

RUN WITHOUT IMPACT

THOUSANDS OF CURRENT AND FORMER RUNNERS
RIDE ELLIPTIGO BIKES TO STAY HEALTHY, IMPROVE
ENDURANCE AND AVOID INJURIES.



ELLIPTIGO®

"YOU CAN GO REALLY FAST ON AN ELLIPTIGO,
AND THERE IS A SENSE OF WEIGHTLESSNESS
WHILE RIDING IT. YOU ARE GUARANTEED
TO HAVE FUN ON BOARD."

OUTSIDE MAGAZINE



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INTRODUCTION

RUNNERS:

GET FIT, GET FAST AND AVOID INJURIES WITH THE ELLIPTIGO BIKE

Stand-up cycling is like running on air. It is the closest you can get to simulating a true running motion without the impact, complementing the same muscular contractions in a way no other cross-training device can.

Plus, stand-up cyclists enjoy the exhilarating workout experience that you expect from running, generating similar high heart rates and comparable breathing patterns.

ElliptiGO is the industry leader and pioneer in stand-up cycling. ElliptiGO was created by runners just like you. At 33 years old, one of our co-founders, Bryan Pate, iron man, athlete, lost the ability to run. He tried traditional bikes and used the elliptical at the gym, but none of them gave him the experience and feeling of running. He partnered with a fellow ultramarathoner and triathlete, Brent Teal, to create the world's first elliptical bicycle. They brought our first product to market in 2010. There are now more than 35,000 ElliptiGO bikes on the road all around the world.

While the concept may be new to you, thousands already incorporate ElliptiGO training in their running regime. This brochure is an in-depth look at the How's and Why's of ElliptiGO, along with a look at the science behind it.

Let's take a look at the value of cross-training, what makes ElliptiGO bikes unique, the most common injuries that running can cause, and the compelling research that has been completed using our bikes. Plus, check out our integrated run training plans and hear from real-life ElliptiGO riders who have benefitted from our products. Explore the benefits, get questions answered, and get ready to come along for an all-new ride!

*"WHETHER YOU WANT TO IMPROVE YOUR
RUNNING PERFORMANCE OR REDUCE YOUR
RISK FOR INJURY, THE **ELLIPTIGO** IS AN EFFECTIVE
TRAINING TOOL TO HELP YOU ON YOUR JOURNEY."*

RUNNER'S WORLD





THE VALUE OF CROSS TRAINING

For high-level performance, cross-training is an integral part of an athlete's training regimen. Overall fitness and performance can be dramatically improved as long as exhaustion, injury, and burnout are kept at bay.

Athletes choose their cross-training activity depending on preference and goals, often opting for a type of activity complimenting their primary sport. This lets them enjoy the benefits of cross-training and negate any shortcomings in their primary activity.

For runners, the shortcoming is often the effects of impact and the stress on the body from a highly repetitive motion. Running, at large, has a higher injury rate than other endurance sports due to the high-impact nature of the activity.

To sidestep this, a long tradition has formed of athletes using alternative cardio training modalities to maintain fitness when unable to run due to injury. But cross-training only when injured is a thing of the past. Today's top coaches are

taking a different approach in growing numbers. Rather than reactive cross-training, picking up an alternate activity once the damage has already been done, they are more proactive, focusing on ways of circumventing those seemingly unavoidable injuries in the first place.

For runners training on their own, often without hands-on, certified, and individually tailored coaching, this mind shift can be hard. The idea of replacing any of their time spent running with cross-training is for some a source of anxiety and worry that it will hinder their running performance, *even if it offers a reduced rate of injury.*

Unfortunately, these runners often learn the hard way, missing out on valuable training time while sidelined by an injury. We are here to assure you, it is possible to run less, without sacrificing performance.

"WE HAVE THE ABILITY TO IMPLEMENT EXERCISE WHICH REPLICATES THE BODY'S NORMAL RUNNING MOTION PERFECTLY MINUS THE IMPACT. A DEVICE WHICH ALLOWS RUNNERS TO IMPROVE THEIR RUNNING FITNESS EVEN WHILE NOT RUNNING."

**COACH PETE REA
PROFESSIONAL RUNNING COACH, ZAP ENDURANCE**

THE BEST TOOL FOR NEW RUNNERS

FOR YOUNGER OR NEWER RUNNERS, LOW-IMPACT CARDIO CROSS-TRAINING IS ALSO A VERY USEFUL TOOL.

New runners usually have less strength than more experienced runners and need considerable time to develop their tendons, ligaments and skeletal capacity.

A rapid increase in running mileage, which occurs often, leads to the development of lingering beginner injuries such as shin splints and other soft-tissue injuries as the body tries to adapt to the new activity and higher impact forces.

The unique cross-training alternative of the ElliptiGO bike offers a way to increase endurance capacity while also building the weak or imbalanced hip and gluteal muscles that often occur in runners at all levels. This all happens without imposing additional impact strain on the athlete! Well seasoned or injury-prone runners also do well with replacing certain runs with nonimpact cardio sessions.

While cross-training options and tools may seem plentiful, there's only one product on the market that is considered the gold standard by current and former runners: ElliptiGO Bikes.



WHY ELLIPTIGO?

THERE'S NOTHING ELSE LIKE IT.

Now that we are reminded of the value of cross-training, you might be asking yourself, "How will I know if an ElliptiGO bike is the best modality for me to maximize results?"

For runners, many cross-training options are either:

- 1
NOT RUN-SPECIFIC ENOUGH
- 2
NOT INTENSE ENOUGH
- 3
LIMITED TO INDOOR USE
- 4
NOT ACCESSIBLE
- 5
NOT FUN!
- 6
OR ALL OF THE ABOVE

It is because the ElliptiGO bike alleviates *all* of those cross-training concerns that it has become one of the most sought-after cross-training tools for runners.

"THE ELLIPTIGO LITERALLY SAVED ME LAST YEAR! I HAD HAMSTRING SURGERY AND WAS OUT FOR A FULL YEAR. I USED THE ELLIPTIGO TO SUCCESSFULLY REHAB MY HAMSTRING TO GET ME BACK TO RUNNING COMPETITIVELY. THE GO IS NOW AN ESSENTIAL COMPONENT OF MY RUNNING TRAINING TO STAY INJURY FREE."

KARA MOLLOY, CURRENT ELITE MASTERS RUNNER

THE ELLIPTIGO BIKE IS A WEIGHT-BEARING, LOW-IMPACT TRAINING TOOL CLOSELY MIMICKING THE RUNNING MOTION, PROVIDING A HIGHLY EFFICIENT TRAINING STIMULUS. ITS BIOMECHANICAL ENGINEERING **ALLOWS RUNNERS TO ENGAGE THE SAME MUSCLES REQUIRED WHEN RUNNING, BUT WITHOUT THE NEGATIVE HIGH-IMPACT SIDE EFFECTS** THAT CAN SIDELINE AN ATHLETE.

