

# Edinburgh this week...

Princes Street Gardens on Friday night after work – go for a 4K run in your work clothes and then party.... There is something a little unwashed about this arrangement! But maybe you have access to a shower in your work for afterwards,. Or maybe you live near enough to the city centre... Either way the Rat Run Fun Run Edinburgh is taking place on the 16th July at 6pm! Then you can go to the party which is at Rat Race Adventure Village (at the Ross Band Stand), West Princes Street Gardens, Edinburgh.

Further details from the [website](#)

The Rat Race proper starts on Saturday although the route is confidential. There is more about this in an article on the [BBC](#) website.

Other news about running events with advice on how to get fit for it too and how to recover is on the Jog Scotland website which you can access [here](#).

The recession is being blamed for the apparent increase in claims to employment tribunals in Scotland over the last year. [Business 7](#) reports that these have risen by 50 per cent.

Spokes have a new project to try and remove the stumbling block to bike ownership – the problem of where to store the bikes.... They have funding and are currently doing some research. More details on their site which you can access [here](#).

A gang is being hunted after an assault in Edinburgh. The gang set upon a 20 year-old who was walking home alone along the High Street at about 1.20 am. The young man managed to escape with minor injuries. More on our [Police News](#) feature.

And you might just escape the city this weekend as the Open

Golf Championship is on at St Andrews. Remember not to take your phone – or you will have to leave it at the gate!

And on Friday 16th July you can go along to The Hub and join in Brian's BIG Debate – without Brian Taylor himself this week... If you want a ticket to go along then you can get one by emailing [brian@bbc.co.uk](mailto:brian@bbc.co.uk)