Running Safety

Before you lace up your sneakers, here are some important safety tips you'll want to keep in mind:

1. **Use sidewalks**
   Always use the sidewalk if there is one available. If there are no sidewalks and you have to run on the road, always run facing traffic.
2. **Dress to be seen**
   Wear bright colors or reflective clothing so drivers have an easier time seeing you.
3. **Cross at marked crosswalks or intersections**
   Stop and look left, then right, then left again before you step into the street. Always obey traffic signals.
4. **Be alert for turning vehicles**
   Drivers are often busy checking traffic when turning which decreases their chances of seeing pedestrians.
5. **Vary your route**
   Don't use the same route at the same time every day. Not only is it safer, it's also a lot more interesting.
6. **Find a running buddy**
   There is safety in numbers. If you go out without a companion, tell someone which route you will be taking and what time you expect to return.
7. **Carry an ID**
   Always carry some form of identification in case of an accident or emergency.