

HOUSE JOINT RESOLUTION 1321

By Garrett

A RESOLUTION to honor and commend efforts to raise awareness about runners' safety in Tennessee.

WHEREAS, Tennessee is home to some 215 races from one-mile fun runs to 100-mile road or trail races, including the St. Jude Rock & Roll in Nashville, Seven Bridges in Chattanooga, and St. Jude Memphis, as well as an incredibly passionate and vibrant running community; and

WHEREAS, running has been shown to lead to greater cardiovascular fitness, better body composition, lower cholesterol, excellent glucose and insulin control, stronger bones, better hormone regulation, and positive neurological functioning; and

WHEREAS, runners who utilize our State's many roads, sidewalks, greenways, and trails should feel safe when participating in their beloved sport; and

WHEREAS, each community, its leadership, and law enforcement agencies throughout the State of Tennessee are committed to providing a safe running environment for our runners, making Tennessee a very runner-friendly state; and

WHEREAS, runners should always take steps to protect themselves, including being aware of their surroundings, trusting their intuition, planning their routes, running with a club/crew, being visible in the dark, carrying a cell phone and ID, being street smart by maintaining awareness of traffic, running on sidewalks when available, and being cognizant about headphone use; and

WHEREAS, increasing awareness about runners' safety in Tennessee will better prepare runners, motorists, and all Tennesseans so they have the knowledge and appreciation about the importance of maintaining runners' safety, which will ultimately save lives; now, therefore,

BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE ONE HUNDRED THIRTEENTH GENERAL ASSEMBLY OF THE STATE OF TENNESSEE, THE SENATE CONCURRING, that we honor and commend the citizens of the State of Tennessee who are working to raise awareness of runners' safety in the Volunteer State.

BE IT FURTHER RESOLVED, that an appropriate copy of this resolution be prepared for presentation with this final clause omitted from such copy and upon proper request made to the appropriate clerk, the language appearing immediately following the State seal appear without House or Senate designation.