

## Rules for Running on the Road

- Don't assume a driver sees you. In fact, imagine that a driver can't.
- Wear bright and/or reflective clothing.
- Run against traffic so as to view (and react to) any mistake an advancing motorist may make.
- At sharp bends always run on the wide part of the bend.
- Beware of cyclists overtaking you from behind. You may not hear them and if you go to cross the road you may cause a collision if you don't look both ways.
- 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 side or shoulder of the road.
- During group runs, go single file when cars need to pass.
- Respect a driver's right to the road.
- Run with proper ID, with emergency contacts taped to its back.
- 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.
- Watch for early-morning drivers who do not clear frost or morning dew off their windshields; they may not be able to see you.