



The City Chase urban adventure race lands in Seattle on Aug. 9

Bring a teammate and your mettle to the waterfront and be ready to roll

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Though the prizes may be sweet (piles of money, fame, a hot spouse, a new home), some of those reality TV shows don't look like much fun. Eating insects? Enduring humiliation by a British critic? Babysitting a possessed child? Admitting that you're a past-your-prime celebrity? Not so appealing.

But there's one that actually seems like fun, and if we were asked to participate, we'd jump at the chance to join "[The Amazing Race](#)." Travel, adventure -- it's like a vacation with the possibility of a handsome reward.

Unfortunately, it's unlikely that we'll land a spot on "The Amazing Race," but this weekend we can participate in a competition that's almost as remarkable. Urban adventure race [City Chase](#) comes to Seattle Saturday, Aug. 9. In its fifth year, the race gives "average Joes" the chance to enjoy all the excitement, adventure and fun of reality TV -- for real.

The urban scavenger hunt/obstacle course pits teams of two against each other as they race around Seattle completing fun challenges with the help of friends, Smartphones and strangers, before the mad dash to the finish line. For some challenges, City Chase will partner with local volunteer organization [Seattle Works](#) to perform tasks that benefit the community.

With luck, you won't be asked to swim with piranhas or battle a gladiator. (But would going on a date with Nicole Richie be considered community service?) The winning team from Seattle will qualify for the national championship, and maybe, the world championship in November. Even if you come up short of the win, you'll enjoy post-race activities and an after-party.

The race starts at [Myrtle Edwards Park](#) on the Seattle waterfront, and the entry fee is \$173.50 per team. Register at www.citychaseusa.com. No tryouts, no cameras and you pick your teammate. Sounds a lot more fun than a dressing-down from a bossy Brit.