

Guidelines for Running on the Roads

Rules to stay safe



- ▶ Running on the roads is a privilege given to athletes and it carries certain responsibilities.
- ▶ All runners must run single file while on public roads no more that 4ft from the curb.
- ▶ Runners must run facing traffic whenever it is possible to do so.
- ▶ Runners must always use cross walks, look both ways whenever crossing public roads and must be always aware of their surroundings.
- ▶ At no time may a runner wear any earphones in your ears, either on the roads or on the track.
- ▶ Team members must be back on campus at least 15 minutes before sunset and must wear reflective vests and/ or jackets from the first day of indoor track until the first full week of February when the sunset is later than 5:15pm
- ▶ At all times, athletes on the roads must practice safe road running and protect themselves and their teammates. Use verbal commands such as “car up” or “car back” whenever a car is coming in front of you or behind you.
- ▶ Runners and/or teams who do not follow these rules will lose the privilege of road running and will be forced to remain on campus until further notice.

