



# GlideCycle™



**Run Hard...**

**Run Fast...**

**Run Long...**

**Run Unweighted...**

**Run on a GlideCycle™ with the body weight  
and impact of a child with the muscle  
power of the adult athlete in you !**



**GlideCycle puts the fun back into your running and eliminates painful joint impact with its unique unweighting system. Achieve new fitness goals, challenge yourself to any exercise intensity and experience running and walking with wheels.**

- **Powerful Cardio Workouts**
- **Interval Training**
- **Empowering Weight Loss**
- **Cross Training**
- **Performance Enhancement**
- **Power, Speed & Stride Training**
- **Sports Injury Recovery**
- **Multidirectional Core Challenges**
- **Feels Close to Actual Running**
- **Recreational Fitness Running**
- **Prevent Impact and overuse Injuries**
- **Target Hard to Train Muscle Groups**



# **GlideCycle...The Weightless Running Revolution's**

## **Answer to putting the fun into running again**

Running and walking is fun. It's how we move our bodies. We use our legs every day to get around, to play our sports or just run our hearts out with the joy of moving, watching the world go by.

So many of us are finding that we can't get out like we used to because of painful cumulative impact injuries, muscle and joint pain. We keep trying to recover and think we will be better soon. But after a time in every person's life, we are learning, running and even walking can really hurt.

Introducing, GlideCycle, the first truly functional body unweighted bicycle designed specifically to let us run, walk and move without the painful stresses of Gravity.

Professional athletes around the world are using expensive unweighted training therapies and equipment to train through injuries, get back to the field and maintain their conditioning without pain

New research is piling up evidence that unweighted training can actually promote healing of many leg, hip and lower back problems.

GlideCycle takes this unweighted training outdoors for you, where you can train for hours with fun and motivation impossible to find in the gym or therapy center...no matter what's on the little TV.

The GlideCycle patented pelvic suspension system simply lifts you up and allows virtually anyone a running experience with the bodyweight of a child, and the muscle mass of an adult athlete.

It doesn't take a sports scientist to realize that running as a high-risk activity lies within the repetitive impact of every stride taken. A Brigham Young University Sports Research Study showed runners endure up to 2.4 times their body weight with each footfall and .34% or less body weight when running with a GlideCycle unweighting system. GlideRunners average 30 to 40% faster speeds over ten to 15 mile courses.

**Leave the pain and get the gain with GlideCycle, and  
welcome to the Weightless Running Revolution!**



## Impact and overuse injuries in runners

Alan Hreljac, Kinesiology and Health Science Department, California State University, Sacramento, Sacramento CA

*"Forces that are repeatedly applied to the body could lead to positive remodeling of a structure if the forces fall below the tensile limit of the structure and if sufficient time is provided between force applications.*

*On the other hand, an overuse injury could result if there is inadequate rest time between applied forces.*

*Running is one of the most widespread activities during which overuse injuries of the lower extremity occur. Recent research has suggested that runners who exhibit relatively large and rapid impact forces while running are at an increased risk of developing an overuse injury of the lower extremity. Modifications in training programs could help an injured runner return to running with decreased rehabilitation time, but it would be preferable to be able to advise a runner regarding injury potential before undertaking a running program.*

*One of the goals of future research should be to focus on the prevention or early intervention of running injuries.*



## Patented Ergonomic Pelvic Suspension

### No Risk of injury due to impact

GlideCycle's low to minimal impact, can eliminate the risk of injury from impact fatigue — the most common cause of joint, tendon and muscle-related strain injuries. This means you can push yourself harder in training than you normally should with regular running — increasing fitness, strength and endurance. On race day or every day, you're not only fit, but faster.

### Backed by peer-reviewed research

Claims made by the team behind the GlideCycles are backed by research published by Brigham Young University, Department of Exercise Sciences.

