



G-TRAINER USER JOINS 2008 US OLYMPIC MARATHON TEAM

Dathan Ritzenhein Uses the G-Trainer to Prepare for Race Successes

November 6, 2007, Menlo Park, CA – Alter-G, Inc., developers of the G-Trainer anti-gravity treadmill, congratulate Dathan Ritzenhein, an avid user of the G-Trainer, on his success at the U.S. Olympic Trials.

Dathan Ritzenhein came in second at the U.S. Olympic Trials held in New York City on November 3, 2007 with a personal best time of 2:11:07. He'll be joined in Beijing with Ryan Hall, who came in two minutes before Dathan, and Brian Sell who came in third.

"The G-Trainer has been a big part of my training and has really made a difference," said Ritzenhein. "I look forward to representing the U.S. in Beijing next year, and I'll definitely be training with the G-Trainer to help me get ready."

The G-Trainer anti-gravity treadmill enables users to reduce their effective body weight during exercise to build endurance, continue training during injury recovery, and outdistance conditioning limitations—a serious advantage to athletes whose bodies are already overtaxed by force of impact from training and participating in their sports.

As with many world-class runners, Dathan has experienced a significant number of injuries due to cumulative impact and other stress-related situations that runners experience. Many of these injuries have been recurring and all of them interfere with a grueling training regimen.

In early 2007 Dathan was prompted to seek out a G-Trainer for daily use after receiving the diagnosis that he had a stress reaction of the 3rd metatarsal in his left foot. Dathan's G-Trainer use started at 65% of his body weight, twice daily for one hour sessions and workouts progressed from there to longer sessions at more body weight. Just four weeks after his diagnosis he was able to progressively add in full body-weight running to his daily routine. And all of this was pain free.

"The reduced impact load allowed me to train pain free and continue running with normal gait despite a stress-related injury," said Ritzenhein.

Just eight weeks after his injury diagnosis Dathan entered the Healthy Kidney 10K feeling stronger than ever. He broke the 10-year standing course record with a time of 28.08 and beat the two-time defending champion by 17 seconds.

About Alter-G, Inc.

Alter-G, Inc., a Silicon Valley company founded in 2005, is defining what's possible for individuals who need to continue training during injury recovery, outdistance conditioning limitations, and build endurance. The company's patented gravity differential technology, the building block for their body weight support devices, was developed at NASA and prototype-tested by Nike's Oregon Project for distance runners. Professional athletes, top collegiate programs, and training clinics across the US are experiencing the unique benefits of walking and running at a variable percentage of body weight. Find out more at www.alter-g.com.

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Contact:

Christine Fife

Alter-G, Inc.

650 289-9444, x. 210, Christine@alter-g.com