

# SAFETY TIPS FOR RUNNERS AND WALKERS



**Running and walking provide quick, inexpensive ways to stay fit. Here are a few pointers to stay safe before you “hit the ground running.”**

## Before You Leave

- Plan your outing:
  - Always tell someone where you are going and when you will return.
  - Tell friends and family of your favorite exercise routes.
- Carry a cell phone and know where telephones are located along your route.
- Don't wear jewelry or carry large amounts of cash.
- Wear reflective material.
- Bring identification or write your name, phone number, blood type and any medical information on the inside of your athletic shoe.
- Check with police about criminal activity in the area you plan to run.

## On the Road

- Run or walk against traffic so you can see approaching cars, and stay clear of bushes and parked cars.
- Exercise with a partner and/or a dog.
- Stay alert and trust your intuition at all times. Be observant, but keep your distance.
- Don't wear headsets; they prevent you from hearing your surroundings and detecting potential danger.
- Avoid unpopulated areas, deserted streets and overgrown trails.
- If you think you're being followed, change direction and head for a public place or a pre-designated safe place.

**— - Call police immediately if something happens to you or someone else! - -**

## Evening or Early Morning

- Make sure people can see you:
  - Choose well-lit areas.
  - Wear light colors, reflective material, and/or a safety light.
- Wear a billed cap and clear glasses. The cap will hit unseen tree branches and the glasses will protect your eyes.
- Watch the road. Early morning ice and patchy or slick spots can be hard to see in the dark.
- Carry a noise maker, such as a whistle.
- Run behind vehicles at intersections. Even if a vehicle obeys a stop sign, the driver may not see you.

## Away From Home

- If the hotel does not have a gym or health club, ask hotel staff for safe exercise routes nearby.
- Become familiar with your route by studying a map of the area beforehand. Identify safe places along the course.
- Check the local weather forecast.
- Program the numbers to your hotel and local police department on your phone.
- Remember the street address of the hotel in case you get lost and carry a small amount of cash in case you need to pay for a ride back.