



THE RRCA's TIPS FOR RUNNING/WALKING 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 - 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/walking route pattern; run or walk in familiar areas if possible. In unfamiliar areas, such as while traveling, contact a local RRCA club or specialty running store. Know where open businesses or stores are located.

6 – Run and walk with a partner. Run and walk with a dog.

7 - Write down or leave word of the direction of your run/walk. Tell friends and family of your favorite running and walking routes.

8 - Avoid unpopulated areas, deserted streets, and overgrown trails. Especially avoid unlit areas, especially at night. Run or walk clear of parked cars or bushes.

9 - 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.

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 and walk against traffic so you can observe approaching automobiles.

12 - Wear reflective material if you must run or walk 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.