAN AND WORLD RANKINGS IN THE URBAN SPECIALTIES, IS A REAL MULTI-TALENT. IN 2007 PIERRE WAS RIDING A UNICYCLE FOR THE FIRST TIME AND IT IS LOVE AT FIRST SIGHT. HE DOES NOT ONLY TRAIN IN FLATLAND AND STREET, HE BECOMES ALSO A WORLD TOP RIDER IN TRIAL.



SINCE 2013 HE HAS BEEN A MEMBER OF THE MAD4ONE TEAM. AT UNICON XVIII (SAN SEBASTIAN-2016) PIERRE WON THE TITLE OF VICE WORLD CHAMPION IN THE CATEGORY FLATLAND EXPERT AND IS 3RD IN THE CAT. TRIAL EXPERT. THESE EXCELLENT RESULTS WERE CONFIRMED AT UNICON XIX (ANSAN-2018), WHERE HE CLIMBED THE PODIUM AGAIN AND WON THE TITLE OF VICE WORLD CHAMPION IN FLATLAND. HIS DETERMINATION, HIS TENACITY ARE ONCE AGAIN REWARDED AT THE EUROPEAN CHAMPIONSHIPS IN SITTARD-2017. PIERRE IS THE DEFENDING EUROPEAN CHAMPION IN FLATLAND, TRIAL, HIGH JUMP AND LONG JUMP ON PLATFORM.

PIERRE'S STRENGTH IS ABOVE ALL HIS PASSION FOR UNICYCLING. AN ATHLETE WITH SUCH A HIGH LEVEL OF VERSATILITY, DEDICATION AND TALENT LIVES SPORT LIKE FEW OTHERS. ONE DAY WITHOUT RIDING HIS UNICYCLE IS NOT THE RULE FOR PIERRE, BUT RATHER AN EXCEPTION. EVERY DAY HE LOVES TO TEST HIS PERSONAL LIMITS TRYING TO OVERCOME THEM. BUT THAT'S NOT ALL. WITH GREAT ENTHUSIASM IS PIERRE NOW ENGAGING HIMSELF ALSO TO TRANSFER HIS PASSION FOR THIS SPORT TO OTHERS IN HIS HOMETOWN. SINCE BEGINNING 2018 HE IS THE COACH OF A YOUNG TEAM OF URBAN RIDERS. A NEW AND FASCINATING EXPERIENCE IN WHICH PIERRE IS GIVING THE BEST OUT OF HIMSELF AS A COACH, A FRIEND AND AN ATHLETE, BUT NOT ONLY. IN THE INTERVIEW, PIERRE TELLS US ABOUT HIS MOTIVATION AND PASSION FOR UNICYCLING.



FIRST OF ALL, WHEN AND WHY DID YOU START UNICYCLING?

I started unicycle at the age of 13. My best friend was riding a lot, it was a really good way to start riding and to have a lot of motivation.

HAS THERE EVER BEEN A "COACH" BEHIND THE ATHLETE PIERRE?

No, not really. Some friends giving some tips/advices to improve myself.

YOU ARE NOT ONLY ONE OF THE BEST FLAT AND STREET RIDERS IN THE WORLD, YOU ARE ALSO A TRIALIST AT THE TOP RANKINGS. WHICH IS THE SECRET FOR THIS QUITE UNIQUE HIGH-LEVEL VERSATILITY?

I like to change style during my session. I'm training in every discipline; indeed, I really enjoy experimenting, trying new tricks and get better at it. It's all about training and motivation.

WHAT DOES FLAT MEAN FOR YOU?

First of all, I would say it is a passion, flat enable me to be creative and vary tricks. It's what I like with it, almost endless possibility and way of doing all kind of figures.

PIERRE, I WOULD LIKE TO LEARN MORE ABOUT YOUR LIFE BESIDES YOUR CAREER IN UNICYCLING, COULD YOU TELL US ABOUT YOURSELF? WHO IS PIERRE STURNY?



