

DEFENSIVE RUNNING & SPORTWALKING

TO: Running, Walking & Hiking Teams FROM: Coach Gunn

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The runner or walker must assume that there are no safe moments while on the road. The runner and walker must accept responsibility for accidents caused by his or her presence-whether actually involved or not.

The cardinal principals of defensive running and walking are listed below:

- 1) Face traffic on the left hand side of the road and move to shoulder in potentially dangerous situations. *AVOID RUNNING or WALKING THREE or FOUR ABREAST ON THE ROAD WHEN TRAFFIC IS PRESENT.*
- 2) Avoid sharing the lane with a passing vehicle coming from behind. It is my opinion this is the most dangerous situation on the road.
- 3) Have a “bail out” plan when coming up a hill or coming around a blind corner.
- 4) Project what the circumstances are for the driver, especially if there is a low sun or poor visibility because of weather conditions.
- 5) *BE VISIBLE!* Wear bright colors or reflective gear at night.
- 6) Cross road at perpendicular angle, not on a diagonal.
- 7) When crossing in front of a vehicle, make eye contact with the driver first.
- 8) *DO NOT* wear headphones while on the road. This is a major cause of injury and death to runners and walkers.
- 9) Avoid confrontation with hostile drivers. They are in the minority but can be very dangerous. Be passive even if you have reason to be agitated.
- 10) File a run or walk plan with a friend prior to your session.
- 11) Also carry an I.D.
- 12) At Cairn Stone hikes/runs use the sign out sheet so we know who is still out on the course.