

Issue 17

May 2, 2011



BUCKNELL UNIVERSITY
OFFICE OF ATHLETICS AND RECREATION

Towel Talk

Making Walking/Running Outside A Little Safer

Running or walking is the easiest form of exercise, and it can also be the safest if you use common sense and follow some simple rules.

1. Use the buddy system. Find a partner. There is always safety in numbers. If you must run or walk alone, go where there are other people around.
2. Run or walk during daylight hours whenever possible. If you must exercise in the dark, wear light reflecting or light colored clothing. Avoid running in the streets or in deserted areas.
3. Have a plan. Having a plan helps you to be safe. Be thoroughly familiar with your route. Know the location of phones, police or fire stations, and 24 hour businesses.
4. Listen to your instincts and be willing to vary your route if you sense you're in danger
5. Run or walk against traffic whenever possible.
6. Run facing traffic and obey pedestrian safety laws. Running facing traffic allows you to see vehicles and people approaching in your direction and respond if you need to
6. Leave jewelry at home.
7. Ignore verbal harassment. Never make a response to verbal harassment.
8. Always carry some form of personal identification in case of an emergency.
9. Let someone know where you are going and when you'll be back that way if you hurt yourself during your run/walk or don't return by the time you are expected somebody can check on you. When you do return don't forget to let them know too.
10. Clearly indicate your intentions to drivers. Very often runners take for granted that a driver sees them and knows where they are going or what they are going to do. If you are getting ready to cross a roadway, even at a controlled intersection with a stop sign or stop light, make eye contact with drivers and use hand signals letting them know where you intend to go.
11. Try not to wear headphones or earbuds. Music may help the miles pass a bit more easily but the trade off is in diminished personal safety. Just enjoy the view, especially if you find yourself on an isolated road or trail.

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What To Look For At The KLARC:

⇒ **Interim Group Fitness
Schedule:** A condensed group
fitness schedule will begin
Wednesday, May 4. Schedule
on next page.

New Group Fitness Offering!!!!

Personal Training: Are you interested in 1-on-1 personal training, want a boost in your energy levels, or are you in a work-out rut? Schedule sessions with our personal trainer. Contact Derek Wetzel, Fitness Specialist via e-mail dlwetzel@me.com or by phone at (570)809-5889. **There is a fee.**

EXERCISE OF THE MONTH: Cable Crunch



1. This exercise requires a cable triceps pushdown machine with a rope attachment
2. Kneel down in front of the machine holding the rope just above your head
3. Slowly crunch down to your right knee and hold for 2 seconds as you breathe out
4. Return to the start position slowly
5. Repeat to the left knee

Interim Group Fitness Schedule beginning May 4

	Monday	Tuesday	Wednesday	Thursday	Friday
7am-8am	SPINNING Phil		SPINNING Phil		SPINNING Phil
8am-9am		STEP Michelle		STEP Michelle	
9am-10am	CARDIO PUMP Amy Jo			CARDIO PUMP Amy Jo	
10am-11am	H2O FITNESS Donna				H2O FITNESS Donna
12pm-1pm	HIT		HIT		