

Staying Visible While Running

Running is one of the healthiest forms of exercise—[a study](#) performed by the US National Library of Medicine found that runners' hearts are much stronger and more efficient than those who lead sedentary lifestyles. While it's always ideal to run on designated jogging/running paths, it's not always possible to avoid motorists. If you find yourself running alongside traffic regularly, here are some top tips for ensuring everyone sees you on the road.

1. Choose Your Outfit Based on Daylight

What you wear makes a huge difference in your visibility on the road. When you're running in the daylight, you should opt for something that's bright and florescent. Lime green is the easiest color to see in the day.

When running at night it doesn't really matter what colors you're wearing, because everything is hard to see. What's more important is choosing at least one reflective article of clothing. This will help you stand out against a car's headlights.

2. Bring a Flashlight

The top cause of injury among pedestrians and runners isn't actually getting hit by a car, it's from tripping on [uneven pavement](#) or sidewalk. If you're running in the early morning or evening, it'll be important to actually see the surface you're running on! Bringing a flashlight with you gives you a much better chance of seeing potholes, [cracks in the pavement](#), and more. If you'd prefer to keep your hands free, a headlamp is a great option.

By having a flashlight you'll be able to see the road ahead of you, and cars will see your flashing light from a farther distance as well.

3. Run Against Traffic

Sidewalks weren't built for runners (which is most likely why they're the top cause for injury). If a sidewalk is too run-down, loaded with pedestrians, or simply nonexistent, you'll have to run in the road. It's imperative that you run against traffic while in the road.

Many claim that running against traffic will give drivers additional time to see you, and this can be true. More importantly though, running against traffic will give *you* a split second's notice that a car is approaching. This allows you to dive out of the way if need be.

4. Run in a Group!

Two runners are always more visible than one. When you're running in a large group, you're downright easy to see. Running in a group is a great way to ensure cars see you and you're given a wide berth when passed. Just be sure to not run more than two abreast—otherwise you run the risk of becoming a road hog.

Running with a friend has more benefits than higher visibility. A [US study](#) found that when athletes worked out with a partner compared to alone, they not only ran for a longer period of time, but their aerobic exercise was far more intense and challenging than when exercising alone. When running with a friend you work harder, run faster, and it's usually a lot more fun!

While some of these tips are inconvenient, they will go a long way in ensuring your running routine is safe and [uninterrupted by motorists](#).

*This article was created by Personal Injury Help (www.personalinjury-law.com), however this article is not intended to be legal advice nor should it be construed as such. Be sure to check your local ordinances to run safely and legally!