The Results were: *"GlideCycle reduced Ground Reaction Force significantly compared to running. On average, running produced a peak GRF of  $2.39 \pm .14$  BW, while the GlideCycle produced a GRF of  $.34 \pm .004$  BW, a difference of 2.05 BW."*

This all means that GlideCycle's patented suspension system leaves 30% or less of a runner's impact force hitting the ground. Thus, a 200 pound person can run all day with the impact of a 60 pound child! That is just enough unweighting to feel the run without the pain!

The BYU Conclusion stated: *"GlideCycle GRFs were far smaller than traditional running. This device is suggested to allow individuals with decreased weight-bearing status due to various pathologies/conditions or those wishing to run without common joint pain to engage in outdoor exercise."*



**David Vidmar is the visionary and founder of GlideCycle the Unweighted Running bike. GlideCycle is not another elliptical running simulation cycle.**

**It is actually running with the feet on the ground. The feeling is hypnotic, with the foot-slapping rhythm of running—but with very little body weight.**

**It is an incredible experience—and by lifting the feet, a sensation of literally flying is felt by the pilot.**



## **History behind the GlideCycle**

**While visiting a banana plantation in Central America, GlideCycle designer and Company founder, David Vidmar, noticed workers loading bananas into the baskets hanging from zip lines. They would then jump up to hang most of their body weight from their hands, and run with the baskets full of bananas to the processing area, sometimes several miles away. David ran on the basket zip lines for days and found that running outdoors without much body weight was a fantastic and fun exercise and powerful exercise. He could stride the length of half a car, leap over fallen trees and glide painlessly over the ground. The workout was amazing and really different. Running became less of a jarring motion and targeted hard to train muscles in the back of the legs and buttocks. The jarring impact forces of running were virtually eliminated but the aerobic demands were there, limited only by how fast he ran while suspended. But he did notice a lengthening of the arms....hmm.**

**Since David, a lifelong runner, was diagnosed several years earlier as having too much knee and hip damage to run any longer, the idea of an outdoor Weightless Running Cycle was born. After years of prototyping, engineering, and product safety testing on hundreds of early adopters, David has come up with a game changing new sport of GlideCycle, the Body Unweighted Running that opens up running/cycling to virtually everyone. David has logged over 15,000 miles Glideing.**

**Join him in the Weightless Running Revolution!**



<b>Weight</b>	Frame 31 lbs., Saddle 4 to 6 lbs.
<b>Dimensions</b>	74.8" height, 67" wheel base
<b>Frame Material</b>	4130 Chromoly with zinc & chrome plated fittings for quality and durability
<b>Finish</b>	Green Metal Flake Enamel or Double Powder Coating Finish
<b>Wheels</b>	20"
<b>Tires</b>	20 x 1.5 to 1.75
<b>Sizes</b>	Standard (5' to 6' 2"), Tall (to 6' 6), Shorty (>5")
<b>Weight Limits</b>	GlideCycle™ up to 230 lbs. GlidesDale™ 231 to 330 lbs.
<b>Assembly</b>	Easily assembled and disassembled into 5 parts for transport in a carry bag
<b>Safety Features</b>	Steering limiter, locking hand brakes, foot rest/guard, night light ready
<b>Body Unweighting</b>	Adjustable: Average set ups can remove 65% to 90% body weight. Body weight may be increased or decreased for the running impact desired.





GlideCycle is great for the whole family

## Frequently asked questions



### How fast can I go on the GlideCycle?

The GlideCycle speed varies on your fitness level. Speeds of 8 to 12 mph or 5 min. to 8 min. miles are to be expected for most athletic individuals over as much as a 30 mile course!

Walk as slow as you like, even up a mountain. You never have to get off like on a bike as it is always easy to move when there are no pedals. If you like the wind in your face and seeing the world glide by, you will like the speed and pace of the GlideCycle.

### How is the GlideCycle controlled?

Steer the GlideCycle just like a bicycle and use standard hand brakes. It's steering is prevented from over correction by an innovative turn limiter. The GlideCycle can actually be spun around in a circle as if standing on a paint can...fantastic for tightest turns.

