



With the reality of distracted drivers on the roads, more and more runners, walkers and bicyclists are turning to the Trail System to get their exercise; however the seclusion of the trails can prove to hold some dangers, especially for women.

Take these precautions so that you arrive home safely:

- * BE ALERT! Don't wear earbuds or other types of sound canceling headgear.
- * ALWAYS be aware of your surroundings.
- * ROUTINELY SCAN BEHIND you and from side to side.
- * PAY ATTENTION to your instincts! If it feels bad, it probably is. Stay away or walk away.
- * DON'T go off the trail.
- * MAKE SURE someone knows where you've gone and what time to expect you back.

Additional Useful tips:

- * Walk to the outside of the sidewalks closest to the road or away from the bushes/foliage.
- * Exercise with a group or at least one other person. There is safety in numbers!
- * Run or walk during the daylight hours or when the trail is heavily used.
- * Walk confidently with head up and self-assurance.
- * Ignore anyone suspicious who attempts to talk to you.
- * Carry a whistle or pepper spray.
- * Carry a cell phone.
- * Wear bright colors.
- * If you are truly bothered by something that you see or hear, call the Police.

WHEN IN DOUBT, CALL IT OUT

Emergency: 911

Routine calls: 860-693-0221