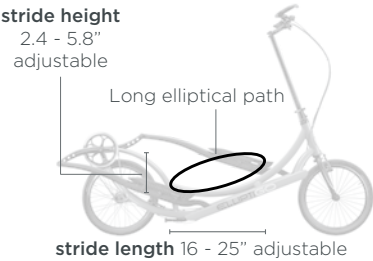




OUR ELLIPTICAL BIKES EMULATE THE EXPERIENCE OF RUNNING AND PROVIDE THE BEST LOW-IMPACT CARDIO WORKOUT YOU CAN GET, INDOORS OR OUTDOORS.



- Closely mimics a natural running stride
- Offers 25" stride length - longer than most traditional elliptical machines and more intrinsic to running.
- Steeper angle change in the pedals, distributing force through the foot more evenly and engaging more of the posterior chain (hamstrings/glutes)
- Narrower width in the stance - which creates a more natural angle between the hip and ankle as compared to a traditional elliptical machine.



Gives the smoothest, gentlest ride from the long elliptical stride length; easiest on joints; provides comfortable ride for hours.



Delivers running-like motion, balanced muscle activation, and adjustable stride length for ultimate comfort.



Provides stability and comfort and delivers optimal power transfer; multiple foot positions allow targeting different muscle groups.

THE AEROBIC BENEFIT

RUNNERS: GET FIT, GET FAST AND AVOID INJURIES WITH THE ELLIPTIGO BIKE!

Burning an average of 33% more calories than a conventional bike at similar speeds, ElliptiGO bikes offer training with excellent aerobic benefits that produce similar efforts to that of running. This training can be done both indoors and outdoors.

By integrating an ElliptiGO bike into their training, runners can train longer, harder, and with lower risk of injury. ElliptiGO-based cross-training helps athletes of all ages and abilities, stay consistent, stay healthy, and stay on track to reach their goals.

Current, former, and injured runners all use ElliptiGO bikes to experience the joy of running without the negative effects of impact. Regardless of your current status – healthy or injured, current or former runner – stand-up cycling offers the freedom, fitness, and performance to keep you moving toward your goals.



INDOOR OR OUTDOOR TRAINING

TRAIN YEAR-ROUND WITH THE ELLIPTIGO FLUID 365 STATIONARY TRAINER

Designed from the ground up to provide a superior stationary training experience for all ElliptiGO bikes. It includes a front stand that holds the bike upright by attaching to the steering column and supporting the front wheel, and a resistance unit that attaches to the rear wheel of the bike and allows the bike to pivot side to side.

The Fluid 365 is the only trainer with a resistance curve that matches the real experience of riding an ElliptiGO on the road. This increased resistance gives you more options to vary your workout and allows you to do high-intensity interval training (HIIT) without running out of gears.



COMPARISONS TO OTHER CROSS TRAINING OPTIONS



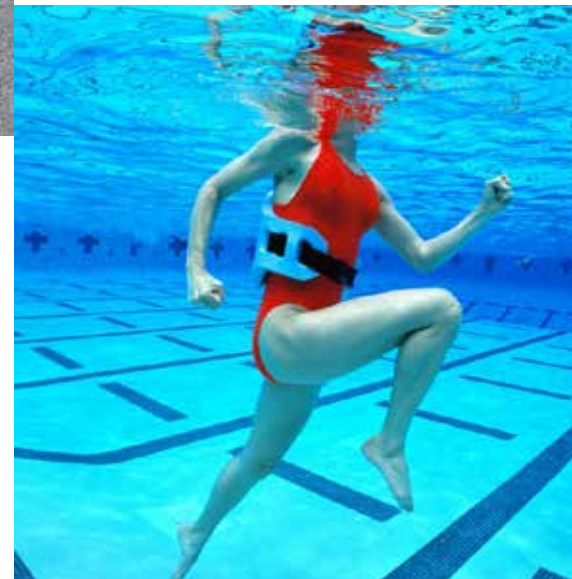
CYCLING

- Cycling is less run-specific in terms of motion and muscle activation.
- Cycling is a continuance of sitting - a position that many already spend too many daily hours in. Both sitting and cycling can cause similar muscle imbalances; a forward-rounded posture, rigid upper back, tight hip flexors, and an often compromised neck position.
- It is difficult to get heart rate levels as high as when running. The ElliptiGO bike better simulates those efforts, with 33% greater aerobic effort than conventional cycling at the same speeds.
- Cycling while seated on a saddle is not a full weight-bearing activity, which makes it limited in bone density strengthening - a core benefit of weight-bearing activities. The ElliptiGO bike is fully weight-bearing.
- Bike saddles often cause discomfort, with not only sit-bone pain but lasting soft tissue damage and sore formations. This is common among both male and female riders. The combination of sustained continuous pressure, friction from constant pedaling, and reduced blood flow in these sensitive areas frequently leads to riders shortening their weekly training time or abandoning the sport.



ELLIPTICAL MACHINE

- Elliptical machines are limited to indoor use only. The ElliptiGO bike can be used both outdoors and indoors with our Fluid 365 Stationary Trainer.
- Many elliptical machines have a limited range of motion. ElliptiGO bikes simulate a natural, longer running stride motion.
- Elliptical machines are limited to one plane, while ElliptiGO bikes offer multi-plane movement.



AQUA JOGGING

- Aqua jogging is not fully weight-bearing, which limits bone density strengthening, a core benefit of weight-bearing activities. The ElliptiGO bike is fully weight bearing.
- Difficult to increase running cadence in water resistance.
- Difficult to get heart rate levels as high as running.
- You rarely hear someone say, "Aqua jogging is fun."



ANTI-GRAVITY TREADMILL

- Anti-gravity treadmills are limited to indoor use only, while the ElliptiGO bike can be used outdoors and indoors with our Fluid 365 Stationary Trainer.
- They still impose some impact, which can aggravate certain injuries.
- Often difficult to get heart rate levels as high as when running.
- Not very accessible given the cost or limited local availability.

**HAS AN INJURY
OR OTHER MEDICAL
CONDITION FORCED
YOU TO STOP RUNNING
OR GIVE UP THE EXERCISE
YOU LOVE?**

YOU ARE NOT ALONE.

