

Owner Update

April 12, 2011



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Announcements

This month, we have three exciting announcements for ElliptiGO owners.

ElliptiGO World Championships - October 15, 2011: Are you hungry to compete in the exclusive race to crown the 2011 Elliptical Biking World Champions? We are hosting the second annual ElliptiGO Founders' Cup on Saturday, Oct 15th in San Diego, CA. This year, there will be 20 spots available for ElliptiGO owners world-wide who want to compete in the infamous climb up Palomar Mountain. [Click here for more information on how you can qualify for the 2011 event](#)

Introducing GO GIFTS - ElliptiGO Customer Referral Program: Refer a friend to purchase an ElliptiGO 8S and you'll both receive a special thank you gift from ElliptiGO. Each month we will offer a new gift, selected to celebrate what ElliptiGO is all about - getting fit and having fun! Click [here](#) to learn more and see April's GO GIFT.

New ElliptiGO Accessories: Looking to accessorize your bike for Spring? Check out three new accessories we've tested in-house and recommend for use on the ElliptiGO. Visit our [online store](#) to learn more and purchase.



On Guard Doberman Cable and Combination Lock

Heavy duty self-coiling cable lock that is long enough to secure your ElliptiGO. Uses dual lock mechanism. Comes with multi-size/multi-positioning bracket. Combo lock features user resettable 4 digit combo.



Dimension Bell

Thumb activated lever bell. Easily mounts on the ElliptiGO handlebar using a Phillips-head screwdriver.



Topeak Jo Blow Max II Floor Pump

Twin head base mount gauge. Pumps up to 120 PSI. Oversized paddle handle and extra long hose.



Ask Keri!

Every month, ElliptiGO's Customer Service Enthusiast Keri answers riding, maintenance or accessory questions from ElliptiGO owners.


Spring has sprung and for many of us as we watch the last snow patch dissolve, the fresh excitement of heading outdoors courses through us. I've gotten some questions about how ElliptiGO riders who are returning to the streets after a winter of using the ElliptiGO on the trainer or storing an ElliptiGO in the garage should prepare. Here are my tips:

1. If you have been riding on an indoor trainer, take some time to thoroughly inspect your tires for excessive wear. Look for worn or flat tread especially in the rear tire as the friction of rolling against the resistance roller may have worn down your tire. If your tread is bald (or smooth), it is best to replace the tire. If your tread is worn, you should plan on replacing it before too long as reduced tread can cause traction control issues and the thinner rubber increases the chance of a puncture. You can purchase tires via our [online store](#) or through your favorite local bicycle retailer.

2. Give your ElliptiGO a good cleaning and inspection prior to hitting the road. Thoroughly clean your tracks and load wheels, wipe down all surfaces from dirt and dust. Similar to your car, over time dirt and grime can eat away or even chip your paint, so keep your ElliptiGO looking pristine and give a good dusting. It's a good idea to periodically clean your frame, drive and crank arms, steering column, handlebars and chain to keep everything in good working condition and looking good. For more on general ElliptiGO maintenance, please [view the basic maintenance video](#)

3. Ensure your brakes and shifters are operating properly. Make sure cables are kinkless and rust-free. Kinks in cables can prevent your components from operating properly. If you need to replace your cables, bring your GO to your bicycle retailer or contact our service department at service@elliptigo.com

4. Ease into your Spring training regimen. Similar to the experience of running on a treadmill all winter and then stepping outdoors, your first spring outdoor ElliptiGO ride will feel different. Don't overdo it. Even if you've been riding on the trainer, being back on road offers more diversity such as wind resistance, bad roads (especially those of you in heavy snow/salted road areas), stop and starts, and traffic. Take a short and easy ride just to become familiar again with the GO. Hit a local coffee shop or take a quick spin around the lake. Shake the cobwebs off before jumping fully into your training program.

5. Prepare for outdoor riding conditions. Remember  your suntan lotion, sunglasses or protective eyewear, helmet, gloves and hydration source. If you have a road repair kit, make sure you are properly stocked with replacement tube, CO2 cartridge, tire levers and Allen set.

6. Pick a date for a Spring ride. Tis the season! Rides and races are in full swing. If you haven't tried participating in an event or ride, perhaps this season is

