KidsRUN RVA

Runner Safety

Simple and easy steps for running in your community

Getting out and getting active is the best way to stay in tip top shape! One way you can keep up with your physical fitness is running. Below are a few tips and tricks on how to run safely with friends and family.

Let's Begin

It's always best to start with the proper foot wear and athletic clothing. Once you're suited up to go, be mindful of the weather. Stay hydrated when it's hot, and wear extra layers when it's cold.

WHERE TO RUN

There are many places to run. You could run in your neighborhood, school, or local park. When running on the streets pay attention to cars and traffic patterns. Always run against the flow of traffic.

BUDDY UP

When you're out running, don't go alone. Grab a family member or a friend. If your only option is to run alone always go before sun down and notify a parent or guardian of your route.

WARM UP

Before you begin your run, be sure to warm up. Do a light jog or jumping jacks to get the blood flowing. Add in some dynamic stretching, like high knees. Warming up prevents injury, so take 5-10 minutes to get your body ready!

LETS RUN!

Now that you're ready to run, plan your distance. If you're new to running, start out with shorter distances. Then build to longer distances. Running should always be fun first, so know your body and be mindful of when you need a break.

Cool Down

Make sure to end your run with a cool down. Take time to stretch out your running muscles and relax.