**EACH YEAR, 65-80%
OF RUNNERS ARE
SIDELINED WITH A
RUNNING-RELATED INJURY.**



OVER THE LAST DECADE, THOUSANDS OF ATHLETES HAVE TURNED TO ELLIPTIGO BIKES AS THEY REHAB AND RECOVER FROM A WIDE VARIETY OF INJURIES. HERE ARE SOME OF THE MOST FREQUENT:

COMMON FOOT AND ANKLE INJURIES

Stress Fractures, Achilles Tendinitis, Plantar Fasciitis, Metatarsalgia



“Many of my patients really enjoy all that running offers them; the aerobic exercise, the ability to enjoy the outdoors, and the stress relief. Unfortunately, many of these same people can’t run anymore because their bodies can’t handle the impact of running. For these patients, I explain that with the ElliptiGO it’s possible for them to continue to receive all the cardiovascular benefits of running just without the impact.”

ROBERT M. CONENELLO, DPM, FACFAS, FAAPSM – PAST PRESIDENT, AMERICAN ACADEMY OF PODIATRIC SPORTS MEDICINE



“As a result of running, I have had Achilles issues which ended in surgery, as well as shin splints and hip/back pain. The ElliptiGO has allowed me to work out as aggressively as I used to while running without experiencing any of the injuries. Because I’ve been able to incorporate vigorous training on the ElliptiGO while staying healthy, I have run a Masters 5K PR on just 10 miles/week of running. The ElliptiGO has brought joy back to my fitness routine.”

NEIL HAMILTON – ACHILLES ISSUES REQUIRING SURGERY AND SHIN SPLINTS



“As a life-long runner with arthritis in my knees, I love the ElliptiGO as I feel it provides me with the closest experience to running and a great workout. As a Sports Medicine podiatrist I have every confidence in recommending the ElliptiGO for injured runners and as a great adjunct for athletes in every sport as it definitely helps strengthen an athlete’s core muscles without the impact of running.”

BRIAN W. FULLEM DPM – FELLOW AMERICAN ACADEMY OF PODIATRIC SPORTS MEDICINE



COMMON KNEE INJURIES

Chronic Pain, Knee Replacement, Osteoarthritis, ACL/MCL/Meniscus Tear, and Patellofemoral Pain Syndrome



“Chronic knee pain is a long-term pain, swelling, or sensitivity in one or both knees. The pain isn’t always attributable to one incident; it just starts one day, and if it stays for more than two or three weeks it rarely goes away without treatment. Following patients’ feedback and their pain evolution, I have discovered that patients who receive ART (active release technique) and deep tissue massage in combination with different forms of easy movements, like riding an ElliptiGO bike regularly, always improve their condition to some extent.”

JUAN REQUE – PHYSICAL THERAPIST, CSCS, ATP TRAINER – IMPROVING CHRONIC KNEE PAIN



“It is so fun to feel like I am running again. I had to give up running a few years ago as my knees were starting to get early OA and my cartilage was wearing away. It has been difficult finding an exercise that gives me as good a workout as running without causing pain in my knees, but the ElliptiGO is that device. It is such a perfect blend of low-impact, great cardio burn, and fun! I am recommending it to all my former-runner patients and currently injured runners as a cross-training device.”

JON RHODES – MSPT, MBA, DPT – OSTEOARTHRITIS

“WE HAVE INJURY-PRONE ATHLETES THAT JUST CAN’T RUN THE MILEAGE IT TAKES TO COMPETE AT A NATIONAL LEVEL. WITH THE ELLIPTIGO, WE CAN HAVE THEM RUN A SAFE MILEAGE, AND THEN SUPPLEMENT THOSE MILES WITH EXTRA WORKOUTS ON THE GO.”

COACH DOUG SOLES
HIGH SCHOOL TRACK & FIELD COACH, GREAT OAK HIGH SCHOOL

COMMON HIP INJURIES

Hip Replacement, Torn Labrum, Hip Resurfacing, Osteoarthritis



"I had significant cartilage deterioration and a torn labrum with bone-on-bone friction. I underwent arthroscopic surgery that shaved the bone down to anchor the labrum in place. I was unable to run without pain. By using the ElliptiGO over the course of a year, I was able to return to running and win the Masters National Championships in the 5K and 10K."

BRIAN PILCHER – TORN LABRUM, HIP AND KNEE PAIN



"The first time I saw an ElliptiGO was just a few months after I'd undergone total hip replacement surgery. I had been encouraged to limit myself to low-impact activities, but all I heard was 'don't run' or do any of the things I enjoyed doing. Discovering the ElliptiGO that day restored a feeling of hope and excitement for me. From daily, pain-free exercise to participating in events and meeting other riders, the ElliptiGO has enriched my life in so many ways."

JANE LEGORE – TOTAL HIP REPLACEMENT



"I use the ElliptiGO myself almost every day and I love it! No neck pain, no back pain. I have recommended it to my patients who miss running because of back, hip, and knee problems and also cyclists who suffer neck pain on a bike. It is a great workout, no impact, and a blast to ride."

STEPHEN BARTOL, M.D. – BOARD CERTIFIED ORTHOPEDIC SURGEON, SPINE SPECIALIST

"AFTER A TORN HAMSTRING CAUSED ME TO MISS THE OLYMPIC TRIALS, THE ELLIPTIGO BECAME A HUGE TOOL FOR ME AND CARRIED MY FITNESS THROUGH TWO PREGNANCIES AND ACHIEVING THE OLYMPIC A STANDARD IN THE 10K."

SARA SLATTERY

FORMER PROFESSIONAL RUNNER AND COLLEGE TRACK & FIELD COACH, GRAND CANYON UNIVERSITY

COMMON NECK AND BACK INJURIES

Osteoarthritis, Herniated Disc, Spinal Stenosis, and Spine Fusion



"I am a former runner and cyclist who has had degenerative disc disease since I was 25 years old, and was diagnosed with Spinal Stenosis in December 2009. My doctor told me that I could no longer run, and could only do limited cycling. I first started riding the ElliptiGO in March of 2010, and typically ride over 200 miles per month on my ElliptiGO. The ElliptiGO has helped my condition so well, that with my doctor's permission, I can actually run again and I race a few times a year, with most of my training coming from the ElliptiGO."

JOHN PILKINGTON – SPINAL STENOSIS AND DEGENERATIVE DISC DISEASE



"The ElliptiGO provides a low-impact cardiovascular workout that also engages core muscles, which protect the back from injury. Plus, using the ElliptiGO is fun, which can improve compliances with physician-prescribed exercise programs while reducing injuries and pain."

