

**Paris Pacers**

# March Newsletter

**Volume 1, Issue 1**

**March 1, 2017**

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## Alert Today, Alive Tomorrow

As runners you would think we would be able to dodge, swerve and outrun our enemies. Sometimes it's just not possible.

Just this year, I have had 3 close calls with cars and last month I finally collided with one. We cannot change the habits of drivers but we can be proactive as runners. Here are some safety tips for runners:

- Run on sidewalks when possible. If there are no sidewalks, run against traffic.
- Try to run with a buddy. Two runners are easier to notice than just one.
- Wear hi-vis clothing. Do anything you can to get noticed.
- If running at night, wear lights. Draw attention to your legs and lower body because that's where a driver is looking. There

are light up vests, clip on lights, clip on shoe lights and even a stick of deodorant-like material that goes on clear but serves as a reflector when light is shined upon it.

- Identify yourself: carry your ID, wear a bracelet with important information or carry your phone with ICE contacts.
- Let someone know that you are going for a run.
- When crossing in front of a car, look at the tires of the car instead of the driver's eyes. If the tires are moving, don't go!
- Use bike hand signals to signal a turn. Let drivers know what you are doing.
- Do not assume that a driver sees you. Wait for confirmation like a hand wave. Wave back to say "thank you."

I am also a driver so I understand that we can be in a hurry and make mistakes. When you are a driver consider these things:

- Look more than once. If you see someone close to crossing in front of you, wait for them.
- Stay off your phone. Distracted driving is dangerous in any situation.
- Wait for oncoming traffic. If you need to pass a runner and don't have room due to an oncoming vehicle, wait for that vehicle to pass. Give the runner a wide berth.
- Wave to acknowledge a runner. This gives the runner a clear signal that you see them.

Do you think we need safe multi-use paths in Paris? Contact your city councilmen to voice your opinion.

## RWC 2017

- April 1st 8:00 am, across from Tom's Fitness on Wood Street
- 5K/10K option
- Medals for overall winners and age group winners of each race
- Please contact Sarah Mitchell (251-4004) if you would like to volunteer or need a registration form.

## Important dates

- March 11: Irish Dash 5K Terre Haute, IN
- March 18: Mountain Goat Hill Runs Kickapoo Park Danville, IL
- March 18: Runnin of the Irish 5K 10K Effingham, IL

### St. Patrick's Day Fun Run

When: March 17th @ 5:30pm

Where: Eagle Ridge Golf Course

This event is open to members only. It is free for members and \$20 for anyone who is not

currently a member of our group. That fee will cover the cost to join. You can run 1-5 miles. We will run the cart paths so there will be various terrains. Hills are unavoidable unless you run the 1 mile. Meet us in the bar after your run. Pacers will buy your first drink!