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Owner Update

October 29, 2010

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Announcements

We hope you all are enjoying Fall riding on your ElliptiGOs! This month, we have two exciting announcements for ElliptiGO owners:

Stationary Trainer: We recently launched our latest accessory--a stationary trainer that enables you to ride your ElliptiGO indoors! [Click here to read more about the indoor riding experience and watch some videos of the trainer in action.](#)

Cross-Training Plans For Runners: Coach Jenny Hadfield has developed half- and full-marathon training programs that directly incorporate ElliptiGO for cross-training and for building stamina. [Click here to download the programs and find out more about how to integrate ElliptiGO into your distance running training.](#)

P.S. For those of you who want to train for cycling endurance events on your ElliptiGO, those training programs are coming soon--stay tuned for next month's owner update!

Riding Tip of the Month

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

Tip #3: Master one-handed riding in order to signal more safely while riding in traffic. Once you master one-handed riding and hand-signaling, you will be able to ride more safely and more comfortably in traffic. Because your center of gravity is higher than on a conventional road bike, it may take you some practice to master riding one-handed.

To practice one-handed riding, take your ElliptiGO to a flat protected area, such as an empty parking lot. Start by trying to remove one hand from the handlebars while coasting—don't try to pedal yet until you feel fully comfortable riding one-handed while coasting. One tip some people find helpful while learning is to coast on the ElliptiGO such that you are putting your left foot forward as you try to take your left hand off the handlebars. Hand-signaling while continuing to pedal is more challenging, but you will master it with more practice--don't get discouraged if it seems difficult at first! When mastering hand-signals, start with the left-turn signal (left hand straight out) and then progress to a right-turn signal (left hand out with bent elbow and hand-up) and a stop signal (left hand out with bent elbow and hand-down).

For more tips on how to ride one-handed, please check out our [Advanced Riding](#) video.

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 #3: What to Do If Your Brakes Start To Squeak

If you notice your brakes starting to squeak, there are a few different things you can try to stop the squeaking.

If your brake pads are excessively dirty or your wheel rim is dirty with brake dust build-up the brakes may start to squeak. Try cleaning them both off with rag.

If the brake pad has developed a glossy, brittle finish from normal use they might start to squak. Take a nail file or metal file and you lightly buff/file the brake pads to give them a slightly rougher edge. You don't need to take a lot off--you just have to remove the brittle outer layer.

You can also try shifting your brake pads so that a different part of the brake pad

makes contact with the wheel rim. Loosen the brake pad bolt with a 5 mm wrench and then rotate (“toe”) the brake pads outwards such that back end of the brake pad is closer to the rim. The two photos below show the location of the brake pad bolt (in green circle) and demonstrate the angles at which you can toe your brake pads inwards (green arrow) or outwards (blue arrow).



If none of the above steps helps, you can also try replacing the brake pads. Brake pads should be replaced once they are worn past the 'wear indicator' in the center of the brake pad. The center of the brake pad has a channel/divot, and once this is worn flat, the brake pads need to be replaced. We sell extra brake pads through [our online store](#) should you need to buy more. Note: If you ride in more mountainous areas; ride frequently in the rain; or if you store your bike outside--you will be more likely to wear your brake pads down faster.

The ElliptiGO brakes are standard bike components so you can also take your ElliptiGO 8S to any bike shop and they will be able to service it and trouble-shoot any brake issues you are experiencing.

If you ever have questions about riding or maintenance, feel free to get in touch with Zack, ElliptiGO Customer Experience Lead, by email at zack@elliptigo.com or by phone at 858-736-5385.



Zack loves advising owners on how to make the most of the ElliptiGO!

ElliptiGO Owner Community

ElliptiGO Owners On The 'GO

Last month we asked for your submissions of photos and stories from your recent adventures on your ElliptiGO.

Susan and Toni from Healdsburg, CA ride all over wine country on the weekends. Susan wrote: "*We usually ride about 25 miles, but we're getting ready to increase the mileage as we start training for the 2011 AIDS Lifecycle event next June.*"



Jim, from our retail distribution partner [Better Body Fitness](#), shared a funny story about his recent encounter with a cyclist in the Spokane area. [The cyclist's blog entry is a hilarious read](#) for any of you who love showing off how well your ElliptiGO performs to skeptical cyclists.



Rich from the Niagara Falls area has participated in various charity rides and generated local news coverage in his hometown. [Check out this article about Rich's experiences riding the first ElliptiGO in Canada.](#)

Just for Fun - ElliptiGO Quote Wall

We know the ElliptiGO turns heads and drops jaws everywhere you ride. We also know that you probably hear some amazing comments along the way! We'd like to collect some of the best quotes to share with the whole ElliptiGO community in next month's update. Please reply to this e-newsletter or send Anamaria a separate email at: anm@elliptigo.com with the most funny, entertaining, random or inspiring quotes you've heard from people as you ride by on your 'GO.

Here are a few we've collected so far:

Seven-year old girl: "Mommy, can we ask Santa for THAT bike for Christmas?"

TV producer: "If you're single and want to meet people---this is the bike for you!"

ElliptiGO Rider After Getting Pulled Over: "Officer, this bike is street legal--I promise."

Officer: "Oh, that's not why I pulled you over. I just wanted to know where I could buy one for my wife."

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