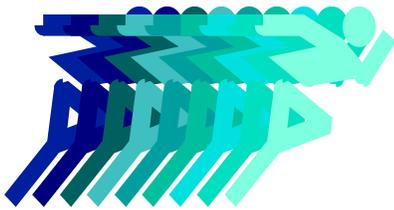


SMDC/ARSTRAT Safety Information

JOGGING



Many people like to jog during hot or rainy weather. Following simple safety rules can make it a safe and fun way to exercise. Just remember to:

* **Pace Yourself:** -- The pace at which you jog should not leave you breathless. If you are unable to carry on a conversation while jogging then you are pushing too hard. Slow down. Muscles need time to adapt to the stress. At the end of the workout, finish with 5 to 10 minutes of relaxed walking.

* **Time of Day** -- The time of day or night you jog is up to you. Try to jog at about the same time each day. While jogging, stay as far away from busy roadways as possible, and always jog facing traffic.

* **Buddy system** -- Run with a friend whenever possible. This makes the run more fun and you more visible to drivers.

* **Clothing:** -- Jogging during times of darkness, at dawn, and dusk can be very dangerous. Make sure you can be seen. Wear light (preferably white) colored clothing, or reflective clothing. Avoid hours of low or limited light, as this is the hardest time for joggers to be seen by drivers.

* **Shoes:** -- Good jogging shoes are essential. Never substitute tennis or gym shoes for jogging shoes. Tennis or gym shoes do not provide proper support, cushioning, or stability. Well fitting jogging shoes need no breaking in and are the best insurance against blisters, broken bones in the feet, and tissue damage.

* **Drink fluids:** -- Drink an adequate amount of water. The body can quickly dehydrate if you do not. Avoid drinks with high amount of sugar or alcohol. Both sugar and alcohol can add to the possibility of dehydration. Lightly sweetened or unsweetened teas are good substitutes for soda, beer, and other alcoholic drinks.

* **Headphones and earphones are prohibited:** --

AR 385-10 prohibits the wearing of earphones or headphones while jogging on military installations. Wearing of headphones on roads may result in the joggers being fined under local Traffic Codes.