



Aug. 11, 2022

“Be Ready to Run” – Hosted by Janelle James, four teams of contestants compete in an epic battle against gravity and physics as they attempt to remove items from towering, themed stacks. In round one, two cheerleaders, who know how to stay in sync, compete against a longtime married couple on the grandma’s attic stack. In round two, a pair of childhood friends, who love to travel, takes on two social media influencers who are prepared to climb their way to the top as they confront the seafood stack. The winners from each round face off against the medieval stack to earn a shot at The Mega Stack for a chance to win the grand prize of \$250,000, airing **SUNDAY, AUG. 28** (10:00-11:00 p.m. EDT), on ABC. (TV-14) Watch episodes on demand and on [Hulu](#) the day following their premieres.

-- ABC --