### Is the GlideCycle comfortable to ride?

Yes, it really is! The GlideCycle patented seat wholly suspends you by your pelvic region without any pressure at all on the crotch. Yet it allows free running motion of your legs with your feet on the ground. There are many adjustments in the seat to accommodate each individual's unique body type and preferences. As you continue to ride your body will adapt and you will learn how to make subtle adjustments that will improve your comfort and ability to do longer rides. An experienced rider can set up a new seat in less than one minute. A good pair of padded bike shorts is advised. Riders can spend hours in the saddle...just like on a bike.

### What kind of terrain is suitable for the GlideCycle?

You should always use common sense while gliding/running as with any sportive cycle. It is designed for adults riding on paved surfaces, smooth gravel, or improved trails, where tires are not intended to leave the ground. Experienced riders can run on beaches, or mountain bike trails once aware of special techniques required: like no bunny hopping, but lifting the front wheel sideways going over bumps bigger than 3 to 4 inches is common practice. Your GlideCycle™ is not designed for performing stunts except for running sideways on walls.

### Is the GlideCycle hard to steer?

Steering the GlideCycle will feel different at first. Most people adapt after a few minutes of riding. Some require a little more time (10 to 20 minutes in two sessions). Almost everyone masters it by the 2<sup>nd</sup> or 3<sup>rd</sup> riding experience. Comparatively, it is much easier than learning to steer a bicycle for the first time. The GlideCycle is fitted with front and rear brakes exactly like a bike. It is best to use front and rear brakes together when slowing down or coming to a stop.

Any modern bicycle has a gear shift or transmission of 3, 5, 10, 15 or even 20 gears. Your GlideCycle Saddle Assembly can "shift gears" as well by tilting the pelvic pad forward to go up hills, backwards to comfortable coast down hills and hold vertical (cruise position), in effect acting as your transmission to control momentum over rising and falling terrain. The basic idea is to keep your body in line with gravity. There are shifting buckles on the webbing for adjusting your body position to climb hills easily.





### **Can you ride the GlideCycle uphill or up a really long, steep mountain climb?**

Yes you can! When the rider shifts the saddle into the climb position. You will be slower than a bike — sometimes a crawl, depending on your fitness level. But, nothing stops a GlideCycle.

Going uphill does require proper technique, a little practice and like any exercise, more effort for hills (gravity is never free). The basic approach for short hills is to lean forward in the seat, while extending your legs back and pushing off with your toes in a driving motion. For longer hills loosen the lower front strap completely allowing you to rock forward in the seat and resting your chest on the front strap. Your arms also help to support your weight. In this position you can climb longer hills. If your fitness level is really low, you can always simply stand up in the seat and walk up the hill. With a little practice and as you get into shape you can go anywhere you want. Athletic riders will find it possible to glide up any mountain. Even climb the Rocky Mountains, for miles and miles and monster workouts.

### **Is the GlideCycle running for me?**

Whether you are new to running or are a veteran runner, or just need to move, the GlideCycle is for you. Super athletes find GlideCycle running an incredibly efficient workout. Power up to vo2 max in intervals or go for 20 or 30 mile cardio marathons back to back without pain. It is also a great recovery day trainer, cross trainer or recreational sport in its own right. No matter how tough you are, the glider's got you covered.

If you have given up running because of age, weight, injury or your legs just won't keep up with as fast as you want to go, the GlideCycle will help you get that exhilarating feeling back like when you were at your best. You will glide/run faster than you ever ran, and a lot further and more often too! You will not incur further damage from running impact, yet you still feel like you are running.

If you're worried about your fitness level, be patient and take your time. While your body will respond quickly and adapt to training on the GlideCycle, people new to running or coming back to running may find it very physically demanding at first. We suggest that you begin your training in a parking lot or a big flat open area somewhere with little or no traffic. As with any new physical activity, if you initially find the going too tough, you should plan to periodically stop and rest to recover.

