



HARRIER
HOW TO
RUN AN ULTRA

Night Running Tips

Safety First!



Wear reflective gear - especially if you have to run the roads to hit the trail!



Invest in a good headtorch!



Take your phone for safety and avoid wearing headphones. Better to be aware of your surroundings



Find a friend or group that will join you on a night trail run

Slow And Steady Wins The Race!



Keep it short at first, 2-3 miles is enough to get a taster of head torch running.



Run on a familiar trail to offer some recognition and comfort. (Don't get lost!)



Run easy and in control. Be ok with a slower pace.



You don't have to practise night running more than you feel is necessary.