

Top Ways to Stay Visible While Running

When your usual running route includes busy roads, you may have to be more cautious to make sure that you're doing everything possible to be seen by drivers. Drivers should be more aware of runners and cyclists that share the road with them, but runners also need to make sure that they are as visible as they can be to help drivers see them. Use these tips to boost your visibility and stay safe when you're running:

Run with Friends

One way to make yourself more visible when you're running is to [run with some friends](#). A driver that is driving a car could easily miss one person running, but two or more people would be very hard to miss. Plus running with friends gives you the added motivation to do your best and to not back out of your daily run. You could ask a neighbor or a family member to go for a run with you or ask some coworkers if they want to go for a run on lunch break.

Switch to a Daytime Run

Runners can be very attached to running at a certain time of day. Some people can't get their day started without a morning run while others look forward to running at night to get rid of the stress from the day. But running in low light times like early morning or in the evening can make your run a lot riskier. If you can change the time of your run to a time during the day that's the best thing to do. However, if you really want to run at times where there isn't a lot of natural light make sure that you are making yourself [as visible as possible](#).

Wear a Safety Vest

A safety vest is something that every runner should have. It's just as important as having the right running shoes. Safety vests are made from super reflective material and have small lights sewn into the fabric so that they light up extremely brightly in the dark. It's very difficult for driver's to not see a runner in a safety vest. Safety vests are very inexpensive, and all runners should have at least one safety vest to use while they're running.

Invest in Running Clothes

One of the best things about running is that it doesn't require a lot of specialty equipment. However, running clothes aren't just equipment they are designed for safety and that make them worth the investment. Performance clothing designed for runners is not only supportive and breathable it's designed to make runners more visible. Clothing for runners with [neon patches](#), light reflective stripes and patches, and bright colors will help runners stay safe.

Get Light Up Running Shoes

Running shoes that light up are another tool you can use to make yourself more visible when running. High quality shoes with LED lights will definitely boost your visibility and help you stay accident free when you're out running.

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