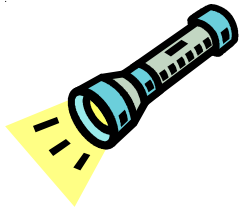

Maine in Motion

Exercising After Dark

Safety first. If fitting in exercise means you are on the road after dark, **be sure to always face traffic** -- and dress so drivers can see you.

Headlights will pick you up at .. Drivers will see you're a person at..

If you carry or wear ...	Headlights will pick you up at ..	Drivers will see you're a person at..
A white T-shirt	224 ft	105 ft
Reflective tags	532 ft	144 ft
A flashlight	1,379 ft	316 ft
A jogger's vest	744 ft	322 ft
Reflective head, wrist & ankle bands	760 ft	436 ft



Source: *National Highway Traffic Safety Administration*

