It is warming up a bit and everyone is itching to do more activities outside. Here are some walking and jogging safety tips to get you started on your outdoor routine.

1. **Face the traffic**: If your walking and bike routes do not have paths or sidewalks you more than likely will be forced to walk on the road. If this happens always walk or jog in the direction facing traffic.

2. **Dress Correctly**: If you are training when it is dark out, ensure that you are dressed to be seen. Drivers at night or early morning are rarely on the lookout for walkers, so you need to advertise your presence as vividly as possible. Wear light colored or reflective clothing like bright pink or brilliant orange. Reflective belts are extremely useful as they are easily noticed by drivers, and can be worn with little or no discomfort.

3. **Never walk/jog alone**: Always try to walk/jog with a partner! In the absence of a training partner always tell someone which route you will be walking and what time you expect to return.

4. **Walk/Jog defensively**: Do not assume that all road users know about the “pedestrian has the right-of-way” rule. Many of them don’t!

5. **Lose the jewelry**: Leave the valuables back home. The only accessory you need is a wrist-watch with a stopwatch function.

6. **Vary your routes**: Don’t establish regular patterns by walking the same route at the same time every day. Keep one step ahead of any would-be muggers by randomly varying your routes and the times that you go out. Not only is it safer, but it’s a lot more interesting.

7. **Self-Defense**: Some individuals carry hand-held spray devices that contain mace or something similar. These are designed to fit comfortably in your hand, are very light and easy to use.

8. **Carry ID**: Always carry some form of identification in case of an accident or medical emergency. If you are away from home on holiday or business, make a note of the address where you are staying.

9. **Keep right**: If you’re walking on a cycling or pedestrian path, always walk on the right hand side so that faster walkers, runners and cyclists can easily pass. If you’re walking with one or more companions, don’t hog the path and prevent others from easily passing.

10. **Leave the iPod at home**: That way you will be more alert to any potential dangers, be it a dog, a fast approaching car, or the sound of other people around you.

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**Walking and Jogging Safety**

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**Recreation Services Contacts:**

**Joe Santorine**  
Assistant Director of Athletics/Recreation Services  
joe.santorine@bucknell.edu or 577-1656

**Annette Stutzman**  
Fitness/Strength Assistant  
annette.stutzman@bucknell.edu or 577-1465

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**What To Look For At The KLARC:**

- **How To Clinic**: Stress Management  
  Wednesday April 28th 12pm and 1pm in Fieldhouse Classroom  

- **Fitness Orientation**: Wednesday, April 21st at 10am. We will meet in the lobby of the KLARC  

- **Group Fitness Classes** daily Monday thru Friday. For up-to-date schedule information check out www.bucknell.edu/x1792.xml  

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**Towel Talk**

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**Fitness 101: Equipment Orientations**

We have one more equipment orientation available on the designated date and time. Sign-ups are not required for scheduled sessions. Interested participants should meet in the lobby of the KLARC at the start time. Sessions may last 30 to 60 minutes. Please attend any of the following date and time:

**Wednesday, April 21 @ 10am**

Any questions please contact Annette Stutzman via e-mail annette.stutzman@bucknell.edu or office phone 577-1465.

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**New Year’s Resolution Challenge Participants**

Below are the meeting dates and allotted time slots for each day. If you are unable to make your designated time slot please contact Annette Stutzman. You are free to go to any other time slot on either day. THERE WILL BE NO MEETINGS OUTSIDE OF THE DESIGNATED DATES AND TIMES!

<table>
<thead>
<tr>
<th>Monday Dates</th>
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<tr>
<td>Monday, April 12</td>
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<td>Monday, May 3</td>
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<td>12pm 1pm</td>
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**How To Clinics**

**Stress Management:** We will go over relaxation techniques and do a meditation exercise. **This will be held Wednesday, April 28 at 12pm and 1pm in the Fieldhouse Classroom.** Sign ups are required! To sign up please contact Annette Stutzman via e-mail annette.stutzman@bucknell.edu.

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**Group Fitness Announcement**

**There will be NO Group Fitness Classes Thursday April 29 or Friday, April 30 due to Chrysalis. Sorry for any inconvenience!**