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# Running Rules of the Road

Running is a simple sport. These nine tips will ensure that you have fun, stay safe, and remain healthy on every run.



**1 RUN FACING TRAFFIC.** Drivers will have more time to see you and give you space. One exception: blind curves with no shoulder. In such cases, cross and run with traffic until you can safely return to the other side of the road.

**2 OBEY TRAFFIC SIGNAGE.** Pause at intersections, stop for traffic lights. And stay alert—in case a driver doesn't.

**3 FOLLOW OFF-ROAD RULES.** Follow posted rules at tracks, paths, and rail-trails. Two key examples: Unless otherwise posted, run counter-clockwise on the track and stay to the right on trails.

**4 CHOOSE LOW-VOLUME STREETS.** Cars coming out of parking lots and crowded streets interrupt your rhythm and increase your chance of a collision. Opt for low-traffic alternatives.

**5 BE POLITE.** Yield to fast-moving or aggressive cars; acknowledge the nice drivers who wave you through a stop sign. If you pass slower runners or walkers, say hello, and wave to other runners. You're part of a community.

**6 BE SAFE.** Wear lights or reflective gear at night or in low light. Carry proper ID, like Road ID. Don't wear headphones. Tell someone where you're planning to go or consider a tracking app (like the Road ID app), which allows loved ones to know where you are.

**7 HEAD'S UP.** Keep your chin up and eyes pointed down the road/trail. It helps you see potholes or rocks, and it will convey to drivers that you're paying attention.

**8 REPLACE SHOES REGULARLY.** Running shoes become worn out after you've put 300-500 miles on them. If your shoes no longer feel like they're protecting you, they're probably not. Write the date you bought your shoes inside the tongue as a helpful reminder of how old they are.

**9 INCREASE MILEAGE GRADUALLY.** To avoid an overuse injury, resist the urge to pick up your training too fast. Follow the time-honored rule of thumb: Don't raise your weekly mileage, or time spent running, by more than 10 percent over the previous week.

More Tips at [RoadID.com/SafetyCenter](https://www.RoadID.com/SafetyCenter)