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*Enjoy this Owner’s Update!*

**ELLIPTIGO**

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## Owner Update

January 19, 2011



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## Announcements

We hope you are all off to a fantastic 2011! This month, we have several announcements for ElliptiGO owners including special resources for you and new ways you can help spread the word about ElliptiGO.

**Post Your Product Review:** If you haven't already, please take a few minutes to post a review of your ElliptiGO by [clicking here](#). These reviews are extremely helpful and informative to potential customers.

**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.



**Share Your Online Purchaser Testimonial:** Did you purchase an ElliptiGO online without ever test riding and now are glad you took the risk? Please contact Anamaria

at [anm@elliptigo.com](mailto:anm@elliptigo.com) if you'd be willing to share your ElliptiGO story on our website.

**Get Personal Training Tips and Advice:** If you are not finding a training program for your specific fitness goals on the [training section of our website](#), please email us at [training@elliptigo.com](mailto:training@elliptigo.com) Coach Jenny Hadfield will respond with tips, advice and training suggestions that will help you achieve your personal goals.



**Appear on Your Local News:** Local media love stories about residents who are the first in their area to use an exciting new fitness device. Please reply directly to this newsletter if you 1) know a writer/editor at your local newspaper; 2) know that your local TV news anchor is into running/cycling/fitness; or 3) have other helpful tips for how to reach media in your hometown.

## Riding Tip of the Month

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

*Tip #6: In order to maximize the “running-like” sensation of the ElliptiGO workout, we recommend riding in relatively lower gears in order to ride at a higher cadence (number of strides per minute).*

Beginning riders usually find 7th and 8th gears to be "smoother" because they feel more engaged with the system through the entire pedal stroke. As a result, they tend to ride in those gears at a slower cadence. As you progress and become more ElliptiGO fit, we recommend that you increase your cadence (number of strides per minute) while riding in a lower (easier) gear. As your body adapts and learns the ElliptiGO movement pattern, riding at a faster cadence will become easier and make your experience feel more like running.

In general, we suggest the following as a rule of thumb for what gear you should be using based on the terrain: Use 1-4 for climbing and inclines (3-13 mph); Use 5-6 for normal riding on flats (13-17 mph); and Use 7-8 for downhills or for higher-intensity workouts on the flats (18 - 25 mph).

**If you aren't familiar with cadence and don't have access to cadence measurements on your ElliptiGO:** Keep in mind that, on the flats, you want to be pedaling more quickly at relatively lower gears rather than pedaling more slowly in higher gears. If you find yourself “toeing-off” (raising your heel off the platform when in the power stroke) that is a sign that you are riding in too high of a gear and should shift down to enable a faster cadence where your heel stays in contact with the platform throughout the entire pedal stroke.

**If you are familiar with cadence or have access to cadence measurements:** We have found that the ideal cadence range for training on ElliptiGO is 70-80 RPM with 75 RPM being the sweet spot. If you are riding at that cadence in 7th gear you will be riding at about 20 mph. If you find yourself riding in 8th gear and going 15 mph at a cadence of about 50 RPM, we encourage you to shift down to 5th gear so you can get closer to 75 RPM.

