

## **Staying Visible While Running**

Running is one of the most popular forms of exercise in the US. According to Statista, [64 million](#) people went on a run in 2016. While jogs through parks and designated running paths rarely have incidents, if you run alongside traffic you'll likely want to stay as visible as possible. Here are some top ways to ensure motorists see you on your runs.

### **Dress For Time of Day**

Try to have at least one piece of running attire that could be seen at any time of the day. When running in the morning or afternoon, fluorescent yellows, greens, and oranges are the easiest to see. At night it doesn't really matter what you wear because you'll essentially be invisible, so try wearing something reflective.

### **Run In Groups!**

One runner is easier to see than two. The more people you run with, the more space you'll be given by traffic. You'll also have someone to help hold you accountable for exercising! Studies have shown that when couples enter a yearlong fitness program just 8% drop out, but individual participants left nearly [50% of the time](#).

### **Run Against Traffic**

There are two benefits to running against traffic: you'll have an easier time seeing cars approaching, and oncoming traffic will see you quickly. It's always advisable to run on a sidewalk when possible, but if you need to hop onto the road to [avoid potholes](#) or pedestrians, you won't have any difficulty avoiding cars if you're running against the flow of traffic.

### **Look for Lights**

Not only should you adjust your attire to ensure someone can see you depending on the time of day you run, but you should also try to run somewhere with more lights to make sure you're seen. Pick well-lit sidewalks or streets over dark alleys or unlit paths. This will also help you avoid potholes or broken pavement, one of the most common causes for injury among runners.

### **Carry a Flashlight**

Much like trying to run in well-lit areas, it's always a good idea to keep a flashlight on hand when running at dawn or dusk. This will help you avoid obstacles in unlit areas or simply help you stay seen by motorists and pedestrians.

It's also a good idea to carry your phone with you whenever you run—not only will it come in handy if you need to make a call after an injury, but it can pull double-duty as a flashlight if need be. It's likely you have your phone on hand during runs to listen to music already.

### **Follow Traffic Laws**

While it may be tempting to just jog through red lights, it's always a better idea to follow [traffic regulations](#) just as a motorist would. You're much smaller than a car so it's not as easy for vehicles to see you at intersections. By following traffic regulations, you'll help ensure you don't "surprise" a driver!

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