



Sports shorts

e-mail: thescout@hua.army.mil
website: huachuca-www.army.mil/USAG/PAO

Biker Rodeo

The 8th Annual Southern Arizona Biker Rodeo will be held at the Arena Bar in Benson, Ariz., Saturday and Sunday. There will be a guaranteed \$500 high hand that may be higher and a \$250 low hand. Gates open at 1 p.m. Friday and at 8 a.m. Saturday. There will be free run patches to the first 50 on-site sign-ins.

Attractions include live bands, biker games, vendors, drawings, poker runs, kids games, door prizes, charity auctions, a biker show with trophies, a bon fire, run T-shirts, and calf pulling or bull riding.

All makes and models of motorcycles are invited to attend. Entry fee is \$10 or \$1 with an American Motorcycle Association card.

For more information, call Peggy Hurst at 459-7940 or Pam Whitecotton at 458-5392.

Bisbee's Haunted Theatre

The Bisbee Repertory Theatre is showing A Guided Walk-Thru Tour of Bisbee's Ghostly Past and Present Oct. 25-31 from 6-10 p.m. There will be a Special Kids Matinee Oct. 26 from 2-5 p.m. for children 10 and younger for \$3. An adult must accompany children during the matinee. Tickets are \$5 in advance and \$6 at the door. For more information or advance tickets call 432-5421.

Outrun the police

The Fraternal Order of Police is sponsoring a 10K, 5K, and 2K fun run/walk Nov. 9 starting at the San Pedro House on Highway 90 in Sierra Vista.

The 5K begins at 8:30 a.m., the 10K at 8:45 a.m. and the 2K at 10 a.m. An awards ceremony will be held at 10:30 a.m.

Ribbons will be given to the first three in each age group, trophies for the first place male and female in the 5K/10K.

Register from 6:30 to 7:30 a.m. for all races. Register early for a \$2 discount. Prices range from \$8 to \$12 depending on specific race and T-shirt purchase. Registration after Nov. 1 will be an added \$2.

Call Lt. Kalin Conaway at 642-3648, Lt. Mark Dannels at 803-3850, or Charles Owen at (520) 940-7221. Also, for more information e-mail kconaway@co.cochise.az.us. Mail registration can be sent to Fraternal Order of Police, Huachuca Lodge No. 2, P.O. Box 518, Sierra Vista, AZ 85635.

These events are being held as fundraisers for the FOP's local lodge.

Adult football

The Parks and Leisure Services will be conducting an Adult Flag Football League starting Nov. 2.

Games will be played Saturday mornings at Apache Middle School. Eight-Man Flag Rules will be used and participants must be 18 years of age and older.

Teams will consist of 11 to 16 players on roster. The league registration fee is \$500 per team with registration running from now until Wednesday.

A league informational meeting is scheduled for Oct. 23 at 6:30 p.m. at the Oscar Yrun Community Center. The league is limited to the first 10 teams that register.

Registration will be taken at the OYCC, Ethel Berger Center and the Cove. Call 458-7922 for additional information.

Bus safety year round

By Sgt. Jessica Inigo
Time Out Editor

School bus-related crashes killed 164 persons and injured an estimated 18,000 persons nationwide in 1999, according to the latest available data from the National Highway Traffic Safety Administration's Fatality Analysis Reporting System and General Estimates System.

For this reason parents must teach their children how to observe some simple school bus safety rules, even while safety officials on Fort Huachuca are supervising them.

Safety rules:

- When waiting for the bus, stay away from traffic and avoid roughhousing or other behavior that can lead to carelessness. Do not stray onto streets, alleys, or private property.
- Line up away from the street or road as the bus approaches. Wait until the bus has stopped and the door opens before stepping onto the roadway.



Photos by Sgt. Jessica Inigo

Two kindergarten students board the school bus behind General Myer Elementary School. The children demonstrate how to properly load the bus — by holding the rail.

- Use the handrail when stepping onto the bus.
- When on the bus, find a seat and sit down. Loud talking or other noise can distract the bus driver and is not allowed. Never put head, arms, or hands out of the window.
- Keep aisles clear — books or bags are tripping hazards can block the way in an emergency.
- Before you reach your stop, get ready to leave by getting books and belongings together.
- At you stop, wait for the bus to stop completely before getting up from your seat. Then, walk to the front door and exit, using the handrails.
- If you have to cross the street in front of the bus, walk at least ten feet ahead of the bus along the side of the road, until you can turn around and see the driver. Make sure that the driver sees you. Wait for a signal from the driver before beginning to cross. When the driver signals, walk across the road, keeping an eye out for sudden traffic changes.
- Do not cross the centerline of the road until the driver or road guard has signaled that it is safe for you to begin walking.
- Stay away from the rear wheels of the bus at all times.

