

Trail Runners

Many of us like listening to music when running or walking on the trail. That's great, and it may provide motivation for you and make exercise more enjoyable. There's just one problem with it. If you cannot hear what is going on around you, then you cannot be safe.



By simply removing one ear bud, you should be able to hear the warning signs of cyclists and other trail users approaching you on the trail. Please prevent any collisions by keeping one ear open.

Cyclists have their own rules, including providing an audible signal, such as "On your left!" and slowing down before they pass a pedestrian from the left. Pedestrians should stay on the right side of the trail.

Please be safe and listen for approaching cyclists.



If using ear buds, use in only one ear.

Stay on the right.

Do not block the trail.

Keep your pet on a short leash.

Be courteous to all trail users.

This message is a courtesy of the City of Ridgeland.