



C25K: RUNNING SAFETY

Running Safety in Newark

- Be aware of your surroundings.
- If something does not feel right, such as noticing a suspicious person, call UDPD.
- Only wear one earbud to maintain some situational awareness.
- If running at night, wear some type of light so others can see you.
- Trails that surround the University of Delaware have blue light zones, which make a call to the University of Delaware Police Department if you press the button.
- If possible, avoid running with others. If necessary, run with at least 6 feet in between runners.
- Avoid Jaywalking and abide all pedestrian laws.
- Before crossing the street, verify all cars have stopped fully in each lane and that they see you.
- Consider purchasing a type of “Road ID” for quick identification by emergency services in the event of injury - <https://www.roadid.com/>
- Ensure you wear bright colors to ensure appropriate visibility.
- Vary routes and timing to avoid stalkers and those who wish to do you harm.
- Alert close family and or friends of your run and estimated run time as an extra safety precaution.
- Consider sharing your location through your phone with others you trust so others can find you in the event of an emergency.
- Use [Livesafe App](#)
 - Connects to UD Dispatch Center.
 - Emergency button on the phone goes directly to dispatch center and gives you exact location using your phones location services.
 - If injured on a run, hit the emergency button and if possible, try to be aware of your location.
- Biking
 - If a bike lane is provided, you must use a bike lane
 - New Main Street will provide a bike lane.
 - Bikers must go with the flow of traffic
 - Bikers on the Green must yield to pedestrians.
 - Be aware of Walk Your Wheels Signs (ex: Trabant and Independence Bridge)
 - For further information, please visit the [Delaware Health & Human Services Website](#)

Running Tips When Running at Night

1. Run with a partner when you can. There is safety in numbers.
2. Ditch the headphones or wear only one earbud and keep the volume low—you want to be able to hear trouble approaching.
3. If it is legal in your state, consider carrying self-defense spray clipped in an accessible place, like the front of an inside pocket.
4. Carry a phone and enable the “medical ID” function or, if not available, make sure the passcode is off.
5. Wear a Road ID. Always carry identification in case of emergency.
6. Wear reflective gear and a headlamp when running in the dark.
7. Never ignore your instincts—ever. If you feel something is not right, forget your normal route and take off for a busier area.
8. Ideally run where there are other people and activities around you.
9. Be sure to vary your routes and the exact time you run alone, because you never know who is watching.
10. No matter how confident you might look and feel, be aware of your surroundings.

Running Tips When Running on Roads

1. **Leave word.** Tell somebody or leave a note at home about where you plan to go and how long you plan to be out. That way your loved ones will know to come look for you if needed.
2. **Identify yourself.** Run with proper ID, and carry a cell phone with emergency contacts taped to its back.
3. **Pretend you are invisible.** Do not assume a driver sees you. In fact, imagine that a driver cannot see you, and behave accordingly.
4. **Face traffic.** It is easier to see, and react to, oncoming cars. Cars will see you more clearly too.
5. **Make room.** If traffic gets heavy, or the road narrows, be prepared to move onto the sidewalk or shoulder of the road.
6. **Be seen.** Wear high-visibility, brightly colored clothing. When out near or after sunset, reflective materials are a must-have. (If you do not own reflective clothing, a lightweight reflective vest is a great option.) Use a headlamp or handheld light so you can see where you're going, and drivers can see you. The light should have a bright LED (drivers see blinking red as a hazard).
7. **Unplug your ears.** Avoid using iPods or wearing headphones—you need to be able to hear approaching vehicles. If you do use headphones, run with the volume low and just one earbud in.
8. **Watch the hills.** When they crest hills, drivers' vision can suddenly be impaired by factors like sun glare or backdrops.
9. **Beware of high-risk drivers.** Stay clear of potential problem areas like entrances to parking lots, bars, and restaurants, where there may be heavy traffic.
10. **Watch for early birds and night owls.** At odd hours of the day, be extra careful. Early in the morning and very late at night, people may be overtired and not as attentive.
11. **Mind your manners.** At a stop sign or light, wait for the driver to wave you through—then acknowledge with your own polite wave. That acknowledgement will make the driver feel more inclined to do it again for the next walker or runner. Use hand signals (as you would on a bicycle) to show which way you plan to turn.