Remember, when there is a bus stopped on the road vehicles in all directions must stop until the bus has started moving again. Also, on Fort Huachuca it is important to drive only 15 miles per hour in school zones during the day. Military Police will cite drivers who drive even one mile over the limit.

Along with school bus safety, parents should also review with their child the correct way to cross the street.

- Youngsters should always stop at the curb of the edge of the road and look left, then right, and then left again before crossing.
- If students' vision is blocked by a parked car or other obstacle, they should move out to where drivers can see them and they can see other vehicles — then stop, and look left-right-left again.



Children are picked up along a dirt road toward the back of the school, off main roads, to further ensure safety while loading on the bus.

Higher level AFTB training helps make families better

By Sgt. Jessica Inigo
Time Out Editor

Sixteen military spouses recently learned how to better sustain and nurture the force and serve the nation as they graduated from the Army Family Team Building Level III course held at Murr Community Center Sept. 24, 26 and Oct. 1, 3, and 8.

This upper level of AFTB training is only offered two or three times a year for family members with more than ten years experience with the military, and who want to be active in the community.

Col. John Custer, the commencement speaker and U.S. Army Intelligence Center and Fort Huachuca deputy commander, spoke of the importance of the AFTB program in ensuring family readiness during current situations and upcoming missions. He presented the students with their graduation certificates along with course coordinators Linda Moseley and Lisa Williams.

AFTB concentrates on professional growth and leadership development oppor-



Courtesy photo

The graduates of the Army Family Team Building Level III course agreed the training they received not only improves their Army families, but their personal lives as well.

tunities for family members.

Level III training builds family members up not only to be a leader in a military community, but also helps in their personal affairs, according to Jennifer Douglas, a recent Level III graduate and group leader for Company A, 306th Military Intelligence Battalion's Family Readiness Group.

"The training has really helped me with my own personal lifestyle. I have my own business and I know so much more now that I have taken the Level III course," Douglas said. "For me this was really helpful because I had no knowledge of the military prior to taking any AFTB classes. The most interesting parts were the discussions on deployments and reunion issues. Also, we learned how to speak to the media and why it's not always a good idea just to say 'no comment.' I loved it."

Moseley, volunteer Level III coordinator and AFTB marketing chair, and Williams, volunteer program manager, managed all the courses students received in the Level III training.

"In the advanced Level III classes students learn communication and leadership skills. They learn how to conduct workshops, manage conflict and build teams. Enrollment in the AFTB program is based on years of experience as an Army family member, not



In the Spotlight

See your MWR activity highlighted in The Fort Huachuca Scout, call 538-0836.



Powerlifting Open debuts Saturday

The 2002 Thunder Mountain USA Powerlifting Open will debut October 19, 10 a.m. at Barnes Field House. This first-time event to Fort Huachuca is a USA Powerlifting sanctioned event. Powerlifting is a sport where the lifter attempts to lift as much weight as possible in the squat, benchpress and deadlift disciplines.

Each competition is divided into three lift categories; the squat, the bench press and the deadlift. Placement is determined by the total lifted in three attempts in each discipline.

The squat is a test of leg strength where the lifter rests the bar on his back, then descends until the hips are lower than the knees and comes back up, straightening the legs.

The bench press is by far the most popular lift and displays upper body strength. Muscles used include the chest, shoulders, triceps and lats (back). In a powerlifting meet, the lifter must pause with the bar motionless on the chest for approximately one second, then push the bar to a complete and even lockout. Bouncing the bar or raising the hips is not allowed in a powerlifting meet.

The final lift, the deadlift, is a test of back and leg strength. The bar sits on the floor and the lifter hauls it up to the waist with the arms hanging straight down. In a powerlifting meet, the lifter is not allowed any jerking of the bar up and down. The lifter must stand erect with the shoulders and back straight.

Entry fees are now \$30 for the first division entered and \$25 for each additional division. Team entry is \$45. Admission price for spectators is \$5 per person. Children 12 and under may attend free of charge.