ADAM LOCKETZ, M.D., FAPMR – PAIN, PHYSICAL AND REHABILITATIVE MEDICINE



RESEARCH

THE DATA BEHIND THE BENEFITS

THE RAVE REVIEWS WE RECEIVE FROM ELLIPTIGO RIDERS AND FANS ALL AROUND THE WORLD MAY SEEM TOO GOOD TO BE TRUE. YET, THE DATA DOESN'T LIE. RESEARCHERS ALL ACROSS THE COUNTRY HAVE PUT ELLIPTIGO BIKES TO THE TEST, AND THEIR FINDINGS CONFIRM WHAT WE HEAR FROM USERS EACH AND EVERY DAY.



The EPARC at UC San Diego conducted a metabolic testing study in 2011, which found that riding an ElliptiGO bicycle required, on average, 33% more effort than conventional cycling, decreasing the training time required to achieve fitness goals. They also determined that heart rate and perceived exertion levels were a 1:1 ratio between the ElliptiGO bicycle and running.

This allows athletes to replicate training based on feel and duration alone, simplifying the cross-training application.

[READ ARTICLE](#)

In 2014, Ohio University found that the effects of ElliptiGO-only training on physiological biomarker improvements (VO2Max, LT, AT, and CRP) were comparable to those of run-only training when matching time and intensity over a four-week period. The subjects in the ElliptiGO training group also reported significantly less lower-body soreness.

[READ ARTICLE](#)

A 2016 University of Memphis study aimed to answer which cross-training modality was most optimal in high school Cross Country runners when replacing two easy runs per week with cross-training, instead of completely replacing running training. The study showed performance improvements for all the run-specific cross-training groups; however, only the ElliptiGO group of runners improved their "fuel economy" and lower-limb joint mobility.

Stand-up cycling requires core-muscle engagement to maintain balance and stability, even during "easy run" replacements. This positively affects muscles that are under-utilized during running and other cross-training options.

These results suggest that coaches can prescribe elliptical cycling as a form of cross-training to elicit similar physiological and subjective outcomes when replacing easy runs for injury-prone athletes or when fully replacing running during a long-term injury.

[READ ARTICLE](#)



ELLIPTIGO INTEGRATED TRAINING PLANS

AT ELLIPTIGO WE TRULY BELIEVE WE HAVE MADE THE BEST CROSS-TRAINING TOOL ON THE MARKET.

We want to see our customers achieving their fitness goals and enjoying a lifetime of injury-free fitness. To support you, we have worked with some of the best running coaches in the U.S. to develop ElliptiGO-integrated training plans. Whether you are running your first 5k or looking to break 3 hours in the marathon, we have a plan for you.

INDIVIDUALLY STRUCTURED PLANS FOR ALL EXPERTISE LEVELS. FIND THE BEST PROGRAM BASED ON YOUR NEEDS AND GOALS.

CLICK HERE TO ACCESS THE TRAINING PLANS

MEET THE COACHES



DARREN BROWN

Darren’s training plans are ideal for runners of any ability from novice to elite, and they will have the largest amount of ElliptiGO integration. Darren specializes in injury prevention and recovery training for athletes who have chronic injuries, have had a recent injury, or are simply looking for a little extra time on their ElliptiGO bike. Darren’s plans have ranges and workout options built in, and they typically keep running to 3-4 days per week depending on what level you follow.



GREG MCMILLAN

Greg McMillan’s plans are great for competitive runners looking to take their racing to the next level. Integrating the ElliptiGO into his traditional running programs, Greg provides a balanced approach to training hard. Greg’s plans will help you reach the starting line fit, healthy, and feeling ready to conquer your goals. So whether it’s a new personal best, a top age-group finish, or a Boston qualifying time, Greg’s ElliptiGO-Integrated programs will help you succeed.



JENNY HADFIELD

Jenny is a veteran running coach who has trained thousands of runners of all levels. With Jenny’s novice training plans, you’ll get a perfect blend of running and low-impact ElliptiGO workouts to prepare for your first time at a variety of new race distances from 5k to the marathon.

ATHLETIC PROGRAMS IN UNIVERSITIES

MORE THAN 300 HIGH SCHOOL AND UNIVERSITY TEAMS
USE ELLIPTIGO-BASED TRAINING TO INCREASE TRAINING
VOLUME OF LOW MILEAGE ATHLETES, KEEP INJURED
ATHLETES ENGAGED AND MOTIVATED, AND ENABLE
THE ENTIRE TEAM TO CONTINUE TRAINING TOGETHER.

NCAA DIVISION I

Colorado / New Mexico / Stanford / Furman / NC State / Michigan / BYU / Arkansas / Michigan State / UC Berkeley (Cal) / Eastern Michigan / Dartmouth / Virginia / Missouri / Georgetown / Texas A&M / Kansas State / Miami / New Hampshire / Tennessee / Florida State / Vanderbilt / Arizona / Nebraska / Houston / Clemson / Arizona State / Rice / Albany / Samford / Georgia Tech / Monmouth / UMass / Toledo / Sacramento State / Army / Bucknell / Cal Poly / Creighton / Eastern Washington / Central Michigan / Central Connecticut / College of Charleston / Dayton / Elon / Fresno State / High Point / Incarnate Word / Lafayette / Lehigh / Liberty / Long Beach State / Maine / Memphis / Montana / Nevada / Northern Illinois / Ohio / Rhode Island / Southeastern / Tulane / U of Illinois-Chicago / UC Santa Barbara / UNC Wilmington / Utah Valley / Vermont / Wichita State

NCAA DIVISION II

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NCAA DIVISION III

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NAIA, JUNIOR, COMMUNITY COLLEGE

Aquinas / Concordia-Irvine / Grace / Indiana Wesleyan / Lewis-Clark State / Mills / Mt. SAC / San Diego Mesa / Soka / Taylor / Waldorf / Westmont