### **Is it easy to transport?**

The GlideCycle is designed for 1 to 3 minute break down or assembly. It easily slips apart in 5 pieces plus the saddle seat. Lay the frame pieces into the GlideCycle custom carry bag, zip the case and you are ready to take your GlideCycle anywhere. At 31 lbs. without the seat and 36 lbs. with the seat, it is light enough to carry on your back or walk to the trunk or back seat of an average compact sedan or hatchback.







## **Would my heart rate be different when using the GlideCycle? Will I be able to use heart rate to judge my workload?**

Yes, you'll be able to use heart rate to judge your workload. If you're walking fast or running with the GlideCycle, your heart rate will indicate your workload just as it does with other forms of exercise. To receive a more intense cardio-vascular workout, you can increase your speed to reach a higher heart rate and caloric burn. Heart rate can be used to determine the speed you need to go to achieve the same cardiovascular workout that you'd achieve with unassisted running. In short, you can do the same amount of work (cardiovascular intensity) by just running a little faster, but the impact on your body will be reduced significantly. And Glide/Runners go for hours every day unlike runners.

## **What is so important about reducing types of impact and cumulative impact?**

Running and sports that require quick or jarring movement can be hard on the body. When running at high speeds, each foot plant can jar the body with a force up to 2.5 times the runner's actual weight. Over time, with continued impact from these activities, it can begin to breakdown joints, bones, and muscles. These activities increase the risk of impact-related injuries such as stress fractures. Internal organs and even skin feels the effects of gravity tugs. If you can reduce impact, you can train longer and faster without the additional risk of impact-related injuries and aging. The GlideCycle is the best alternative to running ever designed. It still feels like running, but like running on the moon...

## **Will I still get sore muscles?**

Like any form of exercise, you will get sore muscles if you don't follow a recovery plan after each session. Muscle soreness is a result of the micro-tears that occur when your muscles are stressed during training. Your recovery plan should include adequate hydration during and after training. A drink like Gatorade to replenish electrolytes and an energy protein snack with a 4:1 carbohydrate to protein ratio, consumed within 30 minutes after training can really help. With continued training, muscle soreness becomes less and less, your waist gets smaller, your muscles get chiseled, and you smile more. Although little post-exercise pain follows, hair tends to stay messed up for some time.

## **I have difficulty exercising to lose weight because of physical limitations due to being overweight, can the GlideCycle help?**

Yes, the GlideCycle allows individuals to reduce their body weight while providing cardio/aerobic, core and leg muscle exercise simultaneously. However, weight loss and control is highly dependent on balancing the number of calories taken in by the number of calories burned. A healthy diet is key—and regular exercise is vital. GlideCycle takes exercise outside and makes it FUN! And that means MOTIVATION.







## **I just had knee surgery (or hip replacement, Achilles injury, stress fracture, or other lower extremity injury or surgery); can the GlideCycle help me during rehabilitation?**

The GlideCycle is a great tool for training through common injuries or to add to a rehabilitation program after a lower extremity injury or surgery. Of course, you should always consult with your physician or physical therapist, but elite training centers around the world are prescribing expensive body unweighting equipment specifically for these applications.

Many lower extremity rehabilitation programs stress the importance of becoming mobile as soon as possible after injury or surgery. Non-impact, partial weight bearing exercise is a natural choice for patients to move early through the pain free range of motion preventing scar tissue and washing the area with increased oxygenated blood flow keeping down inflammatory tissue. It allows for movement without the resistance of water, or restrictions of a harness, it is becoming a preferred unweighting system... because it's fun and that means compliance.

## **What is the maximum amount someone can weigh to use the GlideCycle?**

The GlideCycle standard supports folks up to 230lbs. Our large size, the GlideDale is rated for up to a 330 pound individual.

