

The RRCA's Tips for Running Safety

Provided by the Road Runners Club of America.

Web site: { HYPERLINK "http://www.rrca.org" \t "_blank" }

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. Carry a cell phone or change for a phone call. Know the locations of call boxes and telephones along your regular route.
4. 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.
5. Alter or vary your running route pattern; run in familiar areas if possible. In unfamiliar areas, such as while traveling, contact a local running club or running store. Know where open businesses or stores are located.
6. Run with a partner. Run with a dog.
7. Write down or leave word of the direction of your run. Tell friends and family of your favorite running routes.
8. Avoid unpopulated areas, deserted streets, and overgrown trails. Especially avoid unlit areas, especially at night. Run clear of parked cars or bushes.
9. Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information. Don't wear jewelry.
10. Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
11. Run against traffic so you can observe approaching automobiles.
12. Wear reflective material if you must run before dawn or after dark.
13. Practice memorizing license tags or identifying characteristics of strangers.
14. Carry a noisemaker and/or OC (pepper) spray. Get training in self- defense and the use of pepper spray.
15. **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.

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