

Top Ways To Stay Visible While Running

Runners are at high risk of accidents when motorists can't see them as they run. Every year thousands of runners are injured when they are running because drivers have trouble seeing them. Increasing your visibility can lower the chance of being injured by a motorist during your run, especially if you like to run early in the morning or in the evening when the low light hides you from drivers. During the winter when the days are shorter or the weather is bad it's essential to use these tips to make sure that you are as visible as possible when you're running:

Wear The Right Clothing

Clothing designed for runners usually focuses more on comfort than on safety and is designed to make sure that runners don't overheat during a run but safety clothing is out there and you should wear it. Bright neon colored jackets and pants are good options to help you stay visible.

Add Reflective Gear

Also wearing [clothing that has reflective](#) patches is a good idea if you like to run during low light times of the day or on roads because the car lights will reflect on the patches and get the attention of drivers. However, if you have found running clothing that you really like and it's dark you can add weatherproof reflective tape to your clothing and to your running shoes that will help you be more visible without having to change your style or give up your favorite running clothes.

Invest In A Headlamp

A headlamp is a great way for runners to be more visible in the darkness. A headlamp also will help you by lighting your way if you are running in an area that doesn't have a lot of street lights. When you're wearing a headlamp it will be easier to avoid rough or [broken ground](#), mud, puddles, ice, and other debris that could be on the road that you're running on. Headlamps are not expensive and they are light enough that you won't feel weighed down when you're wearing one on your run. For runners that like to log a lot of street miles during the evening or the early morning a good head lamp is as essential as a great pair of running shoes.

Run On Trails

If you live in an area that has a lot of traffic you might want to look for a designated running trail that you can run on without having to worry about making sure that drivers see you. Many cities and towns now have designated [running and walking trails](#) that are paved and designed for runners. Even though you won't have to worry about drivers seeing you when you're running on a trail you should still try to make yourself as visible as possible so that you don't run into other runners and walkers. You can wear LED lighted bracelets and other accessories to boost your visibility without carrying a lot of extra weight or needing a lot of expensive equipment to run safely.

Run in Groups

Running in groups will make it easier for drivers to see you. Motorists will need to give you more space while in a group. In addition to creating a more visible presence, you'll likely get a better workout in! [Studies have found](#) that running in groups can help keep you motivated, running farther, longer and/or faster!

Run Against Traffic

You may not know running against can help aid in the occurrence that a driver doesn't see you. If you see a car approaching that doesn't see you, you'll have more time to move out of the way. If your back is to traffic, you may not know that a car does not see you.

Follow Traffic Regulation

As you go for your run, make sure to follow traffic regulations. This means stopping at intersections, stoplights and stop signs. If a car is at an intersection as well, make eye contact with the driver. It can help you know if it is safe to cross, or if the driver plans on going before you.

Carry An ID

Before your next run, make sure you have your [emergency contact information set up](#) on your phone. With this set up, first responders will be able to find out who you are and if you have any medical conditions or allergies. Most importantly, your emergency contacts will be notified. In addition, you should always carry you ID with you when running. In the chance an accident does occur and your phone is damaged, it can help first responders identify who you are if you are not able to yourself.

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