There are many divisions and weight classes. Awards will be given to 1st-5th places in all divisions. Call 533-3180 or 533-5031 for information.



Fort Huachuca Decorated Community Activities Updates

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to paula.german@hua.army.mil.

Bingo at Lil' Skeeters

Quick Shot Bonanza Bingo may be played at Lil' Skeeters during lunch and dinner hours. Participants can win up to \$50. Prizes are paid on the spot, "in cash!" The cost is only \$1 per play. Drop in at Lil' Skeeters and ask the friendly staff for payout information. Lil' Skeeters invites all to come in, relax and play Bonanza Bingo while you eat. Call 533-3837 for information.

Learn to play Quick Shot and then try your luck with the Big Bingo Program offered at La Hacienda. La Hacienda Bingo is offered Tuesdays, Thursdays and Saturdays at 6:45 p.m. and Sundays at 12:45 p.m. Call La Hacienda at 533-7322 for information.

Lil' Skeeters is open for lunch Monday through Friday, 11:30 a.m. - 1:30 p.m. and open for dinner Wednesday and Thursday, 3:30 - 7:30 p.m. and Friday 3:30 - 8 p.m. Call 533-3837 for information or takeout.

Karaoke begins at La Hacienda

Beginning this Friday, La Hacienda will host Karaoke every Friday, 6 - 10 p.m. La Hacienda will offer free snacks to add to the fun and entertainment. Come on out and be a star! Call 533-3802 for information.

DCA wants patron comments

MWR Rents patrons who fill out a comment card have an opportunity to win a monthly prize. The winner receives a \$20 gift certificate good for any rental at MWR Rents. Call 533-6707 for information.

Comment cards filled out at the Sportsman's Center will be judged each month for creativity and interesting suggestions. The winning comment or suggestion will win a \$20 gift certificate. Call 533-7085 for information on.

Jeannie's Diner offers a coupon for a free meal valued at \$6 to the monthly winner drawn from completed comment cards turned in by their patrons. Comment cards are conveniently placed on each table or you may ask a server for one. Call 533-5759 for information.

The Ozone Entertainment & Sports Place also offers a monthly drawing of comment cards. IET and AIT students who complete comment cards are eligible to win a pass for a full month of admission valued at \$24. Call 533-0861 for information.

MWR Box Office will award one free nights stay at Inn Suites in Arizona, California or Texas to the monthly winner drawn from their completed comment cards. Call 533-2404 for information.

Buffalo Corral closure

The Buffalo Corral will be closed Saturday and Sunday as they host the annual Tombstone Helldorado Overnight Trail Ride. The facility will reopen for normal operational hours on Wednesday. For more information, call 533-5220.

Boss Golf Tournament

The Fort Huachuca Better Opportunities for Single Soldiers Program is hosting its first annual tournament November 19. The tournament begins at 8 a.m. and is open to unit teams, active duty soldiers, students and authorized MWR patrons. Entry fee is \$45 per person. Teams will consist of four players.

Prizes will be awarded to 1st, 2nd and 3rd place finishers. Refreshments and lunch will be available. Persons wishing to participate who are not already on a team will be placed on one. Call Spc. Davis at 533-7395 for information.

Harvest time fun at Child Development Center

New Beginnings Child Development Center will celebrate the 9th Annual Harvest Time Open House on October 24, 6:15 - 7:45 p.m. The event is open to children, parents, teachers and visitors.

Classrooms will be open and many fun activities are planned. Adults and children alike may participate in a variety of projects. For example, attendees may paint little cars, make books and bookmarks, plant pumpkin seeds, make leaf rubbings, paint a picture, make trail mix or make a paper bag pumpkin.

The latest information will be available on such subjects as infant death syndrome and the "10 things every child needs." Call 533-5209 for information.

Pool events

The next scuba class begins November 3, 8 a.m. at Barnes Field House indoor pool. The cost is \$150 per person. For information, call instructor Dennis Ballard at 803-0308 or email him at ballard50@msn.com.

Barnes Field House Pool hours are: Monday, Tuesday, Wednesday and Friday 5 - 7:30 a.m. lap swim; 7:30 - 11 a.m. open swim; 11 a.m. - 1 p.m. lap swim and 1 - 2 p.m. open swim. Pool closes at 2 p.m. The pool also closes from 7:30 - 11 a.m. on Thursdays for cleaning and maintenance. Pool is closed Sundays. Call 533-3858 for information.

