



Trail Etiquette: Safety First

Safety is our **#1 priority** at USA FIT and San Jose FIT. When we're enjoying beautiful trails like **Los Gatos Creek Trail** and **Rancho San Antonio**, the most important elements of safety are **communication and awareness**.

As a large group, it's our shared responsibility to communicate clearly, stay alert, and respectfully share the trail with **runners, walkers, cyclists, and the surrounding community**. Take personal ownership—be proactive, be aware, and look out for one another.

On the Trail

- Stay **single file** when passing or being passed.
- Never run more than **two abreast**.
- Stay alert to your surroundings and **call out hazards** (branches, uneven ground, obstacles) so those behind you are aware.


Passing & Being Passed

- **Only pass when the lane to your left is clear** and always announce, "Passing on your left."
- **Never pass on blind curves** or where visibility is limited.
- When being passed, **slow down**, move **as far right as possible**, and go **single file**.
- Always say "**thank you**" when you pass someone—it goes a long way!

Communication Calls

Use clear, consistent calls and pass the message through your group:

- **“Runner back”** – a runner is approaching from behind
- **“Bike back”** – a bike is approaching from behind
- **“Runner up”** – a runner is approaching head-on
- **“Bike up”** – a bike is approaching head-on

 **Important:** Any call-out means **immediately move to single file and to the right**. Not everyone in a large group will hear it—help by passing the message along.

Courtesy Matters

- There may always be someone frustrated by a large group—**remain polite and never respond negatively**.
- Please be **as quiet as possible when passing homes**, especially during early morning hours.

Thank you for helping to keep our trails **safe, welcoming, and enjoyable** for everyone. Your awareness and kindness truly make a difference.