

## Ridetheberg Participant Update 10 June 2018

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Dear Ridethebergers

### **Facebook Competition**

If you haven't already entered the FB completion, don't delay - Entries close on the 20<sup>th</sup> June

Share on the Ridetheberg [FB](#) what you have learnt from life about your bike, and stand to win a "Pimp my Weekend" package that of includes a pile awesome extras to make your weekend even more memorable.

Prize includes bike service, meal vouchers, spa vouchers, adventure experiences, a sundowner experience and lovely wine!

Remember you must be entered in the 2018 event to qualify for this prize

(If you haven't yet entered the event there is still time – [www.ridtheberg.co.za](http://www.ridtheberg.co.za))

### **Life Lessons Learnt from my Bike**

Life Lessons from My Bike Part 2:

Tyres, People, Pressure

As avid Mountain Cyclist we are a pretty independent lot -often preferring the lone spaces with our bike and trail. We can also sometimes be characterized by our loved ones as "not too open to feedback". This can sometimes lead to pressure building in a relationship and people bouncing off each other much like an overly inflated tyre bouncing you off the side of the trail.

Pressure in a relationship works like the pressure in your tyres:

Soft people and soft conditions need the lowest pressures to get the maximum performance. Too much pressure and you will bog down and get stuck in the sand. Too much pressure with your softer spouse and watch how fast you dig yourself a hole.

Moderate pressure for moderate people and conditions gives you the maximum compliance to hold your line in the corners - too much and you won't connect with the ground, lose traction in the corner and crash. Too much people pressure creates resistance, bumping you off your relationship line, and you crash....

So check your surroundings and your internal pressures: With any luck you will arrive at [Ridetheberg](#) with a balance of pressure in your tyres and support from the people you love.

## **Accommodation**

Ridetheberg Race weekend falls in the winter school holidays, so don't wait too long to book your accommodation. All Out Adventures is in close proximity to heaps of great accommodation options to fit any budget. Check them out [here](#)

We look forward to seeing you at the end of the month!

**Chris, Loretta & the Ridetheberg Team**