

Ridetheberg 30 June – 1 July 2018

Participant Update 30 May 2018

“Cycling – As addictive as cocaine and twice as expensive”

So we can't really offer any opportunities for rehab, but we do have some ideas about how to get more life out of your bike. And by life we don't only mean how to get your bike to last longer, but rather how we can get more out of life through lessons from our bikes. So over the next couple of weeks, as well as keeping you updated on the race prep we would love to share some of what we've learnt from life from our bikes.

Lesson 1: Communication

A bike is a collection of systems like any organization:

The drive train can be likened to a communication system.

The crank can be likened to the boss - where the energy and drive come from, the sprockets to the employees - where the actual work happens. The chain is the line of communication that enables the ideas to become reality. Great Chain performance is a lot like great communication, the more clear and fresh your chain and speaking, the better the shifting and acceleration of your gears and people. Change your chain and communication often and you will get more life out of your sprockets and your people. Add a little lubrication (right words choice for the right situations) and your and chain and people will perform even better in difficult conditions. So keep clear and clean and your team will play nicely when you're away Riding Your Berg

Competition time

We would love to hear what you've learnt about life from your bike.

Share on our [Facebook](#) page your best lesson from your bike and stand a chance to win a "Pimp my Weekend" package of awesome extras to make your weekend even more memorable.

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

Entries Close 20 June 2018

NB: You need to be entered in the 2018 Ridetheberg to qualify!

New Routes:

Day One has been rerouted a little to include the scenic Otter Trail on the Berghouse property. This means less boring mealie fields and more mountain single track!

Owls Pass, just below All Out Adventures has been revamped for Day 2's finish - so keep something in the tank for this last spicy climb.

We can't wait to share the tracks, the mountains and the awesome vibe with you.

Don't miss out – [enter](#) today and bring along your mates

