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On your local roads or pathways, look for routes that have minimal traffic and a wide shoulder (or sidewalks). Be sure to follow safety precautions for running outside, such as running in the opposite direction of traffic.

[Finding the Best Places to Run - Verywell Fit](#) : where-should-i-run-2912007

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discipline of movement. Also known as: freerunning.

[Parkour | Description, History, & Facts | Britannica](#) : sports : parkour

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