ATHLETIC PROGRAMS IN HIGH SCHOOLS

HIGH SCHOOL

Andale HS / Asotin HS / Assumption HS / Avon Lake HS / Ayala HS / Batavia HS / Battle Creek Central HS / Bay View Academy / Bella Vista HS / Billerica Memorial HS / Billings West HS / Blissfield HS / Brenham HS / Brentwood HS / Brookfield Central HS / Broughton HS / Brush High School / Canterbury HS / Canyon Crest Academy / Canyon HS / Caribou HS / Centaurus HS / Centerville HS / Century HS / Clearview Regional HS / Collins-Maxwell HS / Concordia Lutheran HS / Cosby HS / Croatan HS / Dana Hills HS / Darlington HS / Dexter HS / Dowingtown West HS / Dowling Catholic HS / Downers Grove North HS / Downers Grove South HS / Dubuque Senior HS / El Dorado HS / Fairfield HS / Fauquier HS / Festus HS / Fitchburg HS / Fort Collins HS / Fort Laramie HS / Fort Zumwalt East HS / Fremont HS / Frontier Academy / Fruitport HS / Gahanna Lincoln HS / Galena HS / Garden City HS / Germantown Academy / Glenbrook North HS / Granada HS / Grant County HS / Grant County HS / Great Oak HS / Great Valley HS / Green Bay Southwest HS / Gruver HS / Henry Sibley HS / Hermitage HS / Hicksville HS / Homestead HS / Hopewell Loudon HS / Horizon HS / Huron HS / Jones College Prep HS / Kalida HS / Kennett HS / Kenosha HS / Kent City HS / Kings HS / La Canada HS / La Costa Canyon HS / La Vernia HS / Laguna Beach HS / Lee-Davis HS / Legend HS / Lexington HS / Los Alamitos HS / Los Alamos HS / Los Banos HS / Loudoun Valley HS / Loyola HS / Lutheran West HS / Lyons HS / Maplewood HS / McKinleyville HS / Memorial HS / Meridian HS / Millbrook HS / Minster HS / Mishawaka HS / Mission Viejo HS / Mohonasen HS / Mona Shores HS / Monte Vista HS / Monticello HS / Mt. Carmel HS / Nanuet HS / Neuqua Valley HS / New Riegel HS / Newton South HS / Northridge HS / Northville HS / Oak Ridge HS / Oakland Mills HS / Otay Ranch HS / Panther Creek HS / Patriot HS / Pearl River HS / Pennsbury HS / Perrysburg HS / Piedmont HS / Pine Crest HS / Pioneer HS / Platteville HS / Ponderosa HS / Pope John HS / Prospect HS / Randolph HS / Red Bank Catholic HS / Redondo Union HS / Ridge HS / Rockford HS / Sacred Heart Academy / Salinas HS / Saugus HS / Shawnee Mission Northwest HS / St Andrews School / St John Bosco HS / St Johns School / St Marys HS / St Wendelin HS / St. Thomas Aquinas HS / Tates Creek HS / Tewksbury Memorial HS / The Classical Academy / Trabuco Hills HS / Trinity Hall HS / Turpin HS / Union Catholic HS / Unionville HS / Valley Center HS / Vista del Vago HS / Watkins Memorial HS / Waukesha West HS / Wayland HS / West Torrance HS / Western HS / Westfield HS / Westmont HS / Westosha Central HS / Wood River HS / Woodmore HS / Yorkville HS



WHAT COACHES HAVE TO SAY



"Our women's 4 x 800 relay earned All-American honors at NAIA Nationals running the 3rd and 4th Best relay times in team history. The uniqueness of their accomplishment was that most of their 800 training was on the ElliptiGO. Three of the four ran PR's in their legs of the relay at Nationals. The fourth ran within her best time."

RUSSELL SMELLEY, WESTMONT COLLEGE



"ElliptiGO training is the most enjoyable cross training our athletes do. We had a senior distance runner who upped his mileage simply by training on the ElliptiGO as his second session. He went on to break our school record in the 5K."

JOE COMPAGNI, MONMOUTH UNIVERSITY



"Having an injury prevention background, I love that we have another method of cross training and better yet, this method allows them to be WITH the team. We have a few favorite short loops where they are able to switch from going easy to hard as a way to get their heart rate even higher! Although, I know their heart rates are already higher on the ElliptiGO than the elliptical machine or traditional bike."

CRYSTAL BACON, URSINUS COLLEGE



"The motion and movement are closer to running than other modalities so it allows an easy conversion to running miles without the impact. Two of my top 3200m athletes had major injuries last season and trained solely on the ElliptiGO. They not only returned to running faster than expected, but exceeded their lifetime PRs in the event."

ANDREW CORMAN, CANYON CREST ACADEMY



"The ElliptiGO is perfect for our newer runners who are not yet ready for long runs but who want to help out their teammates by being present during training efforts. They can stride easily alongside or near others as they put in a long run effort. We also can use the ElliptiGO for on/off efforts of specific time duration."

TIM GUNDY, ASOTIN HIGH SCHOOL



"We have injury-prone athletes that just can't run the mileage it takes to compete at a national level. With the ElliptiGO, we can have them run a safe mileage for their body to keep them healthy, and then supplement those miles with extra workouts on the ElliptiGO"

DOUG SOLES, GREAT OAK HIGH SCHOOL





WHAT CURRENT PROFESSIONAL RUNNERS HAVE TO SAY



"I started using the ElliptiGO while rehabbing a broken foot. I actually started while I was still in a boot. I then ran 3 PRs in the next 6 months. It has been a staple in my weekly training ever since. I always listen to my body and decide if a run is a good choice, or supplement with a low impact ElliptiGO session instead."

NEELY SPENCE GRACEY, PROFESSIONAL MARATHONER AND COACH



"I use the ElliptiGO multiple times a week: to add onto an easy run day, for a shakeout, or to simulate a workout completely. I use a lot of different cross training options, but I find the ElliptiGO better for simulating a run. My heart rate is very similar and it feels like the perfect effort."

AMANDA ECCLESTON, PROFESSIONAL TRACK ATHLETE (1500M)



"Cross training has always played a significant role in my training. I'll have to admit, though, that pool running or riding the stationary bike/elliptical can get pretty boring. The ElliptiGO has been a refreshing addition to my training regimen. It's the closest thing to actually going for a run, and I really enjoy how it can be used stationary or on the roads."

CHANELLE PRICE, PROFESSIONAL TRACK ATHLETE AND WORLD CHAMPION (4X800)



"During regular training, I cross train an additional 2 hours on the ElliptiGO. During recent marathon recovery sessions, I go 4-5 hours a week on the ElliptiGO. It helps me maintain fitness while my body recovers. I really look forward to the rides. When I wake up and realize it's an ElliptiGO day, I get excited to plan my new route. It's fun to cover more ground than when I'm running. When coach orders cross training, the ElliptiGO is my go-to."

JARED WARD, PROFESSIONAL MARATHONER AND 2016 OLYMPIAN



"My main uses for the ElliptiGO have been coming back from injury and needing a really good stimulus when I can't run. And the ElliptiGO has definitely provided that as the closest I've been able to feel to that running motion. After six weeks of training on the ElliptiGO post-surgery, I was able to get right back into run training and felt so strong from the workouts I was able to do on the ElliptiGO."

MOLLY SEIDEL, PROFESSIONAL MARATHONER AND 2021 OLYMPIAN

“YOU CAN TORCH MORE THAN 300-600 CALORIES IN JUST A HALF HOUR.”
SHAPE



WHAT FORMER PROFESSIONAL RUNNERS HAVE TO SAY



"The ElliptiGO was even more fun than I expected. It felt even better than I had hoped. It seemed to melt the years away and made me feel like a runner again. I was really able to get my heart rate up with no lower leg issues. I am so happy when I am riding/running on the green machine."