## **I'm a tall person (or a small person), will the GlideCycle work for me?**

There are three GlideCycle models to accommodate user height. The smallest user can be 4'2" while the largest user can be up to 6'6" and each size overlaps. Children under 10 just need to grow up. But we are designing a unit for the Gliderboys and GliderGirls out there who want to run with parents!

## **My doctor has suggested that I do more aerobic conditioning, but high-impact activities are not an option for my knees, hips and back. Can the GlideCycle help me get the aerobic exercise I need?**

Absolutely! The GlideCycle unweighted bicycle allows individuals to lift their body weight as much as 86% (Brigham Young University study). That means you control the impact from little to a lot as you wish. This means you can exercise and achieve the aerobic conditioning you need in whatever condition you find yourself on any given day. Training without the full force of impact on your knees, hips and back allows for more training sooner.

It is the best outdoor cross trainer for runners and cyclists to be found. Research shows Unweighted Running can actually heal many joint and leg pain problems! So don't let pain stop you from reaching new fitness goals in the great outdoors. Keep your aerobics outside and your muscle workouts to the stinky gym.



## **GlideCycle MAINTENANCE**

### **What kind of maintenance is required?**

Very little. Keep your GlideCycle clean as you would your bicycle. Lubricate joint tubes to slip apart well. Keep away rust on chrome and a simple rub down with Pledge works well for painted surfaces. Check and adjust your brakes, wheels and tires before each ride and double check hooks, straps and joint tubes for wear. Replace and repair as necessary following your manual. You can take your GlideCycle to any bike shop for inspection and repair. Tires etc. can be found anywhere that sells bike parts.

### **How do I adjust, lubricate and clean the gears?**

Ha! There are no gears. But shoe replacement is recommended periodically.

### **How do I adjust the brakes?**

The front and back wheels should spin freely, without the brake shoe rubbing on the rim. If you hear a constant rubbing sound, the brake should be out adjusted. YouTube videos or bike shop techs can help you. The rear brake will need adjustment more often because of the long cable that has natural stretch.

Keep your parking brakes working for standing the Glider against walls and trees safely while you stop for coffee or seeing a man about a cow....ahem.





## GlideCycle Warranty

### What is the warranty?

The GlideCycle has an international Limited Warranty on the frame for 1 year; wearable parts, components and accessories for 6 months. We make it easy for you to keep on Gliding.

### What does the warranty cover?

During the Limited Warranty period, GlideCycle will repair or replace any component of the GlideCycle that is found to be defective.

The GlideCycle warranty **does not** cover consequential or incidental damages or theft. Specifically, damage resulting from normal wear and tear, including the results of fatigue, damage resulting from improper assembly, damage resulting from installation of parts or accessories not compatible with the GlideCycle as sold or not originally intended or any alteration or modification thereof. Damage resulting from improper or negligent maintenance, damage or failure if the GlideCycle is subjected to abuse, neglect, misuse, an accident or other abnormal, excessive or improper use, damage resulting from failure to follow instructions or warnings in the Owner's Manual, or any modification of the frame, fork or components. Original owners only (an exclusive club)

The warranty does not cover: tire wear, brake wear, surface scratches, surface corrosion or rust.

### How do I make a warranty claim?

If you believe your GlideCycle has a defective component, contact us through our support page. You must first register your GlideCycle either online or by sending in the Warranty Card included with your documentation. You will be asked to provide a copy of your purchase (sales receipt). You need to provide a detailed description, photographs or video to explain the problem and your serial number. In order to resolve your issues in the quickest manner possible, please ensure you have given us all the details of the issue. We will be happy to repair, replace or refund at our discretion. GlideCycles are built like tanks without the cannon.





## Key Statistics

### Statistics on running without a GlideCycle

90% of running injuries lead to a reduction in training time

75% of all running injuries are due to overuse

70% of runners will become injured when running

70% of all running injuries require medical treatment

42% of injuries occur in the knee

17% of injuries occur in the foot or ankle

11% of injuries occur in the hip or pelvis

13% of injuries occur in the lower leg

Running more than 40 miles per week is a risk factor for both male and female runners to incur lower extremity running injuries.

