No matter how hard we try to trick ourselves into brighter, longer days there is no denying that the mornings and evenings are getting darker. Since low-light scenarios pose safety concerns for runners and walkers, we have five tips for keeping safe when running and walking at dusk and dawn (adapted from the Lululemon blog).

1. always carry a cell phone and identification
This tip is number one no matter what time of year you run. Always keep your cell phone and driver's license on you while out running or walking. Whether you need the help or a fellow exerciser does, knowing you can make the call brings peace of mind and keeps you safe. Consider adding an ICE (In Case of Emergency) contact to your phonebook. That way if something does go wrong a stranger will know who to call for you.

2. choose a well-lit route
Run or walk in areas that are well lit and always bustling with others. This means saving those reclusive, isolated routes for daylight, and sticking to the main streets when it's dark. Also, consider rocking a head lamp. It's perfect for mid run dance parties but also great so that other traffic on the road or sidewalks will see you. You'll also be able to better identify uneven surfaces (hey, sometimes even the best of us get tripped up).

3. be seen
There's more to putting together a great run outfit than just simply something that matches. Wear colors that will let cyclists, drivers and even other runners and pedestrians know you're there. Whites, yellows and even shades of orange will have you being seen. Lots of technical gear has reflectivity built right in so be strategic about how you're layering it. Make sure reflective taping remains visible. You can also consider adding your own reflective strips. When it comes to staying safe, the more the better.

4. keep it close to home
Running or walking at dawn or dusk is not the time to try a new route. Rather than a big 10km route, why not do a double 5km? Stick close to home should you need or want to stop. This also ensures that you're familiar with the neighborhood and every crack and corner on your route.

5. join a group!
As they say, there's strength (and motivation and fun) in numbers so if you're happy running as part of a group, it's definitely safest. Need a buddy (even for a lunch time walk or run)? Contact Bec in Risk Management – I will try to get interested people in contact with each other! If a group just isn't your thing, let someone know that you're heading out, the estimated duration and where you're going.