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*Enjoy this Owner’s Update!*

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## Owner Update

March 10, 2011



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## Announcements

This month, we have three announcements for ElliptiGO owners.

**Catch Up on Past Owner Updates:** Are you finding these owner updates useful and want to check out past issues for more tips and resources from ElliptiGO? [Visit the new Owner Update Archive to download past issues dating back to August 2010.](#)

**ElliptiGO Riding Clubs:** Looking for other ElliptiGO owners to ride with in your city? Want to be a ride group leader? Send Keri an email at [keri@elliptigo.com](mailto:keri@elliptigo.com) with your city location and email so that we can create a riders list that will connect owners in that city.

**Join the ElliptiGO Century Club:** Dreaming of elliptical biking immortality?

Become one of the first 100 owners to complete a century ride and join the [ElliptiGO Century Club](#). Click [here](#) to jump down to a list of 11 century ride options this Spring/Summer. Register today and start training now!

## Riding Tip of the Month

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

Are you looking for tips on how to ride the ElliptiGO with a higher cadence that more closely simulates running?

Do you ever experience a lag when shifting between gears?



[Click here to watch our latest riding skills video: Shifting & Cadence](#) and learn more about proper shifting techniques on the 'GO.

Want even more information on the ideal cadence range for riding on the 'GO? [Click here to download the ElliptiGO Cadence Chart](#) that shows the ideal cadence range across various speeds.

*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:

*How do I inflate my tires on the ElliptiGO? I've been riding for several months and haven't put any air in the tires. Now I need to and can't get the air in the tires- HELP!*

*-Frank, ElliptiGO Owner - San Diego,*

CA

### Keri:

Hey Frank! Thank you so much for your question, this comes up quite often with ElliptiGO owners. Our bike comes equipped with tubes that have a long, skinny valve called a Presta valve. These valves are commonly found on high pressured inner tubes and feature an outer valve stem and an inner valve body. The air pressure in an inflated tire holds the inner valve body shut. A small screw and captive nut on the top of the

valve body permits the valve to be screwed shut to ensure that it remains tightly closed. The nut must be unscrewed to permit airflow in either direction (this must be done before attaching a pump). The screw remains captive on the valve body even when unscrewed fully; it is tightened again after the tire is inflated and the pump removed.

In other words, in order to inflate your tires, you will first have to unscrew the captive nut (see photo on the left). Then, place your bicycle pump head over the valve to begin inflating. Please note that older bicycle pumps may only have the Schrader valve head (this is the valve type found on your car). You can still use a Schrader pump to inflate a Presta tube, but to do so you will need a Presta Valve Adapter (see photo at right). To use the Presta Valve Adapter, screw in the threaded side to your bicycle pump head, then place the round open side over your ElliptiGO bike valve. Many bicycle pumps available at your favorite bicycle or sporting goods store will have dual heads for either Presta or Schrader valves.



Inflate your tires to 85-90 PSI. Although your ElliptiGO bike has tires rated to 100 PSI, we have found best performance and tire life to run at 85 PSI. Always check your tire pressure before you ride. We recommend topping off your tires before every ride. If the bike has been sitting for a length of time, you will definitely want to fill the tires with air prior to riding. Do not ride on an under inflated tire. This will not only cause excess wear on the tire, but also affect how the ElliptiGO handles. Also, be careful not to over inflate the tire as it could cause a blowout.

You can watch the video below for more details on how to properly inflate the tires on your ElliptiGO. Be safe and Happy ElliptiGOing!!!

[Click here to watch a video demonstrating how to inflate the tires 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](mailto: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

### *Century Club Events*

Feeling hungry to claim your place in the [ElliptiGO Century Club](#)? Here are 11 century rides that you can register for today: click on the event links below for more information.

Need advice on how to train for a century ride? [Download the ElliptiGO Century Training plan](#) to start your training.

If you want to find a century ride, but don't see one listed below that works for you, try searching on [active.com](#) or [bikeride.com](#) for an event near you.

- [San Diego Century Bicycle Tour](#) ~ San Diego, CA May 21
- [CASA River Century 2011](#) ~ Shepherdstown, WV May 21
- [Sierra Century](#) ~ Sacramento, CA June 11
- [Boulder Sunrise Century](#) ~ Boulder, CO June 18
- [Total 200 Double Century Ride](#) ~ Washington, DC June 25 ~ *Feel like qualifying for the century club twice in one day?*
- [Central Coast Century Ride to Defeat ALS](#) ~ San Luis Obispo, CA July 9
- [Seattle Century](#) ~ Seattle, WA July 3
- [Ace Paint Century](#) ~ Matteson, IL July 31
- [Centurion Wisconsin](#) ~ Middleton, WI August 7
- [The Wrigley Field Road Tour](#) -100 Miles to GO ~ Chicago, IL ~ August 27 - *You and your fellow riders attend a Cubs-Brewers game at the end of the day to celebrate!*
- [Hotter'N Hell Hundred](#) ~ Wichita Falls, TX ~ August 27

### [Sign Up for A Local Cycling Event In Your Area](#)

If you're looking for shorter-distance rides, check out the list below. 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](#) or on [bikeride.com](#)

### [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: [Tour de Cure ~ Jacksonville, FL](#)
- 29: [MB Financial Bike the Drive ~ Chicago, IL](#)

### [June](#)

- 4: [Audi's Best Buddies Challenge ~ Boston \(Hyannis Port\), MA](#)

4: [Trifecta Saturday Rides ~ Los Angeles \(Santa Clarita\), CA](#)

9-26: [Pedalpalooza ~ Portland, OR](#)

*Billed as 2+ weeks of “bikey fun” --- there will be a lot of different rides and fun events—check out the link for the full schedule*

11: [Lancaster Farmland Trust Pedal to Preserve 2011 ~ New Holland, PA](#)

*(This is ~1.5 hrs from Philadelphia)*

### *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.



\* \* \*

*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. If you'd like to check out past editions of this update, please [visit our Owner Update Archive](#). 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](mailto:anm@elliptigo.com).

Enjoy the Ride!



**Team ElliptiGO**