It's true, I'm really devoted to unicycle, and I put a lot of my time and energy in it. However, I do a lot of biking (mountain bike, bike trial, bikepacking), and I really enjoy spending quality time with my friends and my girlfriend. Besides this, I work in a small railway company in Switzerland.

DOES AN URBAN RIDER HAVE ALSO A PARTICULAR/SPECIFIC APPROACH TO PRIVATE LIFE?

I'm determined and perseverant in my work too, and in life in general.

YOU ARE PRACTICING URBAN SINCE 2007 (YEAR WHEN YOU STARTED), WHICH IS THE KEY TO PERSEVERANCE?

Motivation, passion and for sure friends!

TACTIC, IMAGINATION, PERSEVERANCE, CONSISTENCY, MANAGEMENT, WHICH IS THE SECRET TO WIN?

All of that is important but above all training!

LET'S TAKE A TRIP DOWN MEMORY LANE: PLEASE DESCRIBE YOUR FAVORITE MEMORY FROM COMPETING AROUND THE WORLD.

LAUCC in Mexico, my first Unicon in Italy and Unicon in Canada were, maybe, the best for me.

WHAT ABOUT GOAL SETTING? WHAT IS YOUR BEST ADVICE FOR SOMEONE WHO WANTS TO BECOME A CHAMPION LIKE YOU?

Train every day, everything is possible, but the most important is to have fun when you ride.



IS SPORT COMPLEMENTARY TO PRIVATE/PROFESSIONAL LIFE OR IS THE "PERFECT" WAY TO BREAK OUT OF IT AND BALANCE EVERYTHING?

In my opinion sport is one of the best way to have a well balanced life.

YOU HAVE ATTENDED SO MANY NATIONAL AND INTERNATIONAL CHAMPIONSHIPS, IN YOUR DISCIPLINES IS THE STYLE ALSO INFLUENCED BY THE CULTURE OF THE COUNTRY, WHICH AN ATHLETE COMES FROM AND TRAINS OR IS THE TECHNIQUE KING IN THIS?

Maybe..., but the style is at first influenced by your friends when you ride, I think :)

ACCORDING TO YOUR EXPERIENCE WHICH ARE THE 3 BIGGEST MISTAKES YOU CAN MAKE IN A COMPETITION?

- to ride too much before the competition
- To put too much pressure on yourself
- It's also not a good idea to have a party the day before, go to bed early and sleep 😊



DO YOU REMEMBER THE MOMENT WHEN YOU SAID "NOW I HANG UP MY UNICYCLE", AND THEN EVERYTHING STARTED AGAIN, EVEN BETTER THAN BEFORE? AT THAT MOMENT, WHAT DID HELP YOU?

Since the beginning in 2007 the motivation has never changed, I ride all the time, I love unicycling too much to stop.

E-U-C WINTER 2019. 2ND PLACE IN TRIAL. HOW HAVE YOU EXPERIENCED THIS RACE? DID YOU SEE SOMETHING NEW/INNOVATIVE IN THE RACES?

During the finals in Trial the new rules about the pedal grab were interesting. The best trick contest was also a crazy competition.

YOUR NEXT PROJECTS OR DREAMS?

To go to the next Unicon with all the young riders of my team, and to continue promoting unicycling.

DO YOU PLAN TO COMPETE AT EC UNICYCLING 2019?

Maybe not sadly, we will see...

A QUOTE FROM YOU TO ALL YOURS FANS AND IN GENERAL TO ALL YOUNG URBAN RIDERS.

Keep riding!



SO NEXT APPOINTMENT EC UNICYCLING 2019...OR UNICON2020 ;), WE ARE EXCITED TO SEE YOU AGAIN IN COMPETITION! THANK YOU PIERRE FOR THE TIME YOU DEVOTED US. WE WISH YOU AND YOUR YOUNG TEAM ALL THE BEST.

TO CONDUCT OUR NEXT INTERVIEW, WE FLY TO JAPAN AND MEET ONE OF THE BEST FREESTYLERS OF EVER, KAITO SHOJI.