## 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 troubleshoot small issues.

### *Tip #5: Keeping Your Tracks Clean*

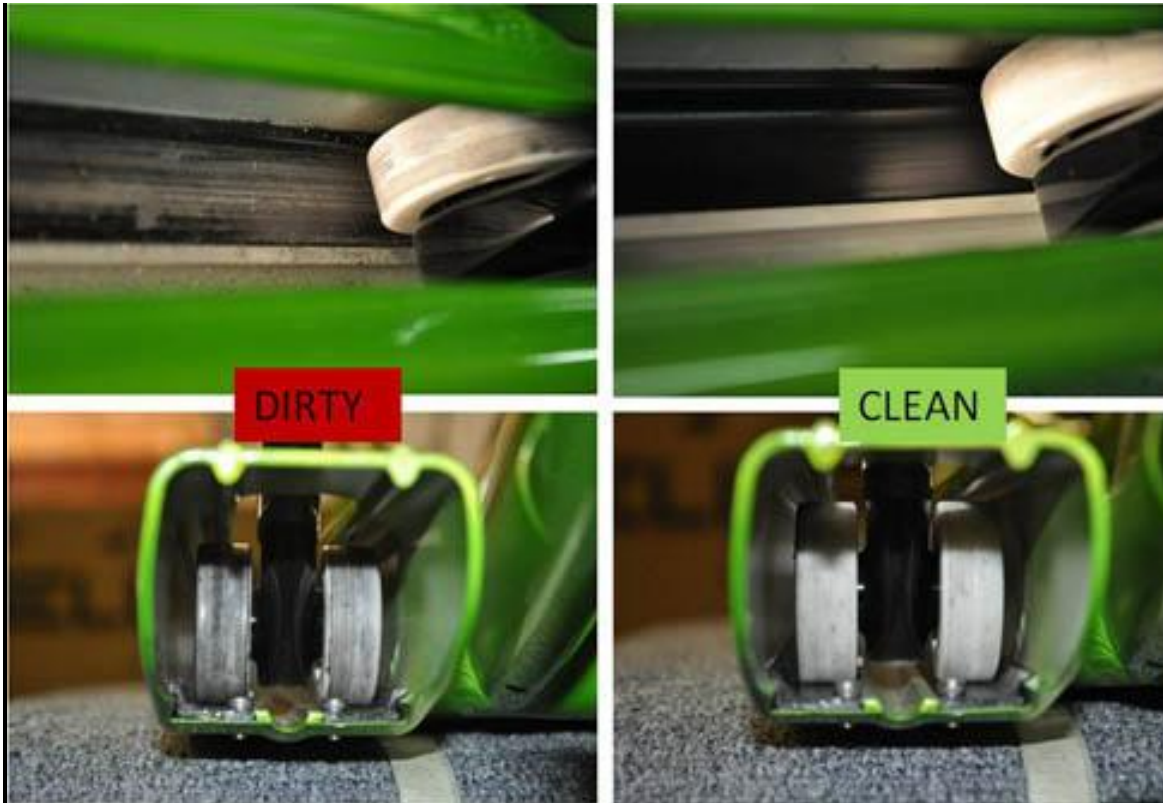
In the course of riding your ElliptiGO you will accumulate dust, sand, dirt and other grit on your tracks and load wheels. This will create increased friction and noise during your pedaling motion.

Under normal riding conditions, we recommend inspecting the track and wheels for debris. A soft, dry rag should be used to clean off your black track inserts and load wheels after every ride. Use a water-dampened rag to wipe down the track inserts and load wheels if there is an accumulation of grime.



For any track residue spots (from berries, tar, sap, etc) that will not come out with basic cleaning you can also try using your fingernail or a plastic scraper to chip/scrape off the residue spot.

By following the tips above you should be able to thoroughly clean your tracks and load wheels (see the before and after photos below).



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](mailto:service@elliptigo.com)

## ElliptiGO Owner Community

### *Century Club - New Members This Month!*

We are excited to welcome Angela Shartel, Chris Branson and Anna Bradley to the ElliptiGO Century Club! All three successfully completed the Stagecoach Century in Southern California this past weekend. In the process, Anna broke the 104-mile Womens' 1-Day Distance Record and established the new mark at 108-miles.

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. If you want some help in reaching that 100-mile finish line, [download a century ride training program](#) today!

### *Sign Up For An Event In Your Area*

Whether it's a century ride, a multi-day bike tour or a casual family fun ride, cycling events are more fun when you are riding an ElliptiGO! Signing up for an event can also provide you with great motivation for fitness training on the 'GO. A good resource for finding cycling events in your area is the Active website: [Click here to search Active.com for a cycling event in your area](#)

### **Recycle Your Old Bike**

If your conventional bike is now gathering dust in the garage, consider donating it to an organization that will recycle or re-use your bicycle for a good cause. One example is [Changing Gears Bike Shop](#) - a non-profit organization in Northern California. If you have questions about this program or whether there are similar programs in your area, please email Zack at [zack@changinggearsbikes.org](mailto:zack@changinggearsbikes.org)

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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](mailto:anm@elliptigo.com).



Enjoy the Ride!

**Team ElliptiGO**