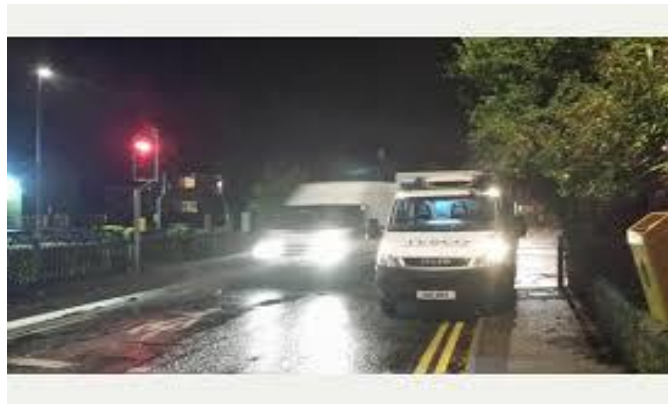


# BE SEEN – BE SAFE



## NRR PRESIDENT PAUL WRIGHT LEADS THE RACE

**When Paul started running, everything was in black and white. But now we have lovely bright Lycra and all sorts of clever reflective stuff to wear. Newquay's busy roads on a winter's Wednesday evening can be dangerous places for Penguins – especially when there are 70+ all vying for space.**



**YOU NEED TO DO ALL YOU CAN TO MAKE IT EASIER FOR DRIVERS TO SEE YOU**



**THESE SPEEDY RUNNERS ARE NOT**



**THESE ARE DOING MUCH BETTER**



**BUT THESE ARE TOP OF THE CLASS**

## **AND THIS IS WHY**



**HI-VIZ KIT IS GOOD - BUT REFLECTIVE GEAR MUCH SAFER**

## **CLUB RULE FOR NIGHT GROUP RUNS**

**NO REFLECTIVE CLOTHING OR HI-VIZ?  
YOU DON'T TRAIN WITH THE CLUB**

**NEW RUNNER - OR FORGOTTEN RIGHT GEAR? - DESPAIR YE NOT!**

**The Club holds a stock of reflective clothing for you to buy or loan.**

### **INTERVAL TRAINING SESSION?**

**Even our great coaches can't see you all the time – so be aware:  
Running flat out can decrease traffic awareness  
Especial attention needed during recoveries – do not relax lookout  
Don't strip off reflective tops because you are getting too hot**