Team #3

Members:
Kevin Camponeschi
Victor Castro
Glenn Catlin
Christopher Clare
David Clizbe

On each foot rest, there is a shoe holser that keeps the foot secure to machine but allows the heel to lift up.

The gear mechanism will offer resistance for runners with different preferences.

The linkage lengths have not yet been determined, but they will try to simulate a running motion when designed. \( R_2 \) will have to tilt down toward \( R_1 \) when in motion to simulate the foot-tilt of the running motion.
The machine is easy in design. It works like a four-bar mechanism w/ a crank-rocker mechanism.
Foot Pedal

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Gears for change of resistance

Rotates 30°
handle slides at point that can pivot

rigid bar slides on rollers