

Runner's Rules of the road!!

Here are a few rules / tips to follow when you decide to go out for a run this winter...

- Don't assume a driver sees you. In fact, imagine that a driver can't.
- Run against traffic so as to view (and react to) any mistake an advancing motorist may make.
- At a stop sign or light, wait for the driver to wave you through—then acknowledge the driver with your own wave.
- Allow at least three feet between you and a passing vehicle.
- Be prepared to jump onto the sidewalk or shoulder of the road.
- During group runs, go single file when cars need to pass.
- Use hand signals to show which way you plan to turn.
- Respect a driver's right to the road.
- Run with proper ID, and carry a cell phone with emergency contacts taped to its back.
- Check with the police for local traffic rules.
- Make sure to look out for people pulling out of a driveway. They may not see you.



- At an intersection always wait and look for vehicles coming from multiple directions and lanes before attempting to cross.
- If you run with headphones, make sure you can still hear what is going on around you. Run with just one ear bud in at a time.
- In commercial areas, look out for high-traffic areas, such as the parking lots of grocery stores, restaurants, and bars.
- Watch for early-morning drivers who do not clear frost or morning dew off their windshields; they may not be able to see you.
- Wear bright and/or reflective clothing.
- Run only on roads with wide shoulders.
- Never cross against traffic lights.

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The information presented is offered only as something to consider in your quest for health and well-being. Always consult your healthcare provider before making any lifestyle changes.