Barnes Field House closures

During the Thunder Mountain Powerlifting Open special event, Barnes Field House will have several changes to their operational hours. On October 18, the gym courts will be closed starting at 8 a.m. and the Hammer Strength Room will close from October 18, 8 a.m. - October 20, 9 a.m. On October 19, the entire facility will be closed in support of the event.

October events at LakeSide

The LakeSide Activity Centre will host the CGs' Right Arm Night Friday at 4 p.m. Music, laughter and a pay-as-you-go bar make this a lively spot to relax and socialize.

LakeSide will host the Sunday Brunch this Sunday at 10:30 a.m. - 1:30 p.m. Adults are \$13.95, children ages six through ten are \$7 and children under six may dine for free. The variety menu includes selections of bacon, sausage, specialty choices of salmon, sea bass, pork, beef or chicken along with an omelet

station, LakeSide Benedicts, fresh fruit, pastries, a salad bar and a delectable dessert station. Call 533-2194 for information and reservations.

MWR Arts Center announcements

A brand new ceramics class is available. Instructor Carol Wallace has 10 years teaching experience and 40 years of hands-on experience. Wallace has her own personal studio and is a certified instructor with Duncan and Gare. She has experience in acrylic, stains, antique, chalks, dry brush and all phases of under glaze techniques. Wallace is prepared with many holiday ideas, so sign up now. Call the Mwr Arts Center for information at 533-2015.



Desert Lanes Bowling Center

Desert Lanes will offer a singles tournament Saturday at 1 p.m. Participants bowl five games across 10 lanes. Handicap is 80 percent of 200 and the payout ratio is one to five. Entry fee is \$30 per person.

The annual Rock 300 Halloween Party will be held at Desert Lanes on October 26, 9 - 11 p.m. Admission prices are \$10 in advance or \$12 at the door for bowlers; \$7 in advance or \$9 at the door for non-bowlers. Patrons wearing Halloween costumes will receive \$1 off the admission price. A costume contest, prizes and a live disc jockey will highlight the evening of fun, music and bowling. Call Desert Lanes at 533-2849 for information on these events.

Overseas Orientation for Korea

Army Community Service is sponsoring an overseas orientation for soldiers and family members preparing for a tour in Korea. This orientation will help alleviate some of the initial stressors associated with this tour. Frequently asked questions will be addressed. The seminar will be on October 24, 6 - 8 p.m. at Murr Community Center. Please register no later than Tuesday by calling ACS at 533-2330, 533-6874 or email katie.demko@us.army.mil.

Karate classes at Eifler Fitness Center

Eifler Fitness Center offers Karate classes to students ages five years through adult on Mondays and Wednesdays. The class for ages 5 - 7 is at 5:30 p.m. The adult classes are at 6:30 and 7:30 p.m. A Saturday class is also available from 9:15 a.m. to noon. Classes include empty hand self-defense, Kata, sparring and Okinawan Kobudo weapons. Classes are \$25 per person monthly with discounts available for families of three or more members. For information, call 533-3180/5031 or stop by Eifler Fitness Center during scheduled class times.

Intramural Coed Basketball

The Commander's Cup Intramural Coed Basketball program begins November 25. Coaches meeting will be held at Barnes Field House at 10 a.m., October 30. A letter of intent with coaches or team representative's name and duty phone is due at the meeting.

This is a major Commander's Cup Sport Program. Point of contact is Michelle Kimsey. Call 533-3180 for information and eligibility requirements.

Red Cross Blood Drive

The next American Red Cross Blood Drive will be held on October 25 at Eifler Fitness Center, 10 a.m. - 8 p.m. Call 417-2252 or 227-9822 for information or appointments.

Domestic Violence Awareness Month

October is Domestic Violence Awareness Month and Army Community Service Family Advocacy Program will offer several classes on domestic violence prevention on a reservation basis. All classes are held at the Army Community Service conference room. Remaining classes are October 17, 2 - 4 p.m. and October 22, 6 - 8 p.m. Call 533-6873 for information. Domestic violence prevention displays will be highlighted throughout the community during October.

Army Family Team Building classes

AFTB Level I Marathon is here. This session offers all the courses in one day. The course is held at Murr Community Center on Saturday, 8:30 a.m. - 4:30 p.m.

