



Staying Safe While Running

- ***More than 35 million people in the United States run for exercise.* Running is a healthy, easy and inexpensive way to maintain a regular exercise program. Just remember—follow safety rules.***

Before you leave

- Tell a friend or family member where you are going and when you will return, or run with a partner or a dog.
- Know where telephones are located along the route, or carry a cell phone.
- Tuck a driver's license or an identification tag with your name, phone number, blood type, medical information and emergency contact numbers inside your shoe,
- Take off Jewelry.
- Carry enough cash for an emergency bus or taxi ride.
- Grab a whistle or noise maker.
- Wear reflective clothing so motorists can see you.

On the road

- Stay alert at all times.
- Don't wear headsets or you won't hear an approaching attacker or car. Listen to your surroundings.
- Know which businesses or stores are open.
- Vary your route so a potential attacker can't learn your routine.
- Avoid unpopulated areas, deserted streets, poorly-lit areas or overgrown trails.
- Avoid running near parked cars or bushes.
- Run against traffic so you can see oncoming vehicles.
- Don't run alone at night.

Stay alert

- Practice memorizing license tags or characteristics of strangers.
- Change directions if you think you are being followed.
- Keep a full arm's length from a car if anyone stops you to ask for directions.
- Call police immediately if something happens to you or you notice anything out of the ordinary.
- If a car appears to be following you at low speed, calmly run into the nearest building.

Helpful resources for running

- Tampa Bay running information and associations:
 - ◇ www.tampabayrunners.com
- Locate running routes when you're away from home:
 - ◇ www.run.com

*Running USA

Hillsborough County Board of County Commissioner goals are to reduce property crime, violent crime and overall crime by 2015. These tips are intended to increase your awareness and help avoid crime. If you have a proven prevention or awareness tip that can be shared, fax it to 813-276-2630 for consideration for a future Crime Prevention and Safety Tip. If you have questions regarding this tip, call 813-276-2033.