STEVE MCCHESNEY, NCAA ALL-AMERICAN, COACH - NEWTON SOUTH HIGH SCHOOL



"After a torn hamstring caused me to miss the Olympic Trials, the ElliptiGO became a huge tool for me and carried my fitness through two pregnancies and achieving the Olympic A Standard in the 10K. The thing I love about running is being outside and being able to go places. Cross training becomes monotonous because traditionally you are confined to the gym on a machine. The ElliptiGO makes cross training and training fun!"

SARA SLATTERY, NCAA ALL-AMERICAN, COACH - GRAND CANYON UNIVERSITY



"As I get older I have to be smarter and wiser about my training, ElliptiGO bikes are the closest you can get to running. I run in the morning, and now in the afternoon I no longer have to do a 30-minute run like I used to do. Instead I ElliptiGO for 1.5-2 hours about five days a week. That enhances my cardiovascular system and gets me fitter and stronger with no impact whatsoever."

MEB KEFLEZIGHI, OLYMPIC MEDALIST, NEW YORK AND BOSTON MARATHON CHAMPION



"Because of all of the injuries to, and surgeries on, my feet over the years, I can't run on the ground anymore. I started riding an ElliptiGO, and I quickly realized that it is the closest thing to running. You can push yourself as if you were running – I can do almost any 'run' workout on the ElliptiGO that I used to do while I was running competitively. The ElliptiGO has inspired me – it is exhilarating!"

MARY DECKER SLANEY, OLYMPIAN AND WORLD CHAMPION



"More than any other form of cross training, the ElliptiGO mimics the running motion and uses the same muscle groups. I also find it very time efficient since an hour on the GO is equivalent to an hour of running. I feel that overall fitness actually increases when doing a majority of aerobic work on the ElliptiGO. I can push harder and maintain a higher heart rate for a longer period of time than in running or any other form of cross training."

STEVE SPENCE, OLYMPIAN, COACH - SHIPPENSBURG UNIVERSITY

"DON'T WAIT TILL YOU GET INJURED TO GET ON AN ELLIPTIGO. IF YOU CAN STAY CONSISTENT AND HEALTHY, YOU WILL PERFORM. THE RESULTS SPEAK FOR THEMSELVES!"

MEB KEFLEZIGHI, OLYMPIC MEDALIST, NEW YORK AND BOSTON MARATHON CHAMPION



WHAT CURRENT MASTERS RUNNERS HAVE TO SAY



"Leading into the New England 8k Road Championships in 2019, the preview of the elite women's field focused on the many talented young women traveling to race for the title. For me, no one expected anything other than a win in the 40 plus division. What a surprise when I came sprinting down the final straightaway and went on to win the overall women's race. That win came from many hours per week on my ElliptiGO long stride and only 20 miles per week of running."

KIM NEDEAU



"My fight is against time, I'll be 73 this summer but fortunately I still don't feel old yet, and I love doing things like the ElliptiGO! I'm often excited to hit the hills where I live and see how I do. I've always loved a challenge, and I love to push myself, and having something like this is exciting!"

KEVIN MALONEY



"Training to break Masters middle-distance records involves consistent, and at times, brutal training. I have converted 30-40% of my weekly mileage to cross-training on my ElliptiGO. The low-impact workouts allow my connective tissue time to heal between intense track interval training sessions. The stride on my ElliptiGO mimics my natural running stride more closely than any traditional elliptical I have ever tried. This helps build my cardiovascular fitness while also toning the muscles I use to break records."

BRAD BARTON



"I am a marathon runner (2:36 PR) that suffered a stress fracture in my foot. I picked up my first ElliptiGO to help stay fit while I recovered from my injury. I found that the ElliptiGO didn't cause my foot any grief, and I could ride 2-3hrs without feeling beat up the next day (something I could not say after similar length runs). I devoted a lot of time on the GO and 6 months later, have finally fully healed my foot injury, but have been still using the GO to reduce the stress on my body."

ERIK WIPPLER



"The amazing thing about the ElliptiGO is that no matter the injury, I never have issues ElliptiGO-ing. The lack of impact combined with the legs aligned in a consistent stride motion allows you to build fitness without exacerbating the injuries. The biggest uses I have for the ElliptiGO are in recovery mode and in adding long runs. I would much rather have a 2-3 hour ElliptiGO ride than an 8-mile junk mile recovery run. When I have put in serious ElliptiGO time, I feel like I could run literally forever."

BRIAN PILCHER

"I WOULD NOT BE THE RUNNER I AM TODAY WITHOUT ELLIPTIGO IN MY TRAINING TOOL BOX."

KIM NEDEAU



WHAT CURRENT RUNNERS HAVE TO SAY



"As a double amputee it can be difficult to train at the high volume expected of most elite marathoners. Using the ElliptiGO bike to heavily supplement my run training has been a game changer that has helped me to set multiple world records!"

BRIAN REYNOLDS



"I started using ElliptiGO after I was diagnosed with bursitis in my knee and was unable to walk fluidly, much less run. I was devastated, but was able to transfer 100% of my training to the ElliptiGO, completing workouts and long endurance rides. Over the course of the following months, my running continued to be hindered, but training on the ElliptiGO remained consistent. Finally in March 2020, at peak fitness, I completed a 5K in 20:13 (a PR)."

AMANDA GHENT



"In 2019, I completed the inaugural Marine Corps Marathon 50k event. Being mobilized at the time with the US Army prevented me from getting in the running miles necessary. Instead, I did the majority of my training on the ElliptiGO. Based on the training rides on time, not miles. Figured the run would take about six hours so I rode some centuries. I was able to finish the 50k in under my goal time. The ElliptiGO is a great endurance run trainer."

ANDREW WARBY



"The no impact exercise has allowed me to maintain fitness while being injured. I do not like being indoors working out, and the ElliptiGO makes working out fun."

CHEYNE INMAN



"I started running at age 9. Waited way too long to get to "Marathon" on the to-do list. At age 42, with arthritis in my knees and feet, I was able to complete my first due to my ElliptiGO. I did quite a bit of training on it, saving myself from pain and probable injuries. Now I'm a marathon finisher with the help of ElliptiGO!"

PATTI JUDGE

"ELLIPTIGO BIKES ARE THE CLOSEST YOU CAN GET TO RUNNING."

WOMEN'S RUNNING



WHAT FORMER RUNNERS HAVE TO SAY



"As I got older and my running declined, I gained more weight. With ElliptiGO training, my fitness has noticeably increased and I've lost almost all that weight I gained. Furthermore, the arthritis in my knees is more under control and knee pain has diminished greatly."