AFTB Level II intermediate courses are now available. These classes will be held October 22, 23, 24, 28 and 30 at Murr Community Center 8:30 a.m. - 1 p.m. Call 533-5686 for information.



Youth Services Halloween Carnival

Youth Services will host their annual Halloween Carnival on October 25 and 26. The October 25 carnival is open to 5th graders and younger, 6:30 - 8:30 p.m. The October 26 carnival is open to 6th graders and older, 7 - 9 p.m.

The admission price is \$1 for members or \$2 for non-members and includes six tickets. Additional tickets may be purchased at four for \$1.

The carnival will have games, prizes, costume contests and much more. Everyone is invited. Call 533-3205/3212 for information.



TICKETS AVAILABLE AT MWR BOX OFFICE

TUCSON CONVENTION CENTER

"Fame" Jan. 24 - Feb. 7
"Stomp" March 1 & 2
"Cats" April 4 - 6

OTHER LOCATIONS

Arizona State Fair in Phoenix Now - Oct. 27

CARDINALS FOOTBALL PACKAGES

vs. Dallas Cowboys October 20
vs. St. Louis Rams November 3
vs. Seattle Seahawks November 10
vs. Oakland Raiders November 24
vs. Detroit Lions December 8
vs. San Francisco 49ers December 21

Times and prices vary. Call 533-2404 for information or drop by the MWR Box Office located in the MWR Plaza, Bldg. 52008 on Arizona Street. MWR Box Office is open Monday - Friday, 9 a.m. - 5 p.m.



DISNEY CRUISE LINE ANNOUNCES SPECIAL FALL MILITARY RATES

The Disney Cruise Line is pleased to announce an exclusive offer for active military personnel to experience the newest way to vacation with Disney. Enjoy spectacular shows, fantastic programs and unique rotation dining. This seven night voyage to exotic Caribbean Islands starts at \$699 per adult, \$399 per child ages 3 - 12. Seven night rates are valid for most sail dates commencing 8/31/02 - 11/16/02 and 11/30/02 - 12/14/02. Certain restriction apply.

Connect to Carlson Wagonlit for cruises, tours, airline tickets and all your travel needs. Carlson Wagonlit is committed to providing outstanding leisure service to the Fort Huachuca community.

Call Carlson Wagonlit Travel today for your reservations at 515-0910. Carlson Wagonlit's operational hours are 8 a.m. to 4:30 p.m.



Photo by Sgt. Jessica Inigo

Scorpions sting

1st Sgt. Arnold Flores, offensive lineman for Headquarters and Headquarters Company, U.S. Army Garrison, The Scorpions, makes a 20-yard run against the Headquarters, 306th Military Intelligence Battalion's defense, helping the Scorpions secure their 7-6 win. The Scorpions will play tonight against Headquarters and Headquarters Company, 111th MI Brigade at 8 p.m. Also playing tonight is Company E, 305th MI Battalion vs. 19th Signal Company at 5:30 p.m., Company B, 305th MI Bn. vs. 18th Military Police Detachment at 6:45 p.m.; Company C, 304th MI Bn. vs. 306th MI Bn. at 6:45 p.m.; and the final game at 8 p.m. against 314th Training Squadron and Company A, 305th MI Bn. Friday there are no scheduled games. Beginning Monday, all previous football schedules are obsolete. Revised football schedules will be issued by the Sport's Office to team coaches. All teams must receive a new schedule. Schedules were revised due to units having to be in the field.

Runners aren't invulnerable

By Bruce Heran
USAIC&FC Safety Manager

This is the fifth time this year that I have either written or provided information on running on Fort Huachuca. When I realized that fact, I began to speculate on the nature of the problem.

A few thoughts surfaced but none seemed all that reasonable. Could it be that no one knows the rules and policies? Maybe. Perhaps a macho issue is at work. For instance "I'm invulnerable to being killed by a car" or "there is no way someone would hit me, I'm too fast." Right. Maybe it's some obscure form of leadership failure. That seems to be something blamed for all sort of problems. I can't see it though. Leaders just don't put people in harms way intentionally if there is a way to avoid it.

So what's left? Complacency, maybe. That and a false belief that vehicle operators will be both alert and take evasive action to avoid an accident. Certainly possible, but not always correct. Perhaps runners figure that if there are enough of them, they will be immune from being run over. So collect a bunch of friends or members of your unit and scatter all over the road, so that vehicles will have to stop or take action to avoid you. That doesn't strike me as a smart procedure.

