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ELLIPTIGO

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Owner Update

September 16th, 2010

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Announcements

We hope you all are enjoying your ElliptiGOs! This month we have two important customer announcements:

Online Product Reviews: We value your feedback and we know potential customers do as well. We'd really appreciate it if you took a few minutes to post a review of the ElliptiGO 8S on our website. [Click here to navigate to our website and write your review.](#)

New Accessories: Looking to increase acceleration or improve climbing? Check out our new toe cage accessory. [Click here to read more about the toe cages on our website.](#) (And for our toe-cage beta-testers, please share your experiences by writing a review - just follow the toe cage link above.)

Riding Tip of the Month

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

ElliptiGO.

Tip #2: When climbing a hill, shift between power strokes with your feet in a neutral position.

Your ElliptiGO is a high performance machine, designed to be ridden over challenging road terrain. By varying your workouts and getting out to the hills you can maximize the effectiveness of ElliptiGO workouts. Your ElliptiGO has an 8 Speed, internally geared Shimano Alfine Hub with plenty of range to take on the steepest hills. To conserve your momentum and have greater hill climbing success – try shifting into lower gears (towards gear 1, away from gear 8) **just before** hitting the start of a steeper uphill. Your pedaling cadence will instantly increase and climbing steep hills will be easier than if you wait to shift in the middle of a steep climb.

Note: You will have the greatest success shifting into lower gears if you shift between power strokes, with your feet in a neutral position (see photos below). Shifting under load/on a power stroke may cause a shifting delay that will keep you in a higher gear longer than you anticipated.



For other riding tips, be sure to check out our [Advanced Riding](#) video.

Maintenance Tip of the Month

Just like a car needs an oil change, the ElliptiGO requires simple regular maintenance (in addition to your pre- and post-ride inspections) to make sure it's providing you a smooth, comfortable ride.

Tip #2: Keeping your Shimano Alfine Hub in Alignment

Your ElliptiGO is outfitted with an internally geared Shimano Alfine 8 Speed Hub.

The gears are actuated by a trigger shifter at the handlebars, which is connected by a cable to the rear hub. Over time this cable will stretch and your gears will go out of alignment, causing shifting between gears to become more difficult, and eventually, impossible. Adjusting the hub is simple and involves aligning two yellow hash marks in the hub's alignment window. This adjustment won't be necessary very frequently, but if you notice that your shifting performance has decreased, checking the rear hub alignment is a good place to start.

For a visual demonstration of how to adjust your hub, be sure to check out the [Aligning the Hub](#) video on the service page of our website.

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

Riding in Events on your ElliptiGO

Training for an official cycling event is a great way to get in shape on the ElliptiGO. As you can see on our website, we've already ridden the ElliptiGO in numerous cycling events around the country. If you are thinking of training for an event on your ElliptiGO, we would like to support you in pursuing your next elliptical biking fitness challenge.

We can help you by **sponsoring a portion of your entry fees** or by **connecting you with other ElliptiGO riders in your area** to form a training group.

Please email Anamaria at anm@elliptigo.com if you have an event in mind that you would like to train for and would like to enlist ElliptiGO's support.

Just for Fun - ElliptiGOs in Real Life

How are YOU using your ElliptiGO for exercise, events, commuting or just for cruising around town? We know other customers would love to hear stories and see photos! Please email Anamaria at anm@elliptigo.com with your photos and stories for inclusion in next month's owner update.

This Month...



John, Erin and Sara recently completed the Bike-the Bay event in San Diego.

"It was so much fun to ride with Erin and Sara from ElliptiGO. A great event and a great ride!"

Jack from San Francisco is fired up about his recent vacation to Wine Country.

"We rode about 18 miles round trip from downtown Sonoma to the Benziger Winery. We had definitely earned our wine tasting by the end of the Jack London hill climb!"



To read more about how other ElliptiGO owners are using their bikes in real life, please visit the [customer page on our website](#).

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

