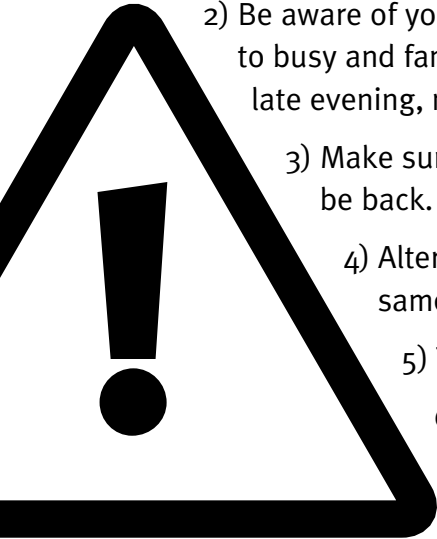




Safety tips

It's a sad fact of today's society but the world isn't always safe place. Each day is precious and we at realrunner.com are firm believers of living life to the full. That's why we've developed our top safety tips to help you run more safely and to carry on living life to the full.

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- 1) Don't wear headphones when running. They make you less in tune with your surroundings and more difficult to hear cars or someone running behind you. They can make you vulnerable to all sorts of mishaps such as injuries, attacks from criminals and collisions with vehicles.
 - 2) Be aware of your surroundings. Don't run in quiet spots or remotes areas and keep to busy and familiar routes or parks. If you must run in the early morning hours, or late evening, make sure you keep to well lit areas.
 - 3) Make sure you tell someone of your running route and what time you you'll be back.
 - 4) Alternate your routine so that you're not running the same route on the same day.
 - 5) Try and run with a partner – or your dog if you have one.
 - 6) Always run facing on-coming traffic.
 - 7) Cross roads at crossings and always be aware of traffic lights. Make sure you make eye contact before with the driver before crossing in front of a car.
 - 8) Don't run wearing jewellery – this can put you at risk of mugging.
 - 9) Do take change for the phone or your mobile in case of emergencies – (keep tucked in shorts or pocket).
 - 10) Always carry identification or write your name and phone number on your shoes.
 - 11) Wear light or reflective clothing.

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