

SAFETY

S

BE SAFE AND BE SEEN

“Better to be safe than sorry”

- Make Yourself Visible – Wear bright colors & reflective gear
- Be aware of When & Where you run
- Use Lights / head lamps at night or early morning
- Run in well lighted areas
- Always Carry ID - Try an ID shoe tag or carry a Driver’s License
- Bring a whistle – Great to scare away predators or alert there is danger or that you need help
- Carry a Cell Phone
- Don’t Listen to music OR only wear 1 ear bud
- Run with a buddy – There is safety in numbers
- Leave your route information or tell someone your estimated routes & time frames
- Stay out of uncomfortable situations – Follow your instincts and trust your gut if you think you are entering an unsafe situation

“Stealth may work for spies, ninjas, and air force bombers... but runners should aim to be as visible as possible; Even if it means wearing colors normally associated with highlighters!”

AWARENESS

A

***SURROUNDINGS &
ENVIRONMENT***

“Be Aware AND Be Prepared”

- Know the weather- Research before you run
- Be aware of strangers
- Know animals native to the area you are running in and how to defend yourself against them
- Be aware of cars, bicycles, and foot traffic
- Train for the terrain you are running in
- When and where to run- Think about the time of day and location
- Always have a safety plan for protection-mace, light, phone, buddy/dog
- If music is necessary listen with only one ear bud in
- Listen and watch out for vehicles and cyclists
- When traveling contact the local running club or ask what trails are safe

“Be ALERT and ALWAYS think of the Consequences”

FITNESS

F

SELF-HEALTH

“Good techniques can help you outsmart injuries so you can get fit faster!”

- Dr. checkups – ensure you are healthy enough to run
- Hydration- drink early, drink often and drink before you're thirsty
- Nutrition – electrolytes and the right foods- eat within ten minutes after your run
- Know first aid and have emergency supplies on you while running
- Have the correct gear- water bottles, backpack, chafing gel, etc.
- Ensure you have correct fitting clothing and shoes.
Remember: “Cotton is Rotten” & wear moisture wicking gear.
- Warm up your body before you run and do a cool down after- to protect your muscles (stretching, yoga, or Pilates can be a warm up or cool down)
- Learn the signs of your body and when it needs a rest
- Wear appropriate layers of clothing –Also, sunglasses, hat, gloves
- Protect yourself with sunscreen and bug spray
- Keep your body healthy with days of rest between workouts

“Basically what is good for the body is good for the mind and psychologically speaking, running has a lot to offer!”

ETIQUETTE

E

RUNNER'S ETIQUETTE

“Running is all about freedom RIGHT? Freedom is all well and good except if you are irritating others”

- Keep the terrain clean
- Acknowledgement is a common courtesy to passing runners and cyclists
- Use common sense when running
- When running maintain good personal hygiene

Trail-

- Always run in the right lane
- Only run with 2 people abreast/side by side
- Run in the lane and walk/jog on the outside

Road-

- Follow the rules of the road
- When running hills run on the right side running up and the left side of the road when running down
- Run against traffic

Track-

- When on a track run on the inside lane walk/jog on the outer lanes
- Always run counter clockwise on a track

“Remember: The next time you are running, freedom is much more fun with a few rules thrown in!”

Web Links

**WEBSITES WITH MORE
GREAT TIPS FOR SAFETY**

Be Safe and Be Seen

[Road ID](#)

[Safety Tips for Running in the Dark](#)

[Runner Girl](#)

Surroundings and Environment

[Runners World Training](#)

[Road Runners Club of America](#)

[Syracuse Chargers Track Club](#)

[Runners World](#)

Self-Health

[Benefits of Running](#)

[Running Tips for Teens](#)

Runners Etiquette

[Trail Running](#)

[Road Runners Club Etiquette](#)

[Running Ten Commandments](#)

[Running World Etiquette](#)

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