

Stay Alert

Sometimes runners and walkers get lulled into a "zone" where they are so focused on their exercise they lose track of what's going on around them. This state can make runners and walkers more vulnerable to attacks. Walk and run with confidence and purpose while staying alert to your surroundings. If you get bored running without music, practice identifying characteristics of strangers and memorizing license tags to keep you from "zoning out."

What If It Happens To You?

- Remain calm. Try not to show any signs of anger or confusion.
- If the attacker is only after your purse or other valuables, don't resist. You don't want to escalate a property crime into a violent confrontation.
- Make a conscious effort to get an accurate description of your attacker: age, race, height, weight, complexion, body build, type and color of clothing, tattoos, piercings, etc.
- Call the police immediately, identifying yourself and your location. Contact your local victim assistance agency to help you deal with the trauma that all

crime victims experience. They can also help you learn about victim compensation laws and how to follow your case's progress.



Mesa Police Department Phone Numbers

Emergency.....9-1-1
Non-Emergency..... 480-644-2211
Neighborhood Watch..... 480-644-2300
(How to contact your crime prevention officer)
Victim Services..... 480-644-4075

Mesa Police Department



Personal Safety Information



Before You Leave

- Plan your outing. Always tell someone where you are going and when you will return. Tell friends and family of your favorite exercise routes.
- Carry a cell phone, or know where telephones are located along the course. You can still call 9-1-1 on a cell phone without service if the battery is charged.
- Wear an identification tag or carry a driver's license. If you don't have a place to carry your ID, write your name, phone number and blood type on the inside of your athletic shoe. Include any medical information.
- Don't wear jewelry or carry cash.
- Wear reflective material.

When Walking and Jogging

- Tell a family member or friend where you are going and the time you expect to be back.
- Stay alert at all times. The more aware you are, the less vulnerable you are.
- Run or walk with a partner and/or a dog.
- Don't wear headsets. If you wear them you won't hear an approaching car or attacker. Listen to your surroundings.

- Exercise in familiar areas. Know where businesses or stores are and which ones are open.
- Vary your route.
- Avoid unpopulated areas, deserted streets, and overgrown trails. Especially avoid poorly lighted areas at night.
- Run clear of parked cars and bushes.
- Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
- Walk or run against traffic so you can observe approaching automobiles.
- Trust your intuition about a person or an area. React based on that intuition and avoid areas you feel unsure about.
- If you think you are being followed, change direction and head for open stores, theaters, or a lighted house. Call 911 on your cell phone.
- Call police immediately if something happens to you or someone else, or you notice anyone out of the ordinary.



3 BASIC RULES

DO stay alert. Keep your mind on your surroundings, what is around you. Don't get distracted. If you're worried about crime, ask a friend to accompany you when you go out.

DO communicate the message that you're calm, confident and know where you're going. Stand tall, walk purposefully and make eye contact with people around you.

DO trust your instincts. If you feel uncomfortable in a place or situation, leave.

Running & Walking in the Evening or Early Morning

OK, so you missed the opportunity to exercise during the light of day, but you still want to get in a quick three miles before turning in for the night or before the sun rises. The best advice when exercising while it's still dark is to get off the streets and head to the security of a well-lighted outdoor track or consider running on an indoor track or tread mill. If you are a walker, consider laps around an indoor shopping mall.