BERNI FLYNN



"I broke my hip in 2005. I continued to run but it was painful and so I stopped running anything more than a 10k. I would feel beat up afterward. When I had the chance to test an ElliptiGO I could just tell it was for me. What I love so much about my ElliptiGO bike is that the workout is fun, not drudgery. I am now 62 and feel I can ride for many years and never worry about wearing out my joints."

DON MOORE



"I was a runner who had run every day since September of 1972. Over those years I ran over 110,000 miles. By 2018, I could barely run a mile. My right hip was pretty well shot and needed to be replaced. Shortly after I stopped running, I bought the 8C and started riding every day until my hip replacement surgery. About 6 weeks after my surgery I was able to ride again. I now ride 80-90 miles a week, pretty much every day. I love that I get a really good workout and it is as close to running as I can find!"

STEVE GATHJE



"I ran competitively in high school and recreationally for most of my adult lifetime. I supplemented with biking, but I never 'loved' to bike like I loved to run. I began to increase my running mileage but again found my body would not allow it. I purchased an ElliptiGO and since then I've been using it nearly daily! I love that time spent on it and it feels like I'm running at high speed again. I love the fast cadence, the calories I'm able to burn, the virtually zero impact, and the fact that it does not irritate my arthritic joints."

BILLY CORNELIUS



"I began running in 1975 and it had been a big part of my life. I recently took an interest in cross-training and purchased an ElliptiGO. I began to regain the same sensations I had when I was running high mileage and racing marathons, so I decided to set some new personal fitness goals. The benefits of ElliptiGO riding were immediate. I am hoping that with my newfound fitness, I might be able to transfer that to completing a half marathon (running)."

JOE VOLK

"THE ELLIPTIGO DELIVERS THE HIGH-PERFORMANCE BENEFITS OF RUNNING, CYCLING, AND THE ELLIPTICAL WITH LITTLE TO NO IMPACT ON YOUR JOINTS."

MEN'S JOURNAL



ELLIPTIGO® IN THE PRESS

“I DO MY MAIN RUN IN THE MORNING, BUT THEN FOR MY SECOND WORKOUT I OFTEN WOULD RATHER BE ON THE ELLIPTIGO THAN TAKE THE RISK OF A 30-MINUTE RUN IN THE AFTERNOON. I TYPICALLY RIDE BETWEEN 10 AND 20 MILES ON MY ELLIPTIGO”

MEB KEFLEZIGHI | [HIGHLIGHTED IN RUNNER’S WORLD \(MAY 2, 2014\)](#)

ELLIPTIGO BIKES HAVE BEEN FEATURED IN MANY ARTICLES, BOOKS, PODCASTS AND HAVE EVEN MADE A FEW TV AND FILM DEBUTS. BELOW ARE A FEW RUNNING SPECIFIC PUBLICATIONS. **CLICK ON THE ARTICLE TITLES TO READ MORE.**

[4 WAYS TO REDUCE STRESS ON SORE KNEES](#)
JONATHAN BEVERLY
PODIUMRUNNER

[HOW MEB KEFLEZIGHI TRAINED TO WIN THE BOSTON MARATHON](#)
SCOTT DOUGLAS
RUNNER’S WORLD

[3 BENEFITS OF AN ELLIPTIGO](#)
JENNY HADFIELD
ACTIVE

[ULTRAMARATHONER DEAN KARNAZES’ TOP RUNNING TIPS FOR BEGINNERS](#)
SAM DEHORITY
MEN’S JOURNAL

[IS THE ELLIPTIGO THE BEST CROSS-TRAINING TOOL FOR RUNNERS EVER?](#)
COACH TINA
runners connect

[OUT ON THE OPEN ROAD WITH THE ELLIPTIGO](#)
JESSICA MATTHEWS
ACE →

[THE ELLIPTIGO IS HALF-BIKE HALF-ELLIPTICAL](#)
KATIE LINENDOLL
ESPN

MARY DECKER SLANEY ‘RUNS’ AGAIN

JASON HENDERSON

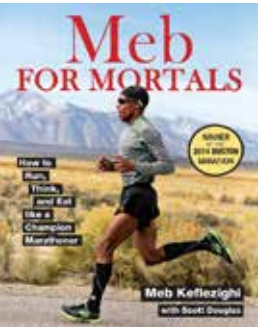


TAKE YOUR LOW-IMPACT WORKOUT OUTSIDE WITH AN ELLIPTICAL BIKE

JORDAN SMITH

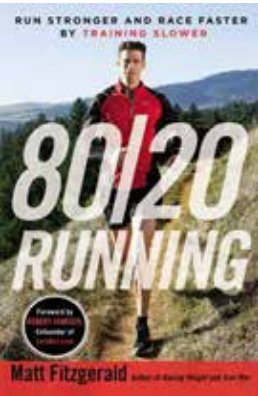
Bicycling

5 REASONS YOU SHOULD CROSS-TRAIN ON AN ELLIPTIGO



MEB FOR MORTALS - EXCERPT FROM CHAPTER 8: CROSS-TRAIN LIKE MEB

“After I won Boston, some people said I was mentioning riding an ElliptiGO only because they’re one of my sponsors. But what I said was true - I consider the cross-training I did on an ElliptiGO 4 or 5 days a week a key part of my training for Boston. You can’t win a race if you don’t make it to the start line. Regularly riding an ElliptiGO gave me most of the cardiovascular benefits of running, but without the pounding. That left me healthy enough to do my key running workouts while increasing my fitness.”



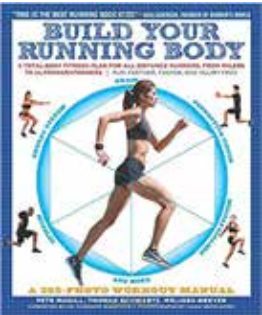
80/20 RUNNING - EXCERPT FROM CHAPTER 12: CROSS-TRAINING AS AN ALTERNATIVE TO RUNNING MORE

“If I had to name one cross-training activity for runners as the best overall, outdoor elliptical biking would be my choice. The big advantage of outdoor elliptical biking is that it’s really fun. After twenty minutes on an indoor elliptical trainer, I’m about ready to scream, but I routinely take my ElliptiGO for two- and three-hour rides and enjoy every minute. Fun matters. The more you enjoy a cross-training activity, the more time you’ll be willing to put into it, and the more fitness you’ll get out of it.”



