

General Safety Tips for Runners



Stay on well known, well marked paths

One of the best ways to stay safe is by choosing well-known, well-maintained, and well-lit paths. Familiar trails and sidewalks that are regularly maintained reduce the risk of tripping, getting lost, or encountering unsafe conditions. Prioritizing visibility and surface quality helps ensure a safer, more enjoyable run.



Communicate with trusted friends or family

For longer runs or routes that take you away from busy areas, it's important to let a trusted friend or family member know when and where you'll be running. Sharing your planned route and estimated return time adds a layer of safety in case of an emergency. Whenever possible, carry your phone and consider using a live tracking feature available on most smartphones or fitness watches.



Pay Attention to your Surroundings and Run Defensively

Always pay attention when crossing streets—never assume a driver sees you or will stop. A driver turning right will not look to their right before turning! So if you approach from the left make plans to run behind the vehicle. Make eye contact when possible and wait for a clear signal before proceeding. Similarly, never assume a dog, even if leashed, is friendly; give space and stay cautious. Staying vigilant at all times helps you respond quickly to unexpected situations and keeps your run safe and enjoyable.



Wear Properly Fitting Attire

Wearing properly fitting running shoes and attire is essential for safety. Well-fitted shoes provide the support and cushioning your feet need, helping to prevent injuries. Likewise, properly fitting clothing reduces the risk of chafing, overheating, or tripping, and allows for unrestricted movement.



Be Visible

Reflective or brightly colored gear improves your visibility to drivers and others, especially in low-light conditions. If you plan to run during twilight, having an extra light source—such as a headlamp or clip-on light can make a significant difference. It not only helps others see you but also allows you to better see uneven pavement, obstacles, or other potential hazards in your path.



Stay Informed

Check the weather forecast, be aware of any alerts or hazards in the area, and know your route ahead of time. This helps you dress appropriately, avoid unexpected conditions, and adjust your plans if necessary—so you can focus on enjoying your run with confidence.



Report Anything Abnormal

If you notice anything abnormal during your run—such as downed trees on public trails, damaged sidewalks, or unsafe behavior from motorists—it's important to report it to the appropriate local authorities or park services. Speaking up helps keep the area safe not only for you but for other runners and community members as well.



Trust Yourself

Trust yourself on every run—if something feels off, don't hesitate to alter your route or cut your run short. Trust your gut; your safety comes first.

