



RoadID[®]
It's Who I Am.

Running Safely in the Dark

Whether it's your schedule or the weather, sometimes it makes sense to run at night or in the early morning hours. Here's how to be safe.



1 BE VISIBLE. Wear bright clothes—neon is good, reflective is even better. Choose running shoes and apparel that have reflective strips. If your shoes don't have any, add some reflective tape. Consider wearing a reflective vest, a headlamp, or flashing light (red, blue, or green, work best). You can't be too visible.

2 ALWAYS RUN AGAINST TRAFFIC. This may be true all of the time, but it's essential in low light conditions. When possible, pick roads that have sidewalks or wide shoulders.

3 PICK A WELL-LIT ROUTE... Even if it's not your favorite loop, choose a route on which you can see where you're going—and more important, drivers can see you.

4 ...AND A KNOWN ONE. Don't go exploring new routes after dark. Stick to streets and areas you know well. The last thing you want is to end up running 10 miles when you only wanted to run three.

5 GRAB A BUDDY. There's strength and safety in numbers (Bonus: The camaraderie might increase your speed or mileage, too). If you must run alone, let someone else know your plan before you head out (see tip #9).

6 ALWAYS CARRY ID. In an accident, First Responders will want to know who you are, who to contact and important medical information. Be prepared for the unexpected. Wear a Road ID.

7 DITCH THE HEADPHONES. Music, podcasts, and other distractions block out the sound of cars, dogs, cyclists, and other potential threats. If you really need a beat, use one earbud and keep the volume low.

8 TRUST YOUR INSTINCTS. If something feels unsafe, trust your gut—especially in the dark. Play it safe.

9 CONSIDER A SAFETY APP. Bolster your safety with a digital tool like the Road ID App, which allows chosen family and friends to track you in real-time and be alerted of your location if you stop moving. An added perk: you can create a custom lock screen with emergency information.

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