

Run Safely

Two ways to get hurt:

A. by accident

B. by purpose

A. by accident

- tripping, falling, turning an ankle, running into trees
- night running
sidewalks are dangerous
bus benches, poles, pole guy wires, fire hydrants, uneven sidewalks
wear a reflective vest
carry a flashlight
- traffic avoidance
make eye contact with driver
understand that drivers are not looking for you, drivers turning right are looking to the left.
know where the sun is, the driver may have the sun in his eyes.
when and you make a left turn, do you check the bike lane and sidewalks as well as the oncoming traffic? Big vehicles watch out for larger vehicles.
signal lights and stop signs mean: the signals are working, the city spent money. They don't stop cars, drivers stop cars
- trail running is a fairly safe place to be.

B. by purpose

From: "The Complete Book of Running" by Amby Burfoot, executive editor of Runner's World.

- Every 45 seconds a woman is raped.
- If you think your runner's speed and fitness will protect you against assault, you are giving someone a huge opportunity to hurt you.
- Get rid of that "**It could never happen to me**" attitude.
- Have a plan before hand to know what to do if a bad situation comes up. Now your attitude changes – instead of always running afraid you can say: "**This stuff can happen, but I know what to do**". You will be more self-assured and that comes through in how you look to the bad guys.
- Carry a self-defense spray where it can be seen.
Try it out by spraying some on a paper napkin and rubbing it lightly about one inch below the eye. You should feel slight burning. Spray it in the back yard at a target to determine its shooting distance and your accuracy.
- Carry identification – shoe tags.
- Clothing:
Baggy sweats or skin fitting tights? You have the right to wear whatever you choose. Sexy clothing will attract more attention, some of it you may want and some of it you may not want. Whatever you wear, run with confidence, don't look down at your feet, that is a sign the bad guys look for. Besides, it is not good running form. The book said if you wear a shirt the says, "Homicide Department" no one will bother you.
- Head phones:
Bad idea, you can't hear traffic or the bad guy approaching, it also indicates your mind is elsewhere and not focused on the current situation.
- Safest time of day to run is early morning.
- Safest place to run is where there are people and activities around, not solo in the boonies.
- Eye Contact: As you approach, wave your eyes across him but do not look down. Look to the other side or over his head. The person who looks the toughest will not get picked as a victim. Meeting someone's gaze adds to a strong self-image.

- Run with a dog. A dog is an unknown to a bad guy, he doesn't know the dog's personality or the bonding between the dog and master. If your dog's name is Muffin, don't use it in a threatening situation, call your dog Fang or Bandit.
- Bad guy profile: They look like you and me, your father, brother, and neighbor.
- What if a runner comes along side and starts talking? If you are comfortable, okay, just be in control of your route. If you feel scared because he is making crude remarks or staring at your breasts, tell him to leave you alone. If he moves closer, spray him.
- What if you are being followed? Head for an area of more traffic or people.
- What if somebody is trailing you in a car and stops to ask directions? Don't enter into a conversation, tell him to leave. You may want to run in the opposite direction the car is headed.
- What if you are grabbed?
Flee if you can.
Use your spray.
Fight with your legs, you probably can not match the upper body strength of a man. If you get knocked down, kick hard and yell "**FIRE**". Don't get on your knees during a struggle because he could get you in a choke hold.
- Resist quickly, run. If he gets hold of your jacket or shirt, slip out of it. The first few seconds are critical, because the bad guy has the least amount of control. The more time you spend with him the more he is in control.
How about the gun?
If you get in the car you are dead! If you break and run you have less than 50% chance of being hit by a shot. If you are hit, less than 50% chance of being seriously injured, and then another 50% chance of being killed. That boils down to less than 12.5% chance of being killed. Good odds compared to getting in the car. The Department of Justice reports the real figure is less than 5% chance of being killed by running.
- Bottom line is be a tough target.
Look self-assured, head up, look straight ahead, not at your feet.
Don't wear head phones, Carry spray
Pay attention to everyone, even cars. Look around to see who is behind you.
Run in with friends.
Tell someone where you are going and when you will be back.