

## Staying Visible While Running

[Running](#) is a great way to stay in shape and reduce your risk of cardiovascular disease. While it's always ideal to run on a wooded path designated for runners, it's not always possible to get away from the hustle and bustle of motorists. One of the best ways to ensure your run is safe and risk-free is by staying visible. Here are some tips to ensure everyone on the road sees you.

### 1: Dress for the Time of Day

You'll want to wear visible clothing depending on when you're going for a run. When you're running in the daytime, choosing an article of clothing that's fluorescent will be the most eye-catching. Think bright green, pink, or yellow here. Wearing multiple colors will help you stand out even more, especially against different backgrounds.

When you're running at night it doesn't really matter what color you're wearing, because nobody will see you anyway. What's more important is wearing something reflective so you'll stand out against a car's headlights. You can knock out two birds with one stone by purchasing a reflective and fluorescent vest to wear over your usual running gear.

### 2. Run Against Traffic

Let's face it—sidewalks just weren't meant for running. They're often congested and have cracks or are made from cobblestone, so it's sometimes more hazardous to run on the sidewalk. If you are running directly in the street, always be sure to run as close to the curb as possible and run against traffic. Everyone says to run against traffic to give motorists more time to see you, but what's more important is giving yourself a couple of extra minutes to dive out of the way if a reckless motorist approach.

### 3. Follow Traffic Laws

If you're running in the street, you'll want to obey all traffic laws that a motorist would, including stopping at stop signs or red lights. While it may look like the coast is clear and you can pass through an intersection, a reckless driver may turn the corner at any moment. You are obviously significantly smaller than a car, so it'll be more challenging for a motorist to see you, especially if you're running a red light and you're unexpected.

### 4. Run with a Friend!

Two runners are always more visible than one. Three runners make a crowd! When you run in a group it's always much easier for everyone on the road to see you, and cars will be more likely to give you a wider berth. You'll just want to never run more than two abreast or your group risks becoming road hogs.

Running in a group has more benefits than increased visibility. Numerous studies have shown that when you have an exercise partner, you'll be more likely to stick to your exercise routine, *and* you could run longer or further than you would if you were running alone!

While some tips for visibility may seem tedious, they can make an impactful difference in the safety of your run.

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