

## **RUNNING SHORTS**

### **Road running laws and safety to keep in mind**

By Ken Johnson

So you are running on the sidewalk in your neighborhood and a car backs out of a driveway toward the sidewalk. Who has the right-of-way, you or the car? This is just one of the questions that runners face while sharing the roads with traffic.

Running is a great sport for achieving and maintaining physical fitness, but it has to be done safely. Colliding with a vehicle will hurt your running program, regardless of who had the right-of-way. So, it is important that you know the laws and apply caution when running.

When running on a sidewalk or road, you are considered to be a pedestrian. Generally, laws pertaining to pedestrians are state laws in Texas, so they apply to city and rural streets and roads.

Here are the most important laws that apply to runners: 1) If there is a sidewalk, you are required to run on the sidewalk. If there is no sidewalk, you must run on the left side facing oncoming traffic. 2) When crossing the road, you must use a marked cross-walk if one is available. No “jay running.” When using a marked cross-walk, you have the right-of-way, provided you have a green light or vehicles approaching in your lane have enough time to come to a stop. When a marked cross-walk is not available, vehicles have the right-of-way. 3) If you arrive at a 4-way stop before a vehicle does, you have the right-of-way. 4) If you are running on a sidewalk or on the road facing traffic and a vehicle comes out of a driveway or parking lot, you have the right-of-way. This would also apply to vehicles stopping and making a right turn on a red light. You have the right-of-way.

As a runner, you will face Number 4 most often. It is extremely important when crossing an intersection or parking lot entrance or driveway, that you make eye contact with any vehicle drivers that may cross sidewalk or turn onto the road you are running on. Make sure they see you and give you the right-of-way. As Lieutenant Wes Altom of the Huntsville Police Department will tell you, “right-of-way is not something that you take, it is something that is given to you.”

While not dictated by law, here is some other advice to make road running a safe experience for you: 1) Do not wear headphones while running. 2) Be aware of your surroundings and avoid areas where you sense danger. 3) If you are running in an area where you may encounter loose dogs, carry pepper spray. 4) If you are running with a group on a street or road, run single file. 5) Always carry some form of identification with you.

Use the roads to enjoy and benefit from your sport, but obey the laws and be cautious.

#### **Race Results:**

#### **Memorial Day 5K, Huntsville, May 26**

Norman Langwell	23:26
Darren Grant	23:26
James Spencer	23:50
Curtis Barton	26:32

Jerry Flanagan	29:52
Keanu Cousins	30:27
Katy Lampson	32:28
Shantel Langwell	32:28
True Cousins	38:14
Colton Langwell	40:55
Colleen Spencer	42:58
Don Ortloff	42:58

**David's Dream Run, 5K, The Woodlands, May 31**

Katy Lampson	27:07
Ken Johnson	34:41

**Run the Woodlands 5K, The Woodlands, June 14**

Adrienne Langelier	19:17
J.C. Guzman	19:18
Sheridan Grant	21:43
Niki Bellnoski	21:55
Nick Bellnoski	21:56
John Slate	22:27
Norman Langwell	23:12
Darren Grant	23:30
Jerry Flanagan	27:53
Ben Johnson	28:30
Ken Johnson	34:56

**June Bug 5K, Huntsville, June 21**

Chad Nelson	20:16
Brian Zemlicka	20:46
Norman Langwell	23:39
Colton Langwell	26:21
Sammy Welborn	27:23
Andrew Husband	27:38
Jerry Flanagan	28:44
Leslie Cade	30:46
Kinsey Johnson	33:07
Teresa Farris	33:08
Hillary Hathorn	35:56
Skipper Nethery	36:10
Jamie Wells	36:13
Lacy Kelso	36:14
Ras Goodwin	37:42
Ron Goodwin	37:52
Sara Newton	39:36
True Cousins	40:41
Vanessa Goodwin	40:47
Marvin Dittfurth	40:47
Chantel Langwell	42:23
Millie Langwell	43:14

**Polish Pickle 5K, Bremond, June 28**

Adrienne Langelier	18:56 (3rd female)
Robert Duncan	19:07 (1 <sup>st</sup> in age group)
J. C. Guzman	19:14 (1 <sup>st</sup> in age group)
Norman Langwell	23:11
Jerry Flanagan	27:44 (1 <sup>st</sup> in age group)
Ben Johnson	28:19
Ken Johnson	34:24 (2 <sup>nd</sup> in age group)
Keanu Cousins	36:47
True Cousins	37:48
John Lewandowski	42:45

**Upcoming Races:**

July 4 - Stu's Country Mile 5K (3.1 miles), 8 a.m., downtown square, Centerville.  
Register at the starting point.

July 26 – Dog Days 5K, 8 a.m., Huntsville

Oct. 11 – Huntsville Half Marathon & 5K Run/Walk

For more information about these races and others, visit the Seven Hills Running Club web site at <http://www.7hills.us>. Click on Race Schedule.