



River Rat Race
STOCKTON-ON-TEES

29TH AUGUST 2010

£35
TO ENTER



Entry price includes Rat Race Tech Tshirt and £10 voucher for Rat Race Store

Welcome to the Tees River Rat Race

An urban adventure set against the backdrop of the mighty River Tees.

Splash, jump, kayak, climb and dash 10k across a truly unique running course, linking together many special water and shore based activities en route meaning you really can 'Take to the Tees' in Stockton!

NO EXPERIENCE NECESSARY
ALL EQUIPMENT PROVIDED

£6 OFF FOR ALL TEESIDE RESIDENTS
QUOTE 'STOCK6' WHEN ENTERING ONLINE

In association with:



Stockton-on-Tees
BOROUGH COUNCIL

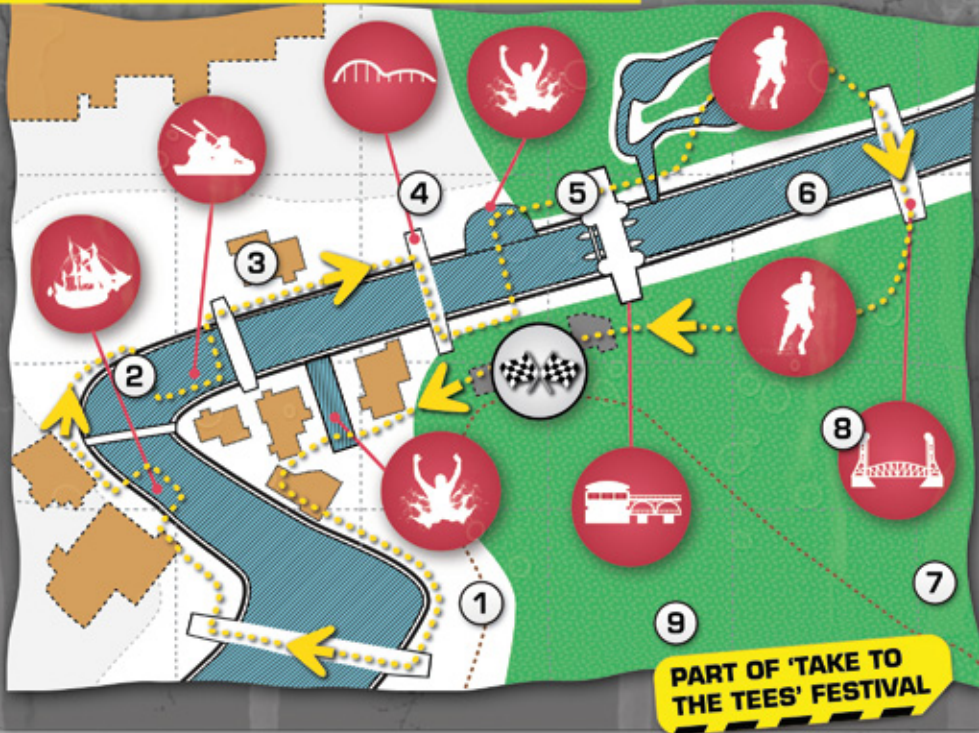


British
Waterways

Stockton-on-Tees **NHS**
Teaching Primary Care Trust

www.RatRaceAdventure.com/RiverRatRace

Tees River Rat Race Course



Race Time between 1-5pm

Activities

1. CANAL CAPERS

Cross the canal - and not via a bridge



2. WALK THE PLANK!

Take the plunge with a dunking Rat-Race style



3. KAYAK MAYHEM

Your chance to play Huckleberry Finn



4. TO INFINITY AND BEYOND

Cross the newest landmark of the Stockton skyline - the hard way



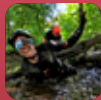
5. SWIM CLUB

Doggy paddle will do



6. MUD, SWEAT AND TEARS

Time to stretch those legs and get a bit mucky too



7. NEWPORT BRIDGE ASCENT

Yes that's right; you're climbing the bridge



8. THE MAZE OF MOUNDS

What goes up must come down



9. BARRAGE BLITZ

Drop, dangle and dip in the River



Contact us on info@ratraceadventure.com or call 0845 009 4365

www.RatRaceAdventure.com/RiverRatRace