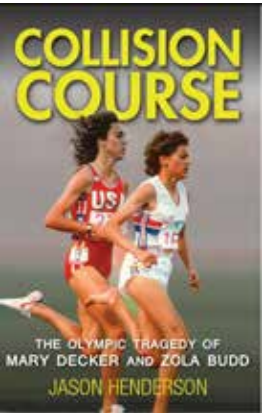
RUNNER'S WORLD RUNNING ON AIR - EXCERPT FROM CHAPTER 12: CROSS-TRAINING

“When elliptical trainers arrived in the 1990’s, they became the runner’s choice for cross-training because, of all activities, elliptical training most closely resembles the motions of running, and the stride cadence is quite similar. Life got even better when the ElliptiGO was born. The ElliptiGO offers the injured runner an opportunity to log some very specific outdoor training. And it allows the often-injured runner to enjoy the outdoors while getting a break from the pounding roads.”



BUILD YOUR RUNNING BODY - EXCERPT FROM CHAPTER 9: BALANCE YOUR RUNNING PH

“Cross training has long been a favorite form of alternative training for runners who are injured, interested in better all-around fitness, or simply looking for a change in their fitness routines. The ElliptiGO is an elliptical bicycle, first marketed in 2010 and already gaining numerous adherents among elite open and masters runners. Like the elliptical machine, the ElliptiGO allows you to work muscle fibers beyond those recruited during running.”



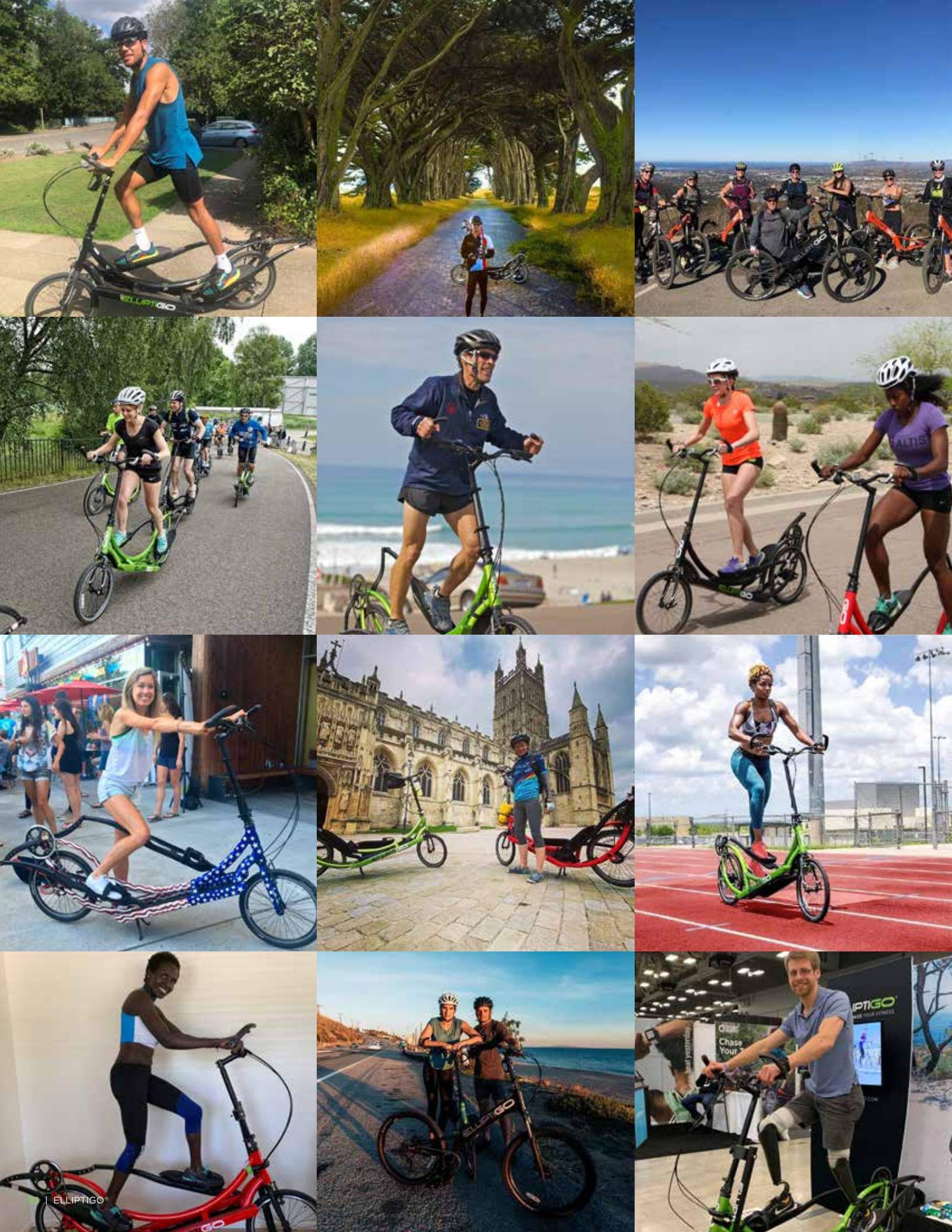
COLLISION COURSE, THE OLYMPIC TRAGEDY OF MARY DECKER AND ZOLA BUDD - EXCERPT FROM CHAPTER 11: MARY RUNS AGAIN, ALMOST

“Well into her fifties and struggling with both arthritis and the after-effects of more than thirty surgical operations for injuries, she is unable to run freely or without pain nowadays. But riding an elliptical bicycle allows her to enjoy a similar feeling and movement to running, only minus the pounding. “It has,” says her husband Richard, “been a godsend to her.”

BEFORE YOU GO

WE SET OUT TO
BIOMECHANICALLY ENGINEER
AN IMPACT-FREE EXPERIENCE
THAT COULD SIMULATE THE
RUNNING MOTION AND
EXERTION LEVEL IN THE VERY
BEST WAY. IN DOING SO,
WE STARTED A REVOLUTION,
A NEW SPORT, AND
THE BEGINNINGS OF A NEW LIFE
FOR MANY RUNNERS IN NEED.





ELLIPTIGO BIKES HAVE QUICKLY BECOME
ONE OF THE **MOST SOUGHT-AFTER
CROSS-TRAINING TOOLS**, NOT ONLY AS
AN OPTION WHILE INJURED BUT ALSO
AS A MEANS TO REACHING INDIVIDUAL
PERFORMANCE GOALS. ARE YOU
READY TO RIDE WITH US? IT'S TIME TO
TAKE YOUR TRAINING TO THE NEXT
LEVEL. **COME EXPERIENCE THE FUN,
THE FITNESS, AND THE FREEDOM THAT
COMES FROM RIDING AN ELLIPTIGO BIKE.**

SEE YOU ON THE ROAD!
#ELLIPTIGO



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