In 2013, research published in the *British Journal of Sports Medicine* showed that the harness or softness of a running shoe's sole had no effect on the runner's chance of injury.

Exercising on ellipticals may exacerbate certain conditions and cause further harm. The most common overuse injury on the elliptical involves the knee or the ball of the foot. The elliptical forces the body to be in a fixed position that may not naturally be your proper alignment. It causes joint overuse due to the closed chain of motion round and round with full weight bearing.

Exercising on treadmills exacerbates the incidence of biomechanical injury even more than actual running. Plantar fasciitis is also common amongst treadmill runners and elliptical runners.





**Body Unweighted Running and Training are proving to allow powerful fitness training without these common injuries and can actually promote healing of running induced injuries.**

**(Brigham Young University, University of California San Francisco studies and Alter-G, GlideTrak case studies)**

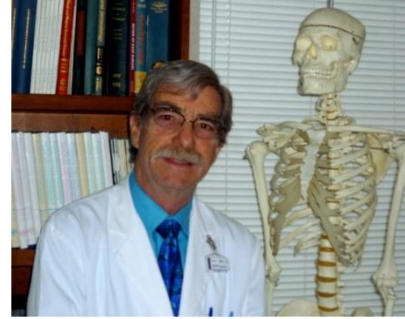
**Take it outside with GlideCycle  
and the Weightless Running Revolution**







**Dr. Gordon Levin was riding his GlideCycle 8 days after having hip surgery!**



Dr. Levin has been a runner for 40 years. “The pounding got to me but I still needed exercise, so I took up bike riding where I would alternate riding a conventional bike and my new found GlideCycle.

I had been doing this regime for about a year when I was knocked off my conventional bike and broke my hip and right shoulder. I had to undergo surgery to repair the broken hip and shoulder. Within days of surgery, I was riding my GlideCycle for 1 hour and 8 miles. I would grab my crutches afterwards.

**The following dialogue is Dr. Gordon Levin talking about his experience with the GlideCycle from the perspective of being the patient as well as the perspective of being an acclaimed orthopedic surgeon from Los Gatos, California.**

**GlideCycle:** You broke your hip, it is pinned together, it is a serious fracture. Tell me what you have done in the last 2 weeks since your surgery.

**Dr. Levin:** I had been running on my GlideCycle up to an hour at a time to get my exercise. Eight days after I had the surgery I did an hour. The day before I only did a half hour. I was trying out what I could do and what I couldn't do.

I wouldn't be anywhere near that distance or time if I didn't have a GlideCycle.

**GlideCycle:** At what speed?

**Dr. Levin:** I was doing between 8 and 10 miles an hour on this.

**GlideCycle:** And we're talking 8 to 10 days after your surgery? That's stellar! You aren't going to do that on the parallel bars?

**Dr. Levin:** Not at all.

**GlideCycle:** Through the last three days you have run an hour each day. On the parallel bars your recovery would be limited to a couple hours of therapy a week. Your range of motion etc. would be developing at that rate. Has your range of motion and your level of pain and essential recovery been accelerated by this body unweighted running experience?

**Dr. Levin:** All the doctors and therapists who know me are just amazed at my progression and my recovery. They are going to start using this technique a lot more on their patients.

**GlideCycle:** Dr. Levin, what would you say the world should know about the GlideCycle experience and body unweighted training?

**Dr. Levin:** Body unweighted training gives the lower extremities the ability to get full range of motion to strengthen the muscles and their full range that they are allowed to go and helps strengthen and progress much faster than any other technique that we have. And does it without any damage or injury from the weight bearing itself.





