

## Addendum: **Running safety**

Compared with most athletic activities, running has few safety concerns, and only one in thousands of runners ever faces significant injury or danger. Nevertheless, it would be wise to note these tips:

- **Keep your headphones off:** Being headphone-free allows you to be more aware of your surroundings so that you can get out of the way of a mountain biker or other trail users or cars if you're crossing a street. Plus, tuning into the sounds of nature can both soothe and motivate you.
- **Stop running if you encounter a wild animal:** Stanford's hills do have mountain lions, and while contact with runners is rare, be aware that if you see one you should stop, stand tall, and certainly do not turn your back and run away. For more information on mountain lions, as well as running tips outside the area, such as in bear country closer to the Sierras, [see this guide](#).
- **Consider keeping your phone on:** Understandably, many runners do not want to hear their phone ringing while running, which is a personal choice. However, keep in mind that the Stanford AlertSU system is designed to broadcast messages about emergencies, dangers and crimes to the Stanford community via text message, email and in extreme instances the outdoor siren system and VoIP speaker phones. Such messages could help you determine where to run or not to run.
- **Wear the right gear:** While running requires so little equipment, a good pair of running shoes, and ones [with](#) traction designed for trails if you plan to go off-road, are recommended. Sweat-wicking apparel, sunscreen and hydration accessories are also recommended.