Gazelle Sports

General Running Safety Tips

1. **Don't wear headphones.** If you choose to wear them, don't get lost in your music. Be aware of your surroundings.

2. **Carrying Identification.** Write down your name, phone number and blood type on a runners shoe ID tag.

3. **Carry a cell phone.**

4. **Trust your intuition about a person or an area.** React on your intuition and avoid a person or situation if you are unsure. If something tells you a situation is not "right", it isn't.

5. **Always stay alert and aware of what's going on around you.** The more aware you are, the less Vulnerable you are.

6. **Write down or leave word of the direction of your run.** Tell friends and family of your route and when to expect you back.

7. **Run against traffic so you can observe approaching cars.**

8. **Wear reflective material if you run before dawn or after dark.** Blinking lights are a great option.

9. **Practice memorizing license tags or identifying characteristics of strangers.**

10. **Look both ways before crossing.** Be sure the driver of the car acknowledges your right of way before crossing in front of the vehicle.

11. **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.

12. **Avoid unpopulated areas, deserted streets and overgrown trails.** Especially avoid unlit areas at night. Run clear of parked cars or bushes.