

A pair of running shoes, one black and one white, are positioned on a paved road that stretches into the distance. The title 'Rules of the Road' is written in a large, white, cursive font across the top of the image.

Rules of the Road

RUNNING SAFELY AND COURTEOUSLY

No man—and no runner—is an island. We all run in a world of traffic, darkness, potentially unfriendly people and animals and other runners. It's good to remind ourselves occasionally of the rules of safe running in all situations, and to remember that running safely is often also running courteously. The following rules were adapted from guidelines outlined by the Road Runners Club of America.

ON THE ROADS:

- Always be alert and aware of your surroundings. Avoid deserted areas, unlit areas at night and overgrown trails. Stay clear of bushes or parked cars.
- Don't wear headphones. You need all your senses to be truly alert, and headphones tell potential attackers that you're distracted.
- Look both ways before crossing. Obey all traffic signals and make sure drivers acknowledge you before crossing.
- Carry ID or write your name, phone number, blood type and any emergency medical info on the inside sole of your shoe.
- Run in familiar areas whenever possible. If traveling, contact a local running club or store for route suggestions. Stay near open businesses while on your run.
- Vary your route: Don't be in the same place at the same time every day.
- Run with a partner (human or canine).
- Write down or leave word of your route and expected time of return.
- Ignore verbal harassment. Be observant, but keep your distance and keep moving.
- Run against traffic so you can see approaching cars. (Exception: Move to the right side when running on a blind curve to your left so oncoming cars have a chance to see you, then cross back when safe to do so.)
- Wear reflective material and at least one lighted item when running in twilight or darkness.
- Carry a noisemaker, such as a whistle or keychain alarm.
- Carry your cellphone.
- Trust your intuition—if something doesn't feel right, assume that it's not.

ON THE TRAILS:

- Run on the right, pass on the left.
- If you are running out and back, don't make a sudden U-turn; step off the trail slightly and proceed when clear.
- Avoid isolated trails when alone and unlit trails in darkness.
- If running in a group, run no more than two abreast.
- Alert people as you pass them.
- Stop at stop signs when crossing roadways.
- Be mindful of children on the trail; their movements can be unpredictable.

AT THE RACES:

- Line up according to your expected pace/finish time. If your corral isn't pre-assigned, look for the pace signs or ask other runners. Slower runners and walkers should move to the back so everyone can run their pace comfortably.
- Don't wear headphones. Make sure you can hear instructions from officials and warnings from passing runners.
- If running in a group, run no more than two abreast.
- Use caution at water stations. Make sure you're not cutting off other runners or spilling on them. If slowing or stopping at the aid station, be sure no one is behind you.
- Don't "bandit." It's not only unfair to those who have paid and any potential charity beneficiary, it's also unsafe as organizers plan course amenities, staging and medical assistance based on the number of registered runners. Unexpected runners can cause crowding and increased risk for collisions and falls.

