

## Run For Your Life

Jogging or walking can be fun, healthful, & safe when you take precautions. In view of recent attacks on joggers, everyone that is currently enjoying that sport needs to be aware of certain crime prevention tips geared exclusively to them. The safety tips in this article can apply to anyone that is on the street walking, jogging, or running. With the number of joggers in the United States, it is not surprising when we read in our local newspaper that a man was attacked and beaten by a gang of young thugs, and that a woman was raped as she jogged by herself in a fashionable neighborhood.

One thing we need to remember is that none of us is immune to crime. Crime doesn't always happen to the other guy. It could happen to you. By "being aware" the jogger can reduce the likelihood of becoming a victim of an attack. Many joggers have the mistaken idea that because they usually do not carry large sums of money with them as they jog, they are not likely candidates for an attack. Unfortunately, that is not true. They must always be aware of their surroundings and take appropriate action to protect themselves.

One of the most serious problems for joggers is not paying attention. They become so preoccupied with the physical act of jogging that they lose touch with the moment. They are so busy concentrating on how much further they have to go and on putting one foot in front of the next, that they don't pay attention to what is happening right here, right now.

When they allow themselves to become preoccupied, they have jeopardized their security. When they are not paying attention, it gives the would-be attacker the opportunity to surprise them. Being alert and being aware is vital at all times. Use common sense when jogging and walking and follow some simple safety tips. Jog and walk with a known companion and always Jog and walk in familiar areas.

Do not jog or walk in a secluded area or jog or walk after dark, which increases your chance of becoming a victim of criminal activity. You should always jog and walk facing traffic, which eliminates surprise attacks by passing motorists. If followed, go to the nearest house and call the police. Wear bright colored clothing to improve your visibility. Carry a whistle or shrill alarm to summon help, if needed. Vary your route and pattern of running.

Always be aware of your surroundings. Keep Alert! Jog and walk away from bushes where someone could hide. Take a key with you when you jog, which eliminates having to leave the house unlocked. Someone might be watching you and your house to see when it will be empty or unlocked. As more and more people jog and walk for fitness the need for self-defense increases.

Unless you are 100 percent sure you want be a victim of an attack you must carry some sort of weapon during your walk or jog. Some weapons will give you a fighting chance and can be legally and visibly carried on any street. These include walking/hiking sticks and sharp objects such as a fistful of keys, a pen, a comb or a flashlight. You need the will to use them to slash or bop an attacker if you are restrained from running away. Handy weapons must be handy if you plan to use them, not buried in your hip pack or pocket.

A keychain with a plastic ice-scraper and a finger hole in the middle makes a simple but effective weapon. With your middle finger in the hole, you have "plastic knuckles" that become a slashing/poking weapon. You can carry it legally on any street in the hemisphere. As a bonus, You can and do use it to scrape ice off your windshield in winter. Carrying a cell phone is a good idea - you can call 911 in case of a medical emergency.

When accosted, don't waste a split second with a phone, you need to be screaming and running. Even if you got a call off and the police responded immediately, most attacks take less than five minutes to complete, and your attacker will be long gone before help arrives. Far better to use it to report to the police after you have effectively stopped the attack by screaming, running, and fighting as necessary.

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### About the Author

Johnny A. Jenkins, Distribution Director of Repeller Technology, provides self-defense and safety products, tips and advice to fit most situations. Make your surroundings safer for you and loved ones today at: "<http://www.repellertechnology.com>"