

Walking/Jogging/Running Tips

Safety

*Headphones – please do not wear them outside

- you need all your senses when you are outside walking or jogging
- LISTEN for traffic, dogs, on-coming walkers/runners, bikers, skaters, and possible lurking attackers

*Personal Alarms

- carry mace, whistles, alarms – if you walk or run alone or while you travel
- walk or run in groups, with a friend, spouse, or dog

*Route

- know your route. Tell someone where & how long you are walking or running. Vary your routes. If you park your car for a walk or run, leave a note in the car with your name, when you left, where you were going, and time expected back.

*Emergency Identification

- List any current medications, problems, injuries, illness, pregnancy & carry with you.

*Walking/Running Alone

- Do not walk or run alone at night. Walk or run on a well lit road or pathway.

Trail & Group Ethics

*Traffic

- Always face traffic when on the roads. Give the cars room.
- Watch the direction of the cars coming at you. Look at the front tires.
- Watch the driver: his/her reaction, alertness, and speed changes. Put yourself in the driver's seat – keep in mind how tired you feel sometimes before or after work.
- Use the sidewalk or pathway when available.

*Always be on the defensive!

- There is NEVER a good enough reason to race a car through an intersection.
- The care always wins!
- Cars are always right...no matter how wrong they can be.
- Jump out of the way, no racing!

*Group Walking or Running on Trails

- Communicate with your workout partners: “car up, car back, car both ways, bike ahead, everybody to the right, watch the ice, walkers ahead, passing on the left.
- Single file with all oncoming traffic – cars, runners, walkers, bikers, skaters, etc.
- Be courteous to our friends as we walk and run through the neighborhoods
- On a trail, walk or run no more than 2 abreast