Top Ways to Stay Visible While Running

Staying visible while running is something that all runners need to take into consideration when they're planning their runs and buying their gear. Every year runners are injured or even killed when they are struck by cars or have other accidents that are caused by poor visibility. Running is a lot of fun and its great exercise but making yourself as visible as possible is important to keep you safe while you're running. According to experts the best ways to stay visible when you're running are:

Run During the Day

Some runners really enjoy a quiet morning run to start the day or an evening run to burn off stress and tension but according to experts running during the day really is important to keep you visible. Running in low light times like in the early morning or as it's getting dark at night can make it much more difficult for drivers to see you. If you really don't want to give up your early morning run use the other tips on this list to boost your visibility when you're running.

Wear A Safety Vest

A safety vest might make you think of school crossing guards but it's a fantastic piece of safety equipment for runners. These neon reflective vests are lightweight and you can wear them over any clothing. They have pockets for your phone and keys and they are highly reflective so that drivers will always be able to see you. They're also very affordable. A safety vest is a must have piece of equipment for runners.

Wear Bright Colors

Wearing bright colors can make you more visible to drivers when you're running on the street. That doesn't mean you have to be dressed in head to toe neon, but adding a brightly colored jacket or shirt to your usual running shorts or leggings will boost your visibility and help you stay safe when you're running. You can also add bright reflective stick on patches and tape to your existing running clothes if they are dark so that you don't need to buy all new gear.

Run Against Traffic

This might seem counterintuitive. However, running against the flow of traffic when you're running on a street will make you a lot more visible to drivers and help you avoid getting hit. If you can't run against the flow of traffic make sure that you are wary of being in a driver's blind spot. Run where the driver can see you when possible.

Use Running Trails

More and more cities and towns are putting scenic running trails in parks, nature preserves, and other areas. And these days many HOA neighborhoods have their own running trails for their residents. Running on a trail instead of the street is a great way to lower your risk of

getting hit or having an accident. Just make sure that you watch out for other runners and people that are walking on the trail to avoid collisions or accidents.