**GlideCycle:** Can you walk without crutches yet?

**Dr. Levin:** When I'm not on a GlideCycle, I still have to use crutches. I don't have the full capability yet, the full weight bearing, but that's what this gives me. I can get going places and exercise partial weight bearing, and that's the name of the game. This has really accelerated my recovery...both mentally and physically. I don't like restrictions on my daily exercise.

**GlideCycle:** Dr. Levin, how many years have you been in practice?

**Dr. Levin:** Over thirty-three years.

**GlideCycle:** Thirty-three years of practicing as an orthopedic surgeon. Dr. Levin, is this revolutionary or what?

**Dr. Levin:** I think this is. I think this is going to change rehabilitation as we know it.

**GlideCycle:** You've worked with Dr. Nancy Byl from the University of California Medical School discussing applications of the Glide Cycle.

**Dr. Levin:** Yes, I know Nancy Byl. She has a PHD in physical therapy and she is doing wonderful experiments with body unweighting training and she is amazed at her results. The GlideCycle and GlideTrak are part of her program, testing and research. She owns her own GlidTrak at her home.

**GlideCycle:** Your experience firsthand is not something we wish on anybody but it is giving you an unusual perspective on body unweighting for serious orthopedic injury recovery.

**Dr. Levin:** It give me an unusual perspective as a physician and we hate to be patients but sometimes it really gives us insight.

**GlideCycle:** Excellent, thank you so much for chatting with me.

**Dr. Levin:** Thank you. Would you like to go for a Glide this morning?

**GlideCycle:** Any excuse to run...with you, Doc.



## Case Study



*"I have been Gliding for over 7500 miles now, and I can't run at all without my GlideCycle. After a traumatic injury to my back, GlideCycle running did more for me than 2 years of physical therapy exercise."*

**Cindy Powell, MPT, ATC,  
Director of Training and  
Research, GlideCycle**

"I have had the pleasure of witnessing many GlideCycle success stories and have been amazed at what can be accomplished with this unique innovation in exercise and mobility. I was originally interested in what the GlideCycle could do for patients and how I could help others. Little did I realize what the GlideCycle would do for me personally?

I was a dedicated and joyful, multisport athlete, with cycling as my favorite (expert ranked) activity. During the last 10 years, chronic knee and hip irritation topped off by a traumatic back injury left me unable to participate in many favorite activities to any level that I desired. My exercise options were becoming more limited as time went on and I could not believe this was happening already at age 40.

Immediately upon the GlideCycle, I was able to enjoy the freedom of running again for the first time in years. The GlideCycle allowed me to exercise at any intensity I wanted without experiencing joint or soft tissue pain during or after workouts. It was shocking to be able to run up to 28 miles (my longest so far) in 2 ½ hours and feel energized afterward! I had never run more than 5 miles at a time in my entire life!!! I know that many others will want to experience this too.

Somewhere around 4 to 6 weeks of GlideCycling, my skill level and muscle development continued to come together. Strap adjustments became easy and my running stride became even more smooth and powerful. With this new found freedom, I began climbing steep Oregon mountain roads 8 to 10 miles long and really enjoyed the workout. I also began GlideCycling on trails and beaches again for an even greater feeling of freedom and power.

Even today, the more I GlideCycle, the stronger and more fit I become, especially in the legs, core, back and postural muscles. The usual post exercise pain and suffering just doesn't happen. Years of debilitating, chronic knee and hip inflammation is virtually gone from approximately 3,000 miles on the GlideCycle. Two years of physical therapy back and core muscle exercises alone did not produce such dramatic improvements as a few months of GlideCycling. I should mention that these improvements actually allowed me to return to many of the exercises I used to enjoy which is a great gift.

Thanks to the GlideCycle, I am back again. I can protect my joints and remain fit and healthy for the rest of my life. I would highly recommend it to anyone who has found themselves in a similar situation. Oh, and anyone who wants to keep up with me better get a GlideCycle too!"



# Join the GlideCycle Weightless Running Revolution

## Contact Information

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