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The message is not a virus or a phishing alert—it’s simply our e-newsletter web service tracking that you clicked on a certain link before re-directing you. The click-tracking helps us to continue to refine our newsletter content to make sure we are giving you the content you find most useful and informative.

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ELLIPTIGO

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Owner Update

August 3rd, 2010

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About the ElliptiGO Owner's Update

This is the first edition of the ElliptiGO Owner’s Update, which will help you get the most out of your ElliptiGO experience and better connect you to the greater ElliptiGO community. In this and subsequent editions you’ll find ElliptiGO maintenance and riding tips, local and national events, and what’s going on with the ElliptiGO community. Although you’ll still have access to the monthly general newsletter, the information in the Owner’s Update will often be a better resource for you.

You should expect to receive an update like this one about once a month. We'd love your feedback so that we can tailor the content to be most interesting and informative for you. If you'd prefer not to receive this update, simply click on the “unsubscribe” link at the bottom of the page. Thanks again for being part of this emerging new sport and we hope you are having fun riding your ElliptiGO.

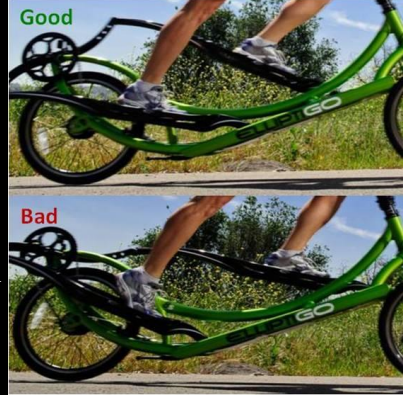
Making the most of your ElliptiGO

Each month we'll be sharing a riding tip that can make you faster and more efficient on

the ElliptiGO.

Tip #1: Keep your heels in contact with the drive arm platforms throughout the entire pedal stroke.

This is one slight difference between running and riding on the ElliptiGO. When you run, you lift your heels off the ground first at the end of your stride. On the ElliptiGO, you want to keep your heels in contact with the platform of the drive arm throughout the entire pedal stroke. This is because the platform naturally lifts your foot up in the stroke similar to your running stride. The benefits of riding this way are two-fold: (1) it gives you more power in the stroke, enabling you to go faster with less effort and (2) your feet are less likely to slip on the platforms because you are maintaining surface contact with your entire foot.



For other riding tips, be sure to check out our [Advanced Riding](#) video.

Maintenance tip of the month

Just like a car needs an oil change, the ElliptiGO requires simple regular maintenance (in addition to your pre- and post-ride inspections) to make sure it's providing you a smooth, comfortable ride.

Check your tire pressure

Tires naturally lose air pressure over time, so they need to be regularly pumped up to have a smooth ride and reduce the risk of a flat tire. Although the ElliptiGO tires can be pumped up to a maximum of 100 PSI, we recommend riding at 85 PSI. This will give you good traction, long wear life, and provide a softer ride while still having low rolling resistance. We recommend you check your tire pressure once a week or before any long rides. If you don't yet have a bike pump, we highly suggest you pick one up from your local bike shop.

Be sure to check out our [support videos](#) for further maintenance tips.

ElliptiGO Customer Community

ElliptiGO

Run Without Impact

If you have any feedback for us about the Owner's Update, please send an email to Anamaria at anm@elliptigo.com.

Happy riding!

