

Staying Visible While Running

Running is one of the healthiest ways to stay in shape—a cardiovascular study found that runners have up to a [40% reduced risk](#) of premature death, and may live on average up to three years longer than non-runners. While a secluded jogging path is always ideal for a run, it's sometimes impossible to avoid running alongside traffic. If you run alongside traffic, here are some top tips for staying visible and making sure everyone on the road sees you.

1. Run Against Traffic

It's always safer to not run in the road, but if the sidewalk [is uneven](#), too congested, or nonexistent, you won't have any option other than running directly in the street. If this is the case, always run against traffic. This does make it easier for drivers to see you, but more importantly, gives you a couple of seconds' notice when a driver is acting recklessly or is distracted. Running against traffic allows you to dive out of the way if need be.

2. Follow Traffic Regulations

It's important to follow all [traffic laws](#) as if you were driving a car. This means, but is certainly not limited to, stopping at red lights and stop signs, yielding to pedestrians, and indicating that you're about to turn at an intersection. It's important to follow traffic laws because you're much harder to spot than a motorist. Drivers are looking for other cars on the road, not necessarily runners!

3. Dress to be Seen

You'll want to adjust what you're wearing depending on the time of day you're running. When you're running in middle of the day, florescent clothing is key. Neon colors are the most visible in daylight. At nighttime, it actually doesn't matter what color you're wearing, so long as you have something reflective. Don't neglect your feet when running at night—a car's headlights usually don't come up past your waist at close distances, so having neon sock or adding reflective tape to your shoes goes a long way in catching a motorist's eye.

4. Run in Groups

Two runners are much easier to see than one! [One study](#) found that people with exercise partners worked out twice as long as those exercising alone. When you work out with an accountability buddy, you'll not only be more likely to stick to your running schedule, but you may run longer and faster than if it was just you alone.

While some of these tips may seem inconvenient, when push comes to shove a car is much larger than a runner. It's always best to err on the side of caution and make sure you're easily spotted on the road by every driver. This will give you the best chance of having a safe run without any incidents with motorists!

This article was provided by www.personalinjury-law.com, an organization dedicated to providing the public with information about personal injury and safety information. Nothing in this article should be construed as legal advice, and it is intended for informational use only.