

Running and Pet Safety

At Lynchburg Road Runners, we love our four-legged companions but it's important to keep safety in mind, a little awareness goes a long way in ensuring a fun and safe experience for everyone.

Running with your Furry friends

- *A properly fitted collar is essential. A collar should be snug but allow two fingers to fit underneath, and a leash around 4-6 feet provides enough control without restricting movement.*
- *Always check the weather before heading out with your dog, including the pavement temperature—if it's too hot for your hands, it's too hot for their paws.*
- *Think twice before bringing your pet to public places if they have a history of aggression, are easily startled, or are overly protective — even well-meaning pets can react unpredictably in unfamiliar environments or around strangers.*
- *Keeping your dog's vaccinations up to date is essential for their health and the safety of others when visiting public places.*

Be Aware of Pets When Running

- *Runners should never assume all dogs are friendly. Runners should carefully observe a dog's response when approaching and be ready to slow down, stop, or even turn around if the dog seems aggressive or the owner appears to lack full control.*
- *Runners should give as much space as possible when approaching someone walking their dog and avoid positioning themselves between the dog and its owner.*

When There is an Incident

- *If an incident occurs involving a dog, runners should make sure to identify the owner, collect their contact information and request the owner provide the pet's vaccination records.*
- *Animal control or the police should be contracted to report the incident and start the appropriate follow-up actions.*
- *Runners should seek immediate medical care, even if the injury doesn't seem serious, pets—even vaccinated ones—can carry diseases that increase the risk of infection.*

