

NOTICE TO ALL RUNNERS: SAFE RUNNING RULES:

The WYWL Minute Man Race is a local race. The roads ARE NOT closed to vehicular traffic.

SAFE RUNNING GUIDELINES:

Please follow the rules of the road and be courteous to other pedestrian traffic and drivers.

Remember to run **FACING** on-coming traffic so that both you and the driver can see each other. Please run **SINGLE FILE** where possible. If you encounter vehicular traffic, move as far out of the roadway as possible. If a sidewalk or bike lane is available, run in that space. **DO NOT RUN IN THE MIDDLE OF THE ROAD.**

Additional guidelines:

- Identification: Always carry or wear identification in the event of an emergency. Also include your blood type and any allergy information.
- Stay aware: Always be observant and aware of your surroundings.
- Wear sunscreen: Always wear sunscreen when running outside, even on cloudy days.

Please follow these guidelines for your safety and the safety of others.
Thank you and have a great race!