

## Testimonials

Pro/Elite Riders

Aaron Olson - T-Mobile Cycling Team

Patient and BodyFix Custom Cycling Footbeds client

"I am back in Spain, and about to do a big block of racing, and of course thanks to you, am loving my insoles. YOU ROCK! They are great. Really I have noticed a lot. Especially with my high arch.

I used to get a lot of lower back pain when climbing and now, haven't had this. I feel more power, and want to thank you for taking the time to help me out, it really goes a long way with me, so muchas gracias."

All the best, enjoy the summer days , ciao - Aaron Olson

Ivan Dominguez -

Patient and BodyFix Custom Cycling Footbeds client

JJ Haedo - CSC Cycling Team

Patient and BodyFix Custom Cycling Footbeds client

Ivan Stevic - 2007 UCI-b World Road Race Champion

Patient and BodyFix Custom Cycling Footbeds client

Mariano Friedich - Rock Racing

Patient and BodyFix Custom Cycling Footbeds client

"Just wanted to give you an update on the insoles.

Today was day 3 on them, and they are feeling better than ever. You really did a good job, as my first impression of them was positive, and they are getting even better."

"Never had such a solid feeling with the shoes before."

Good stuff!!

Haldane Morris - Rock Racing - Rock Racing

Patient and BodyFix Custom Cycling Footbeds client

Ryan Lane - BodyFix Custom Cycling Footbeds client

"I was looking for a way to customize my favorite stock cycling shoes to increase my power and pedal efficiency. Dr. Cimadoro made this possible by forming ultra light carbon fiber into custom foot beds (insoles). Not only did the new insoles provide ideal arch support, but they increased stability of my old shoes. I highly recommend the magic of Dr. Cimadoro's craftsmanship for any avid cyclist."

World Ranked Duathlete

Mark Deleon - Patient  
and BodyFix Custom Cycling Footbeds client

Pro Duathlete

National Champs

Jerry Jayne - Amgen/Giant Masters Cycling Team

"As an Exercise Physiologist by training, current Amgen Inc employee, and former All-America High School runner in the '80's, I understand the importance of good mechanics in sport. I have worn orthotics while running in the past and found the benefits to be marginal at best. I was a skeptic of such devices. However, I must admit that coming to the office and having you describe the process step by step - I am a changed man. I have now been wearing the orthotics on every ride - road, mountain, and cross for 10 months now with great results. I feel that my improved mechanics has enabled me to maximize my power, increase my core fitness, which in turn has allowed me to train better. Thank you for laying a stronger foundation under my pedal stroke."

- 36 Master Road & Mountain Bike Event Victories (2001 thru 2007)
- 6 California State Time Trial Championships (2004 thru 2007)
- 25 Top 10 Road Results 2007
- 1st 2007 National Championship Tandem Time Trial (70+)
- 2nd 2007 National Championship Tandem Road Race (70+)
- 1st 2007 San Marcos Criterium (35+)

#### Leah Adams

- - 2005 SCNCA Champion 4 Man Open TTT
- 2005 2nd Tucson Road race
- 1st place Murrieta Road Race and overall GC
- 1st West LA Circuit Race
- 2006 SCNCA 35+ Masters Road Race Champion
- Won CBR Overall 2006 race series2006 CBR State Champion 4 person mixed TTT
- 3rd place 2006 30-29 Women Masters World Championship

Keith Ketterer - Amgen/Giant Masters Cycling Team  
Patient and BodyFix Custom Cycling Footbeds client

Malcolm Hill - BodyFix Custom Cycling Footbeds client

2006 Masters National Road Champion to his area

U23 National Team

Chase Renick - BodyFix Custom Cycling Footbeds client

State Champs

Gustavo Corona

Bruce Gustafson

Peter Sullivan -

"Dude these things Rock!!! I can pound the pedals 360 degrees like I never have before!!! My feet feel perfectly aligned and attached to my bike, increasing my overall power output throughout the entire revolution of cranks. What knee pain? The knee pain is gone."

Peter

Rich Cimadoro - I'm not just the doctor, I'm also a client."

Happy Clients:

Hey Rich,

"The trip was great! No back pain whatsoever. Your advice was priceless. All these years and it was technique."

"P.s. logged 12 riding days, 905 miles, 71,000'+ elevation, two Grand Fondo's, one, the Nove Colli Marco Pantani Memorial was 130 miles, Nine Climbs, 12,000' elevation. My time qualifies me to stage with the Elites next year. This was just the tip of the iceberg."

Randy

Hey Rich,

"The orthotics are great, especially over the top of the stroke, much more contact. Bested my time up Stunt yesterday by two minutes, that after a 40 minute blood-Lactate test and then climbing Roscomare. Your coaching and chiro work is really helping me improve my cycling. I'm going to start working on speed/intervals when I return from France."

Thanks again for all your help.

"The effect of paying more attention to your pedaltechnique is huge!"

"I experimented with it last Friday and during the race on Sunday. Instead of getting out of the saddle after the corners I could stay down by just scraping, pulling and kicking as well besides just pushing. I could spin quite easy too, doing almost the whole race at 53x16 even at 30 mph."

Sander