



TIPS FOR SAFE RUNNING

The following are a few great tips to help keep you safe while running. The main thing to remember is to stay alert and be proactive rather than reactive.

- DON'T wear headphones. Use your ears to be aware of your surroundings.
- Carry your cell phone or change for a phone call.
- Run with a partner or dog.
- Write down or leave word of the direction of your run. Tell friends and family of your favorite running routes.
- Run in familiar areas. Know where telephones are or open business /stores are located.
- Vary your routes.
- Always stay alert. The more alert you are, the less vulnerable you are.
- Avoid unpopulated areas such as deserted streets and over grown trails, especially avoid unlit areas at night and always run clear of parked cars and bushes.
- Carry identification or write your name, phone number, blood type and any medical conditions on the inside of your shoe. Also, include a contact person's name and number.
- Consider wearing a wrist or ankle identification bracelet. Visit www.roadid.com for more information.
- Do not wear jewelry.
- Ignore verbal harassment. Use discretion on acknowledging strangers. Look directly at others and be observant but keep your distance and keep moving.
- Run against traffic so that you can better observe oncoming traffic.
- Wear reflective material if you must run after dark.
- Use your intuition about a person or area, if it/they don't seem safe then avoid.
- Practice memorizing license tags or identifying characteristics of strangers.
- Carry a noise maker and/or pepper spray (OC).
- If you haven't already taken self-defense class, do so.
- Call police IMMEDIATELY if something happens to you or someone else or if you notice anything that seems out of the ordinary.