



## TIPS FOR WALKING/RUNNING SAFETY

THIS ARTICLE IS ADAPTED FROM THE ROAD RUNNERS CLUB OF AMERICA

- 1 - Don't Wear Headsets.** Use your ears to be aware of your surroundings. Using headphones, you lose the use of an important sense: your hearing.
- 2 - Always stay alert and aware of what's going on around you.** The more aware you are, the less vulnerable you are.
- 3 - Walk and run against traffic** so you can observe approaching automobiles.
- 4 - Look both ways before crossing.** Be sure the driver of a car acknowledges your right-of-way before crossing in front of a vehicle. Obey traffic signals.
- 5 - Carry a cell phone or change for a phone call.** Know the locations of call boxes and telephones along your regular route.
- 6 - Trust your intuition about a person or an area.** React on your intuition and avoid a person or situation if you're unsure. If something tells you a situation is not "right", it isn't.
- 7 - Alter or vary your walking/running route pattern;** walk or run in familiar areas if possible. In unfamiliar areas, such as while traveling, ask the hotel concierge, call a specialty running store or contact a local RRCA chapter ([rrca.org](http://rrca.org)). Know where open businesses or stores are located.
- 8 - Walk and run with a partner.** Share your workout with friends. Run and walk with a dog.
- 9 - Write down or leave word of the direction of your walk/run.** Tell friends and family of your favorite walking and running routes.
- 10 - Avoid unpopulated areas, deserted streets, and overgrown trails.** Especially avoid unlit areas, especially at night. Walk or run clear of parked cars or bushes.
- 11 - Carry identification or write your name, phone number, and blood type on the inside sole of your shoe.** Include any medical information. Don't wear jewelry.
- 12 - Ignore verbal harassment.** Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
- 13 - Wear reflective material or headlamp or carry flashlight if you must walk or run before dawn or after dark.**
- 14 - Practice memorizing license tags or identifying characteristics of strangers.**
- 15 - Carry a noisemaker** (i.e. whistle). Get training in self-defense and consider use of pepper spray.
- 16 - CALL POLICE IMMEDIATELY** if something happens to you or someone else, or you notice anyone out of the ordinary. It is important to report incidents immediately.