**Top Ways to Stay Visible While Running**

Running is great exercise, but it can be dangerous to run on roads where there is traffic or on crowded trails. Every year several runners are killed by cars when drivers don’t see them and dozens more are injured in accidents when they are hit by cars. Increasing your visibility as much as possible is important when you run so that you can lower the chances that you’ll end up getting hit by a car. The easier it is for a driver you see you the better your chances of avoiding an accident are. Try these [tips](https://www.personalinjury-law.com/blog/staying-visible-while-running) to increase your visibility when you’re [running](https://race-sfgiants.com/) and stay safe.

**Run Against Traffic**

If your normal running route is on a busy road you should always run against the flow of traffic so that you’re facing the cars. That will increase the chances that drivers will be able to see you. If you’re running with the cars alongside of the cars there’s a good chance that you’ll be running in the driver’s blind spot and they won’t be able to see you.

**Wear A Headlamp**

A miner’s headlamp is great for runners. A [headlamp](https://trailrunnermag.com/gear/accessories/headlamps-for-running-review-spring-2015.html) does for runners what head lights do on a car for a driver. The lamp will light the path in front of you so that you don’t trip over rough or uneven ground when you’re running at night and it will make you a lot more visible to cars that are driving in the area. Wearing a headlamp that sits securely on your hand means that you won’t have to carry anything extra while you’re running.

**Wear A Safety Vest**

Safety vests that are designed for runners look a lot cooler than the orange safety vests that the crossing guards worse when you were in school but they will [make you a lot more visible](https://www.personalinjury-law.com/blog/staying-visible-while-running). Modern vest for runners have pockets for your smart phone, keys, and other items and they’re made of high tech reflective fabric that won’t make you warmer when you’re running. Some of them also have LED lights and other features to keep you safe when you’re running.

**Invest in The Right Running Clothes**

Bright neon running clothes are better than dark clothing for staying visible. Neon colors will reflect when car lights hit them so that you will be more visible. If you’ve ever wondered why so much running gear is made in neon colors instead of in dark or neutral colors it’s so that your clothing will be more visible if you’re running at night or early in the morning when the light is low.

**Use Reflective Tape**

If you are looking for an affordable way to be more visible when you’re running [reflective tape](https://www.runnersworld.com/uk/gear/a776572/best-reflective-running-gear-and-accessories/) is a great product to use. It’s very inexpensive and you can put it on just about any fabric. You can use it on your favorite jacket, your running shoes, your hat, and other pieces of clothing. When any light hits the tape, it will glow and make you more visible.

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