



SAVE OUR SONGS – WALK OR RUN – 2021

RECOMMENDED SAFETY TIPS

1. Wear appropriate shoes
2. Protect yourself from the sun by wearing sunscreen and/or protective clothes
3. Conduct your run/walk within your personal abilities
4. Conduct your run/walk with someone or let someone know where you will be and when you expect return
5. Stay hydrated by taking water or a sport drink with you
6. Follow CDC and local coronavirus ordinance regarding mask usage and social distancing
7. Wear reflective apparel/accessories
8. Follow traffic laws and cross only at designated intersections