Hadley

Running Sample

There’s nothing like heading out for a run to get your muscles moving and your heart pumping. And whether you’re jogging for exercise or racing for that competitive thrill, all you need is a little support and a few helpful tips to … well … hit the ground running–no matter your level of vision.

The first step to running with vision loss is to have a sighted buddy, or guide, to go with you. There are many running groups that can help pair you with a guide. And if you already have a friend who wants to guide you, these groups and their websites offer some great tips. Check out the resource section for more information.

You’ll want to find a running guide who’s at least as fast and as strong as you. That way, they can talk while running at your speed. And if you’re planning to run together by holding a rope or a strap, you should both be about the same height. We’ll cover that technique in a minute.

**Ed:** Now that you've had a chance to learn a bit with us, we'd like to learn more about you. Your name, email address, how you heard about Hadley, and your relationship to vision loss. Learning more will give us a better understanding of how to personalize Hadley just for you. And don't worry, everything you share with us online will be kept safe and secure. Of course if you'd prefer to talk through these questions, we're just a phone call away at 800-323-4238.

Taking these few steps saves your preferences so you can continue right where you left off, and track your progress every time you log on. Plus, it connects you to the Hadley community, and helps sustain our funding to keep Hadley free of charge. And last, but not least, it gives you direct access to experts, like me. Now, where were we?