

Rat Race returns to Edinburgh

✘ Men's Health Survival of the Fittest is a high octane 10km running-based event that will see the Scottish Capital once again turned into a giant assault course on Sunday 20 October, with 3500 runners expected to take part – the highest number yet.

Now in its fourth year, the innovative format sees competitors tackling a 10km running route interspersed with obstacle zones throughout the city centre.

Men's Health Survival of the Fittest is being staged by Rat Race Adventure Sports, who staged their first ever event – the “Rat Race Urban Adventure” (one of the UK's first urban adventure races) – in Edinburgh in 2004 and who are the UK market leaders in these types of challenges.

This year's Edinburgh date forms 1 of 5 fixtures across “Survival season.” Other events take place in Cardiff, Nottingham and Manchester and culminate with a season closer at London's Battersea Power Station.

The Edinburgh course will feature a “Braveheart charge” starting sequence on the Royal Mile, followed by a tough ascent of Jacob's Ladder and the completion of multiple obstacles all over the Old Town and Holyrood Park. It finishes in West Princes Street Gardens where spectators are encouraged to come and cheer on the participants.

The obstacles themselves consist of a variety of challenges and runners should expect to face some staple Survival classics such as a series of hay bale walls, an Army assault course, the “Parkour” zone and a roadworks-inspired “Men’s Health at Work” zone. Also standing between entrants and their chances of crossing the finish line will be the infamous Men’s Health “Wall of Fame” – a sheer 8 foot high construction, which competitors must scale before they are able to officially call themselves a Survivor.

Jim Mee, Managing Director of Rat Race, commented: “Survival has become a much-loved date in Edinburgh’s events calendar and we love the way in which the city not only embraces the event, but gives us an amazing canvas on which to create this quirky urban obstacle course. These events are unique and provide a brilliant way to see the city differently, whilst having a bit of rough and tumble along the way.”

This year’s title sponsor of Men’s Health Survival of the Fittest is Volkswagen Amarok. Other partners include Tissot and Remington. Further information about the event can be found on the official website at www.mhsurvival.co.uk, including training information, videos and pricing. Entries can be made online through the website and are open until Wednesday 16th October.