

Jumpin' Jack flash!!!



Make the city your playground with Merrell, the original sponsor of the UK freerunning phenomenon. From taxis, to bridges to rooftops, the street offers all the adrenalin a man can handle.

If it's the ultimate buzz you're after this spring, look no further than the urban jungle around you. From freerunning to stunt training to adventure racing, everything you need to get the natural, active high you crave is right on your doorstep – and as world champion urban freerunners DC and Forrest show, there's no better footwear for your choice of urban antics than the latest range of Merrells. If it's go-anywhere, do-anything practicality combined with the latest styling you're after, the ultra-light Chameleon II has it all, with Gore-tex XCR to keep your feet dry and comfortable whatever the conditions. Or if it's a more everyday, after-sport shoe you're looking for, the track-inspired Sprint Rocker and Striker Goal definitely fit the bill with a spring sole and spike lugs for unbeatable ground control combined with Merrell's unique aerodynamic slipstream fin. Designed to be worn sockless, it couldn't be easier to slip them on, so get out there and have some fun...

Picture: Chameleon II Gore Tex XCR, £80, by Merrell

Learn the ropes

While nobody would recommend trying to copy some of the death-defying stunts performed by DC and Forrest on the street, for the first time ever workshops are being set up in the UK so you can learn some of their moves in a safe gym environment. The indoor Parkour workshops for beginners will be held over a series of weekends around the country, with an emphasis on smaller groups to allow a more direct, intimate feel. With all manner of pro freerunners on hand to show you exactly how to perform those jaw-dropping manoeuvres, you'll be bounding over obstacles like Spiderman in Merrells, the original sponsors of Urban Freeflow. For more on the courses, message boards, kit reviews and all manner of other freerunning information go to: www.urbanfreeflow.co.uk

Where? Various. **How much?** £10 for 4-5 hours.

E-mail: parkour@urbanfreeflow.com

Get some air

The Sprite Urban games are a showcase of everything your mother told you not to do, with your chance to watch the pros and even have a stab at all the daredevil antics yourself. Skaters, BMX and freestyle motocross riders and breakdancers pit their skills against each other and generally show off. On "Have a Go Friday", visitors can enjoy skateboarding and BMX coaching from experts before testing their new-found skills on a street course. BMX experts will fight to become European King of Dirt, while FMX (freestyle motocross) riders propel themselves 25ft into the air and throw inverted trickery on the 12ft vertical ramp. Not for the faint of heart.

Where? Clapham Common. **How much?** £10-£15. **When?** 23rd-25th July. **Contact:** 0870 902 0444 or go to: www.spriteurbangames.com

