



JOGGING SAFETY TIPS

Follow our tips for ensuring that your jogs are rewarding and safe:

- **Recruit a friend.** Runners in pairs or groups are less appealing targets.
- **Jog in a familiar area but vary your routes.** Changing the route you take will prevent someone from noting your schedule or movements.
- **Avoid jogging in secluded areas or at night.** If you do run after dark, do so in well-lit and populated areas and consider buying reflective running gear or a runner's light so that you're highly visible to traffic.
- Face oncoming traffic.
- **Carry your phone and your ID.** If you suspect you're being followed, call the police immediately and find a safe place to wait for them to arrive.
- Wear bright colored clothing to improve your visibility.
- Carry a whistle or shrill alarm to summon help if needed.
- Jog in open spaces, away from bushes or alcoves where someone could hide.
- Take a key with you when you jog. Don't leave your house unlocked.

Many joggers think that because they do not carry large sums of money with them as they jog, they are not likely candidates for an attack. Unfortunately, that's not true.

When running, you should always be aware of your surroundings and take precautions to protect yourself. It's easy to become so focused on your run that you stop paying attention to what's happening around you. When you're preoccupied, you make yourself an easy target for an attacker or thief.