

# After-Dark Joggers, Heed This Advice



If you walk, run, or jog after sundown, the following tips help motorists spot you.

- Attach reflective tape to the front and back of your clothes.
- Carry a lit flashlight.
- Don't use the road; stay on the shoulder, or preferably the sidewalk.
- Move against (facing) traffic if you must use the shoulder.
- Be aware of your surroundings and plan to jump to safety if a vehicle veers toward you.