



Running Safety

6 Tips to Stay Safe

1

Visibility & Reflectivity: bright colors, reflective features or lights.
Any time. All seasons.



Music: consider using one earbud or a product like **AfterShokz** that gives you situational awareness.

2

3

Run with a friend or in a group.



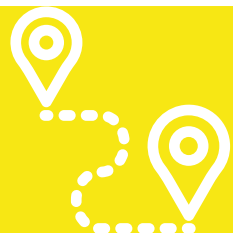
Run against traffic & follow traffic laws.



4

5

Carry an ID or Road ID



Change up your running routes & what time of day your run.

6