

RUNNING ROAD RULES (R³)

1. NORMALLY RUN AGAINST TRAFFIC ---

EXCEPTION #1 - RUN WITH TRAFFIC ON SHOULDER IF THAT SHOULDER IS WIDER AND SAFER.

EXCEPTION #2 - RUN WITH TRAFFIC AROUND BLIND CURVES WHICH HAVE NO SHOULDER (E.G., BEAVER DAM ROAD).

2. CONSTANTLY OBSERVE TRAFFIC OVER YOUR SHOULDER, PARTICULARLY:

- o TO ENSURE CAR APPROACHING YOU CAN PASS SAFELY.
- o WHEN GOING BACK OFF THE SHOULDER INTO THE TRAFFIC LANE EVEN WHEN RUNNING AGAINST TRAFFIC: A CAR MAY BE USING THE "WRONG" LANE FOR PASSING RIGHT BEHIND YOU.

3. RUN ON SHOULDERS WHENEVER POSSIBLE (PARTICULARLY POWDER MILL AND SOIL CONSERVATION ROAD WHERE TRUCK AND HIGH SPEED TRAFFIC ARE COMMON). HELP KEEP SHOULDERS CLEAR BY BREAKING OFF A FEW BRANCHES EACH TIME YOU RUN OR KICKING DEBRIS ASIDE.

4. RUN SINGLE FILE IN TRAFFIC LANES -- ALWAYS, NO EXCEPTIONS.

5. ASSIST ONCOMING CARS IN PASSING YOU, PARTICULARLY WHERE THERE IS LITTLE OR NO SHOULDER. GIVE CLEAR HAND SIGNALS.

6. GO FOR THE "DITCH" IN A SQUEEZE, PARTICULARLY IN RAIN OR SNOW. YOU MAY HAVE THE RIGHT OF WAY, BUT YOU'LL LOSE IN A HEAD-TO-GRILL CONFRONTATION AS MIGHT MANY OTHER INNOCENT PASSENGERS AND RUNNERS.

7. SMILE AT DRIVERS - COOPERATE WITH THEM. WE RUNNERS NEED GOOD PUBLIC RELATIONS. WE'RE ALSO DRIVERS AT TIMES.