



RUNNING SAFETY AND ETIQUETTE

SAFETY

- 1.) Stop the spread of Covid-19: Wear proper face coverings when physical distancing cannot be maintained.
- 2.) Follow the Rules: Most tracks run counterclockwise unless posted differently, outer lanes are for slower runners/walkers.
- 3.) Run facing traffic: Run on sidewalk whenever given the chance. If sidewalks are not available, run facing traffic so oncoming cars can see you and you can see them! Avoid roads with blind turns and unsafe shoulders.
- 4.) Wear Bright Colors: Especially when running in low visibility, reflectors and blinking lights should also be worn when running in the dark.
- 5.) Mindful of headphones: Music volume should be low enough to hear traffic and other runners. Tip: run with low volume and one ear-bud out.
- 6.) Be aware of your surroundings: Always look both ways when crossing any intersection and make sure drivers see you.
- 7.) Proper running apparel: Know the weather before you go and make sure you dress accordingly. Minimize risk of injuries by wearing proper running shoes and socks.
- 8.) Fuel up: Stay hydrated and make sure you have a good pre-running snack to give you enough energy for your run.
- 9.) Use the buddy system: Run with a friend. If you are running by yourself let someone know where you will be running and when you plan on being done.

ETIQUETTE

- 1.) Know where to run: When running on a popular path or trail stay on the right hand side. This allows others to pass without forcing them off the path or into oncoming traffic. Avoid running in the middle and you should always stay on the path or trail.
- 2.) Defer to faster runners or cyclist: When a faster runner or cyclist approaches, slightly move to the right giving them enough space to pass safely.
- 3.) Pass on the left: Let the person you intend to pass know by saying "on your left" that way they know you are coming and should move slightly to the right. Be aware of your surroundings when passing and merging back to the right.
- 4.) Do not litter: Do not throw water bottles, gels, bar wrappers, or anything on the ground. If you are running with a dog, you must pick up after them and dispose of the doggy bag in the appropriate bin.
- 5.) Respect private property: Stay off resident's lawns, parks, and other private property even if it is a shortcut to your destination.