The message, as you have probably figured out by now, is the continuing problem

of runners and vehicles trying to use the same routes at the same times.

Fort Huachuca is a training post and physical training is certainly part of the mission, but we can not lose sight of the need for others to share our facilities. I doubt that running routes were much of a consideration during any phase of the post's construction. The first soldiers here in the 1800's didn't have to worry about being hit by cars. There were other hazards, like watching where you stepped, that formed the basis of their accident prevention efforts. It has only been in the past few decades that vehicle/runner accidents have become a serious problem. The result is that Fort Huachuca was not planned or constructed with runners in mind. As you also probably know, putting in designated running routes is expensive and time consuming. Even with such routes, many individuals and groups would want to run in other places for variety.

So what do we do? Here are a few simple things that will reduce your risk of being hit by a vehicle when running.

- Be seen. Being highly visible is probably the single best thing you can do to avoid being hit. Brightly colored clothing and reflective vests or belts help greatly. Don't run during times of reduced visibility such as, before dawn, after sunset, or during fog.
- Individuals should run facing traffic as close to the edge of the road as is reasonable.

AFTB from Page B1

on the rank of the military spouse," Moseley said. "AFTB's vision statement, 'Empowering families for the 21st century,' says it all. Our organization is about providing proactive, forward-thinking support for today's families, and ensuring the strength of tomorrow's Army."

Only master trainers or subject matter experts in their field instruct AFTB Level III courses. "They provided outstanding quality training. The Army recognized that the need for preparedness and self-reliance was not only important to the family members' morale, but also to the readiness of deployed soldiers who, knowing their families were capable of coping, could focus on their mission — humanitarian, peace-keeping, war fighting, or training," she said.

Moseley said the AFTB program is serious business.

Jennifer Hoeritz, a recent graduate and a Company A, 304th MI Bn. family member, agreed, but she also said it was fun.

"The leadership skills I learned will help me in any position of leadership I might go into, plus it was a great opportunity to get out and meet people. It was a great way to further my knowledge and have fun," Hoeritz said.

Moseley said AFTB is about readiness. "Mission readiness and family readiness, adapting to Army life, accepting challenges,

dealing with change, and developing life skills. The mission of AFTB is to educate and train America's Army in knowledge, skills, and behaviors designed to prepare our Army families to move successfully into the 21st century. Strong families are the pillar of support behind strong soldiers, and AFTB's mission is to educate and train all of America's Army in knowledge, skills, and behaviors designed to prepare our Army families to move successfully into the future," Moseley said.

This leads to a cohesive team, according to Teresa Perkins, a recent Level III graduate. "It is so beneficial because you enjoy it as an individual person and you learn that you are important and that the unit is important. AFTB helps you recognize this, as well as teach you how to use what is offered," Perkins said.

In fact, Moseley said it is one of the goals of AFTB to inform soldiers of the benefits of the program, both personally and as leaders of soldiers and families.

"Army Family Team Building will teach them that the more informed their spouses are about the military and its environment, the better their chances are for a successful career; and the better prepared their spouses are to handle the challenges of military living, the more soldiers can concentrate on the mission," Moseley said.



Photo illustration by Sgt. Jessica Inigo

A soldier doing physical training portrays a potential accident waiting to happen when runners and vehicles meet. The soldier was running in an undesignated running route throughout the post with out proper reflective gear and was struck by a vehicle. Don't be the next statistic — follow basic running rules while exercising. These include being seen, having the proper attitude, following the rules and expecting the unexpected.

- Organizations should run in the same direction as traffic.
- Don't block the whole road, unless the road is closed to vehicle traffic.
- If running as an organization, stay in formation and have straggler control.
- Run at times when there is minimal vehicle traffic.
- Avoid running in high traffic density areas. Plan your routes to avoid vehicle problems.
- And even though not a safety issue, if running as a group, be courteous in residential areas and don't wake the folks with cadence calls or other disturbances.
- Whether you run singly or in a group, for pleasure or PT, do it safely and survive. Run with your brain as well as your feet (or at least bring your brain along for consultation from time to time).



Think **SAFE** when running:

- S** - be **SEEN**
- A** - have the proper **ATTITUDE**
- F** - **FOLLOW** rules
- E** - **EXPECT** the unexpected