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oulders (or sidewalks). Be sure to follow safety precautions for running outside, such as:

- Run on sidewalks, paths, or designated running areas.
- Avoid running on roads, especially at night.
- Use reflective gear or reflective vests.
- Avoid running in areas with poor lighting.
- Be aware of your surroundings and avoid distractions.
- Use proper running technique to prevent injury.
- Stay hydrated and avoid running in extreme heat or cold.
- Avoid running on uneven surfaces or near obstacles.
- Use caution when running near water or other hazards.
- Avoid running in areas with heavy traffic.
- Use proper footwear for running.
- Avoid running on wet or icy surfaces.
- Use caution when running near power lines or other overhead wires.
- Avoid running in areas with high crime rates.
- Use caution when running near construction sites or other areas of activity.
- Avoid running in areas with poor air quality.
- Use caution when running near large crowds or events.
- Avoid running in areas with high temperatures or humidity.
- Use caution when running near steep hills or other challenging terrain.
- Avoid running in areas with high altitudes.
- Use caution when running near bodies of water.
- Avoid running in areas with high winds or other weather conditions.
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