Join the Rat Race

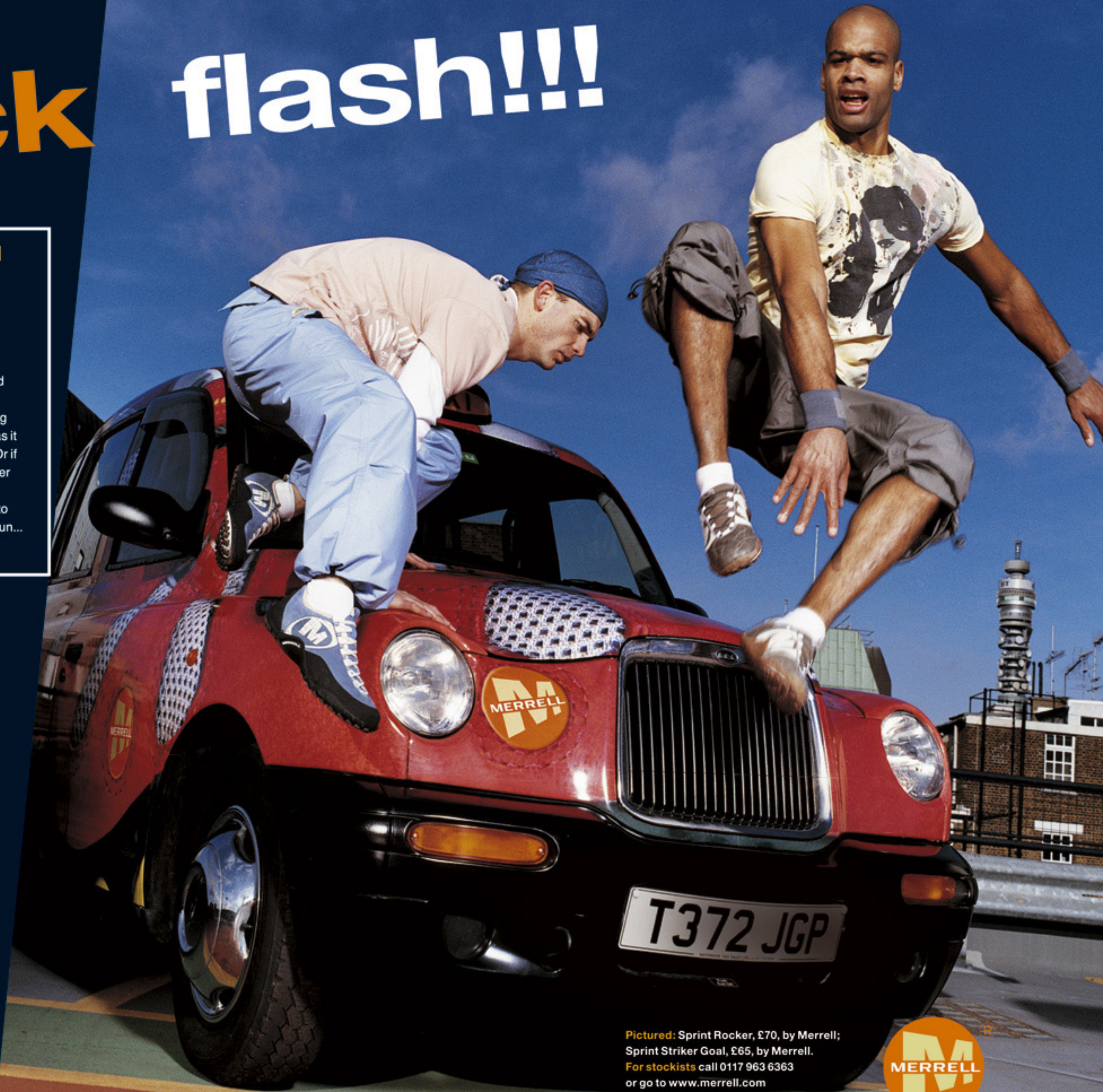
The most exciting team sport to hit British shores in years, the Urban Adventure Rat Race in Edinburgh comprises an arduous 100km course through the streets, parks, crags and tunnels of the Scottish capital, challenging over 100 teams through the core disciplines of cycling, hiking, running, canoeing and rope travel. Attracting everyone from the freshest of novices to the most experienced of pros, each team of three negotiates a course kept secret until race day, a course that last year included cycling through the wynds of Old Town and kayaking along the Firth of Forth during 48 hours of non-stop japes.

Where? Edinburgh (and two other venues to be announced this spring). **How much?** £80 per person. **When?** 16th and 17th July. **Contact:** www.ratraceadventure.com

Throw a punch

Ever fancied your chance at being Lee Majors? New UK outfit chillisauc.co.uk have enrolled seasoned stunt men who've worked on films including Batman, Highlander and Operation Fury who'll show you what it takes to be a real Fall Guy. During the course of your day's training, you'll be taught everything from how to handle automatic guns, smash a bottle over someone's head, to the classic 'knock 'em down, drag 'em out fight scene'. What more could a man ask for?

Where? London and Nottingham. **How much?** £65. **Contact:** www.chillisauc.co.uk or call 0845 4507450



Picture: Sprint Rocker, £70, by Merrell; Sprint Striker Goal, £65, by Merrell. For stockists call 0117 963 6363 or go to www.merrell.com

