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Owner Update

February 10, 2011



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Are you riding in the right body position on flats and inclines?

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ElliptiGO Owner Community

Return to Running + ElliptiGO-ing for a Cause + Cycling Events in Your Area

Announcements

This month, we have three announcements for ElliptiGO owners that will help you transport your ElliptiGOs or stay inspired whether you are training indoors or outdoors.

ElliptiGO Car Racks Now Available Online: Looking for a way to transport your ElliptiGO by car? [Check out the three car rack options](#) we have tested and recommend.

Indoor Interval Workouts on the 'GO: Don't let winter storms slow down your training! [Download Coach Jenny Hadfield's "Four Challenging Indoor ElliptiGO Workouts"](#) and use the programs to mix up your workouts and stay motivated. Have questions for Jenny about indoor training? Email her at: training@elliptigo.com

Sign Up for a Cycling Event Near You: ElliptiGO owners love participating in cycling events of all kinds: from fun family rides to century endurance rides. [Check out the "Community" section below](#) for suggestions of upcoming rides in areas all across the U.S.

Riding Tip of the Month

Each month we share a riding tip that can make you faster and more efficient on the ElliptiGO.

Want to make sure you are correctly positioning your body to ride in the most comfortable and efficient way possible?

[Watch our new video: "Riding Skills: Body Positioning"](#)



If you have suggestions for a future riding tip or riding skills video, please reply directly to this e-newsletter and let us know.



Ask Keri!

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

Question: *I keep hearing about toe cages. What are they for, how do they work, and do I really need them?*

- Tom, ElliptiGO Owner ~ Alabama

Keri: Thanks for your question, Tom. A toe cage is a 'basket' that covers the front toe area of a rider's foot. The cage is designed to help your pedal efficiency by allowing you to pull up against the cage while in the power stroke (driving forward). This is much more noticeable when hill climbing: as the foot tends to pull up, the toe cage will help add strength to the climb by providing a resistance for the foot. The toe cage also adds comfort and stability on descents by helping to keep your foot on the pedal (and while maneuvering over bumpy terrain such as sidewalks and rough roads). Our toe cage is not designed to strap the rider's foot in, however, like a clip-in pedal on a bicycle would, so you should be able to safely enter and exit the toe cage as needed.



When first using toe cages, try practicing with just one cage installed, stopping and starting with moving your foot from the toe

cage. Many riders like to place the toe cage at the front of the pedal (towards the handle bars) as that is the position for optimum power efficiency. However, depending on your stride and comfort, you may find that moving the cage back along the pedal works better.

Do you really need them? Well, the answer would be yes if you want to add pedaling efficiency and comfort to your riding. Of course, they are not required, but toe cages do offer several benefits for many different types of riding: hill climbing, descents, fast-paced sprint workouts, and long distance. Other ElliptiGO riders have posted about their experience of using toe cages on our website. These reviews may also help you determine if toe cages would be a good fit for you.

Click [here](#) for more info about the toe cages or to read product reviews from other owners or click [here](#) to watch a video demonstrating how to install toe cages on your ElliptiGO.

If you ever have questions about riding or maintenance, feel free to get in touch with Keri or the rest of our customer service team by sending an email to service@elliptigo.com. Each month, Keri will pick a few questions to answer in the owner update so that all ElliptiGO owners can benefit from the information and tips.

ElliptiGO Owner Community

Return to Running!

Are you a former or injured runner who would like to use your ElliptiGO to ease back into a basic running program? [Download Coach Jenny Hadfield's "Return to Running" training program](#) and use your ElliptiGO to build up to run-walking a 5K.

ElliptiGO-ing for a Cause

Steve Burton, an ElliptiGO owner in Tucson, is cross-training on his ElliptiGO this month for an inspiring cause. Steve will be running 500 miles over 8 days to honor Gabe Zimmerman, a friend's son who lost his life in the recent Tucson shootings. The money Steve is raising through the run will be donated to the Gabe Zimmerman Scholarship Fund. To show your support for a fellow ElliptiGO owner on a mission, please [visit Steve's Facebook page](#) and "Like" his page to help spread the word to your own friends and networks.



Sign Up for A Local Cycling Event In Your Area

While there are thousands of cycling events to choose from, we've identified a few good options coming up in the next three months. If you decide to register, please let us know! We'd like to help support you/cheer you on by covering your entry fees and/or including your photo in a future owner community update. Click on the event

links below for more information. Don't see one in your area? Search for an event near you on active.com

March

12: [Tour De Cure - Phoenix, AZ](#)

12: [Hermosa Beach St. Patrick's Day Parade](#): Email steve@hermosacyclery.com before Feb 26 if you are interested in joining the ElliptiGO Team for the parade

19: [Tour of Borrego Springs, CA](#)

26: [Ride With Me for Autism - Jacksonville, FL](#)

April

3: [Texas Gran Fondo ~ Houston, TX](#)

9: [Assault on the Carolinas ~ Brevard, NC](#)

10: [San Diego Gran Fondo ~ San Diego, CA](#)

16: [Ride the Salt Lake City Marathon ~ SLC, UT](#)

30: [Temecula Challenge ~ Temecula, CA](#)

May

13: [Pasadena Marathon Bike Tour ~ Pasadena, CA](#)

21: [San Diego Century Bicycle Tour ~ San Diego, CA](#)

21: [Tour de Cure ~ Jacksonville, FL](#)

29: [MB Financial Bike the Drive ~ Chicago, IL](#). Join Jenny Hadfield for ElliptiGO's inaugural appearance at this fun Chicago cycling event.

Join the ElliptiGO Community on Facebook

Want to coordinate group rides, ask questions about accessories, and share helpful tips with your fellow owners? Please [join our Facebook page](#) to get connected.



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Note to New Owners This Month: You should expect to receive an update like this one about once a month. 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!

ElliptiGO

Run Without Impact

If you have any requests for future topics we should cover in our Owner Update, please send an email to Anamaria at anm@elliptigo.com.

Enjoy the Ride!



Team ElliptiGO