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Owner Update

November 30, 2010

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Announcements

We hope you all enjoyed the recent Thanksgiving Holiday! This month, we have three important announcements for ElliptiGO owners:

Health-Focused Customer Testimonials: *Are you a physician who could offer us an expert testimonial about the medical/health benefits of the ElliptiGO? Are you a customer with a great story about how the ElliptiGO has improved your overall health and wellness? If you'd be willing to share your story and help us spread the word about the many health benefits of exercising on the 'GO, please email Anamaria at anm@elliptigo.com*

Training Programs: Whether you are a distance runner looking for [ElliptiGO cross-training programs](#) or an ElliptiGO rider who wants to [compete in cycling events](#), we have launched [a new section of our website](#) to provide you with the tips, programs and inspiration to accomplish your next fitness goal. *Are you interested in a more general fitness & weight loss program? Or are you training for a distance/event for which we don't yet have a program?* Email us at training@elliptigo.com and we will develop new training content to fit your needs.

Century Club: Would you like to add your name to a page of elliptical biking history? Check out [our century club page](#) to learn about the ElliptiGO Century Club--the first 100 ElliptiGO riders to complete a 100-mile cycling event. There are still several spots left, but don't delay--[download a century ride training program](#) today!

Riding Tip of the Month

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

Tip #4: Hydrating on the 'GO

For any ride over one hour in duration, we recommend bringing water or sports drink with you to hydrate during your workout. (For some people, the cut-off might be for any ride over 45 minutes—you can experiment to see what works best for you.) The amount of water you should consume will vary depending on your individual sweat rate, the intensity level of your workout and the weather. For more guidance, [check out Coach Jenny Hadfield's top 10 tips for hydration](#). (While this content was written for runners, most of the advice applies to ElliptiGO riders as well.)

Within Team ElliptiGO, we mostly use hydration backpacks like those made by [Camelbak](#) or [Nathan](#). Hydration backpacks make it really easy to drink while riding and offer the added benefit of being able to carry extra items during your ride. For more tips on choosing a hydration pack and using one while riding, [check out this website](#).



Some people do not like riding with a pack on their back and might prefer water bottles that they attach to the ElliptiGO steering column. If you don't already own a water bottle and bottle holder, you can [purchase one that fits with the ElliptiGO in our online store](#).



Maintenance Tip of the Month

Each month we also share a maintenance tip that can help you keep your ElliptiGO running smoothly or help you trouble-shoot if small issues arise.

Tip #4: What to Do If You Get a Rear Flat

We highly recommend watching the following three service videos very carefully

before you attempt any long-distance rides. You may also want to take a few notes on the key instructions and tips shared in the videos and keep those notes with the toolkit on your ElliptiGO. That way, in case you get a flat tire while out on a long ride, you will be able to refer to your notes and more quickly repair your rear flat.

If you get a flat tire, immediately stop riding and pull off to the side of the road. Make sure to get yourself and your ElliptiGO to a location that is away from traffic and where you will safely be able to change your tire. Then, follow the instructions for removing the rear wheel, changing the tire, and re-installing the rear wheel as explained in the three videos below.

Video 1: [Removing the ElliptiGO 8S Rear Wheel](#)

Video 2: [Changing a Flat Tire](#) (If you are an experienced cyclist who knows how to change a flat tire, you can skip this video.)

Video 3: [Installing the ElliptiGO 8S Rear Wheel](#)

If you ever have questions about riding or maintenance, feel free to get in touch with our customer service team by sending an email to service@elliptigo.com

ElliptiGO Owner Community

Photos from the ElliptiGO Rally and Fun Ride

Earlier this month, we gathered 32 ElliptiGO owners for our first ElliptiGO Rally and Fun Ride. ElliptiGO riders came from the Midwest, the East Coast and from across California to join in the ride from our Solana Beach Headquarters out to Del Mar and up to Torrey Pines State Park. We celebrated at the end of the ride with a dinner at Tony's Jacal in Solana Beach.



We look forward to seeing an even larger group next year!



Just for Fun ~ Heard On The 'GO

Last month we asked for your submissions of the best quotes you've heard while out

riding your ElliptiGOs. Here are a few of our favorites:

An ElliptiGO for Two?

"I wish there was room on there for two so I could ride with you!"

A Worthy Trade?

[Ticket Scalper to ElliptiGO Rider]

"I'll give you four World Series box seat tickets for your bike."

The Coolest Thing Since...

[From a little boy riding on a back of a tandem to his dad during a century ride]

"Dad, that bike is so much cooler than yours."

Person on street: *"Wow! Really cool!"*

ElliptiGO Rider: *"The bike? Or me?"*

And Of Course, the Classic...

"Where's the seat??!"

* * *

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