



## TIP #1: SAFETY ON THE RUN

You are responsible for your own safety in life not to mention flying through outer space or along the roads of planet earth. Because we truly do care about all our Beyond participants, here are a few safety tips as we begin our winter marathon training adventure.

- You will need to dress to be VISIBLE and run as though you are INVISIBLE! Runners are hit by cars and even bikes in many different settings and it is important to practice “defensive running.”
- When running the roads, remember to run against traffic and stay far, far away from cars. When running in a fleet, run one or two abreast. Don’t fill the road and don’t run down the middle of the road. Whether we like it or not, the streets belong to vehicles.
- Watch especially for vehicles making a right hand turn and make sure you make eye contact with the driver. Most of the training program mishaps we have experienced in the past have occurred when a driver making a right hand turn is watching traffic approaching from the left. They don’t expect a runner approaching from the right.
- Always have an escape route planned should a vehicle appear to be at risk for hitting you.
- Wear brightly colored clothing at all times and reflective clothing early in the morning or in the evening when it is dark. Lightweight reflective vests, blinking lights and even a headlamp are accessories that will help approaching vehicles see you. You will notice the difference when you wear a reflective vest or other accessories....more drivers dim their brights and move over because they see you much sooner!
- Tune into the environment, not out! Stay alert to the sounds of approaching vehicles or cyclists. Obey traffic crossing signals. Turn off the IPOD. Enjoy a chat with your team members instead. After all, that is part of the rationale as to why we join a program such as the Beyond.
- Whenever possible, try to stay off roads when driving conditions are slippery or visibility is poor. Use traction accessories for your shoes (ie. Yak Traks, ice cleats, etc.) Avoid high speed roads, especially those with no shoulder. Evaluate weather conditions. In the case of extreme weather such as a blizzard or ice storm we may cancel the run, but it is your responsibility to evaluate conditions in your own area. As a general rule of thumb, if it is too dangerous to drive, it is usually too dangerous to run outdoors.
- Carry ID and money. In case of an accident you will need to be identified. Road ID is a great option. Also bring cash in case of emergencies or if you need to stop for food and drink.
- Use the buddy system when you are running with a large group such as the Beyond. Have a running partner or small group of running friends hold each other accountable to make sure everyone returns. If someone gets lost or injured, please let your Pace leader or a Mission Commander know the location the runner was last seen and the nature of the injury. Be aware of the symptoms of hypothermia as indicated in this [Runner World Article](#). In cold, windy conditions a runner can become hypothermic very quickly, especially if they stop and walk.
- Some Beyond runners training for earlier marathons will need to add on additional miles. Stay on course and add extra mileage on at the end of the run rather than go off the mapped course. If something happened off course it would be very difficult to locate you. Run safe, run smart and it will bring you one step closer to the finish line of your spring marathon.