



## Rules of the Road



1. **Safety first:** Safety is ultimately each individual's responsibility, so please use caution. Let someone know when and where you're running/walking.
2. **Left side of the road:** Anytime workouts occur on the street with no sidewalks, you should stay on the left side of the road, facing traffic. When sidewalks are available and are in good condition, they should be used.
3. **Cell phone:** Carry a phone in case of an emergency.
4. **Shoe Tags/ID:** Have your Crim shoe tag or other identification with your emergency contact information on it at all times.
5. **Water:** Water bottles should be carried even on shorter workouts. Dehydration can occur quickly, especially on hot days.
6. **Injuries:** Be aware and keep track of any nagging aches or pains resulting from training. The program is designed for you to run/walk injury free. If you have a nagging ache or pain, tell your Group Leaders.
7. **Respect the distance:** Successful training is not about speed, it is about building endurance to be able to finish.