

QUICK TIPS: SAFE RUNNING



Beyond academics, the start of college brings ideas about fresh beginnings for a lot of students. For many, they choose this time to get on the path to a healthier lifestyle. With the beautiful fall weather upon us, running outside is often an exercise of choice. Your campus may be the safest place around, but chances are very good that runners will venture off-campus to other parts of the community. New and returning students can use these helpful tips to make sure they are staying safe on their run.

1. Don't Run Alone

Running with someone else makes a person less likely to be a target. Why not invite that person on your floor who has been getting up and stretching at the same time as you? You can make a friend and hold each other accountable!

2. Don't Run with Earphones

When you are listening to loud music in your ears, you are blocking out the surroundings – including someone who may be approaching from behind you.

3. Alter Your Route

Change it up from time to time. Stay aware of your new surroundings each time you do! Ask around about areas you should be certain to avoid. By keeping your workout fresh, you will also make it harder for people to figure out your routine and scout you as a target.

4. Run Against Traffic

Visibility for both you and oncoming traffic is easier, especially if you run at dusk or dawn, if you face traffic instead of running in the same direction. However, it is not recommended that you run on the road, and is even illegal in some states.

5. Take a Self-defense Class or Carry Runner's Mace

Campus police may offer a course at your campus on self-defense. Also, be sure the mace you choose is legal in your state. Your campus police can tell you what is legal and may offer other suggestions of what you can carry.

6. Use Common Sense

Follow your gut instincts! If something doesn't feel right, assess the situation.

- **Know your limitations** in terms of endurance and pace.
- **Stay in well-lit areas** and **avoid shortcuts** through parks, alleys and parking lots at night.
- **Identify locations** along your routes where you can quickly get to for any kind of emergency.

7. Visit a Local Running Store

Whether you are a new or returning student, be sure to check out the area for a locally-owned running store. Ask them about routes, running clubs, and accessories to help carry keys and IDs, as well as additional tips to keep you safe.

Get Started At Block by Block Campus Services, we pride ourselves on working with campus leaders to create safe on and off-campus environments. If you are interested in learning more about our services and programs **contact Bill Woodward**, VP of Campus Services, to see if we may be the right fit for your campus community needs.