

HELPFUL RUNNING TIPS

When you run, you should be breathing heavily, but your lungs should not hurt. If you feel like you are gasping, slow down to a pace at which you can talk comfortably.

If you run in the rain, ensure that you are dressed in light or reflective clothing. Remember if you see lightening, head indoors.

Drinking water is key when running. Always drink plenty of water before a run, especially on hot days. To stay hydrated regularly, keep a bottle of water handy with you wherever you go.

Don't let your vacation or travel stop you from running. Ask your concierge about safe routes around your hotel. If traveling for work, find out if your colleagues are runners too.

When you finish a run, never sit or lie down. Walk around slowly to reduce your heart rate.

STRETCH! It's important to stretch your hamstrings, quads, calves and back.

Always carry some money along with you in case of an emergency.

Try to stick to the sidewalks. If running on a street that does not have sidewalks, run against the oncoming traffic so you can see approaching cars and they can see you.



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