GETTING DARK OUT THERE: STAY VISIBLE, STAY SAFE

Runners Essentials Guide for running in low light.

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WHAT MAKES YOU HARD TO SEE

- Low light + dark clothing + fast movement
- Fog, rain, and headlights reduce contrast
- Drivers rely on **motion + brightness** to spot runners

COMMON LOW-VISIBILITY HOTSPOTS

- Driveway exits
- Crosswalks Tree-covered park paths
- Intersections with poor lighting
- Curvy neighborhood roads

Pro Tip: Reflective gear increases visibility by up to **500 feet** - giving drivers tim to react

HOW TO STAY VISIBLE

- Wear high-vis colors (neon yellow, orange, lime)
- Choose gear with reflective piping or panels
- Add clip-on LED lights to chest, shoes, or ankles
- Use reflective vests for 360° visibility
- Avoid all-black outfits (they disappear in shadows even with reflective strips

WEATHER + DARKNESS: THE COMBO YOU NEED TO PLAN FOR

- Rain absorbs light → reflective gear becomes even more important
- Fog diffuses headlights → LED lights help cut through haze
- Cold mornings = layers → make sure outer layer has reflective elements
- Add reflective bands to moving parts (arms + ankles)

Pro Tip: Wet reflective strips shine brighter — but only if they're clean.

QUICK CHECKLIST BEFORE YOU HEAD OUT

- Can a driver see you from the front?
- From the back?
- Do you have at least two moving reflective points?
- Is your LED charged?
- Are you wearing bright colors? **Pro Tip**: Stand 20 feet away from a mirror — if you can't see yourself, drivers can't either.

Run bright. Run safe. Run like a human highlighter!