



Golden Rules of the Road

...Do unto others as you would have them do unto you...

- You are responsible for your own safety.
- Run or walk on the left side of the road facing oncoming traffic. It is safer, and in most states it is the law.
- Always stop at intersections and stoplights. Make eye contact with drivers before proceeding through.
- When running/walking with a group, never split. Always go to the same side of the road (left) when getting out of the way of vehicles.
- Never run or walk more than two abreast. Others may need to pass, and being three or four across can cause a serious safety issue.
- Signal your turns to let drivers know where you are going.
- Look out for your fellow athletes. Alert one another by calling out “car back” when a vehicle is approaching.
- You are an ambassador of the sport. Give runners/walkers a good reputation...show a little respect to get some.
- Carry some form of identification in case of accident or emergency.
- Leave the music at home so that you are alert to any potential dangers - a dog, an approaching vehicle or others around you.
- Although we have all seen drivers who are inconsiderate to runners and walkers, please be the bigger person and help to keep everyone safe.



The YMCA of Southwestern Indiana, Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through programs that promote healthy spirit, mind and body.