

RUNNING ROAD RULES

Running on roads and trails can be potentially dangerous activity. There are certain inherent risks involved when people and automobiles share the same space. As a member of the Vernon Hills track team you are expected to follow all of these safety guidelines in order to avoid potentially dangerous situation.

The Following guidelines have been established in order to prevent accidents and to provide you with the safest training conditions possible. It is your responsibility to understand and follow all of the following guidelines.

- Pay attention at all times!
- Run on a sidewalk if available. If there are no sidewalks, run on the shoulder of the road.
- Run no more than two across on the left side of the road so that oncoming traffic is visible.
- Cross only at intersections.
- Obey all traffic signals. Stop at red and yellow lights. Don't follow the leader. Look both ways as you enter every intersection.
- Don't run alone. Run with a teammate.