

BEING A RESPONSIBLE RUNNER

by Kenneth Pike

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Our club has learned that Clark County Judge Jim Allen has received several complaints from citizens about the behavior of Saturday morning runners in our area. The general nature of these complaints were concerned with how the runners congested the roads and how they refused to move over so that the cars could pass safely. At this point, I am sure that I am once again "preaching to the choir," because if you have read this far then you are probably one of the majority of intelligent, responsible runners who **run DEFENSIVELY**. With that in mind, here we go again.

There are no sidewalks out near our clubhouse, so running in that area put us right out there with the autos. Since these nylon shorts we wear are not equipped with fenders or bumpers, we are very likely to be the loser in any Chicken contest. In September, 1986 a track athlete at LSU was killed by a hit-and-run driver while on a training run near the campus. In another case, about seven years ago, a driver suddenly encountered a group of runners in the early morning darkness near the UK campus. Startled, he swerved to avoid them and collided with another car. The runners were safe, but one of the drivers suffered a back injury that will always bother him.

How do we avoid being a part of such tragedies? It's really very simple. **We must look, we must listen and we must be willing to yield.** It is especially difficult when running in groups of three or more because you must all flow along together. In the final analysis, we must acknowledge that the roads are built for autos. When we are out there on foot we have no right to impede the flow of traffic. It is a matter of common courtesy and common sense.