

Some Handy Resources for Visitors

Being a very tourist- and runner-friendly city, Washington has a large number of visitor bureaus, business improvement districts, and other services for those not familiar with our city. Check out the following resources for more information:

- » Washington Convention and Tourism Corp.
www.washington.org
- » DC Chamber of Commerce
www.dcvisit.com
- » Washington Running Report
www.runwashington.com
- » Washington Running Club
www.washrun.org
- » DC Circulator
www.dccirculator.com
- » Downtown BID
www.downtowndc.org
- » Golden Triangle BID
www.gtbid.org
- » Georgetown Partnership
www.georgetowndc.com
- » Capitol Hill BID
www.capitolhillbid.org
- » Explore DC
www.exploreDC.org
- » Cultural Tourism DC
www.culturaltourismdc.org
- » Metro Subway and Bus System
www.wmata.com
- » DC Main Streets Program
www.restore.dc.gov

Get More Safety Tips

For tips on other ways to stay safe from crime in your daily life, see the other brochures in this series, available from our Website at www.mpdc.dc.gov/safety. Or visit your local police district. To find the one nearest you, visit www.mpdc.dc.gov/districts.

Get Involved!

No one individual or agency working alone can prevent crime. It takes police and citizens working in partnership. The District of Columbia's community policing strategy provides many ways for police and communities to work together to prevent crime and build safer neighborhoods. These include regular Police Service Area meetings in your community, citizen patrols and more. To learn more about community policing activities in your neighborhood, call your local police district:

1st District	Main:.....(202) 698-0555..... TTY: 727-8506
	Substation:.....(202) 698-0068..... TTY: 543-2352
2nd District	Main:.....(202) 715-7300..... TTY: 364-3961
3rd District	Main:.....(202) 673-6815..... TTY: 518-0008
	Substation:.....(202) 576-8222..... TTY: 576-9640
4th District	Main:.....(202) 715-7400..... TTY: 722-1791
5th District	Main:.....(202) 698-0150..... TTY: 727-5437
6th District	Main:.....(202) 698-0880..... TTY: 398-5397
	Substation:.....(202) 698-2088..... TTY: 281-3945
7th District	Main:.....(202) 698-1500..... TTY: 889-3574

Know Something About a Crime? Don't Keep It a Secret

If you have important information to share with the police, the Anonymous Crime Tip Line and Text Tip Line enables you to give MPD vital information anonymously. Just dial (888) 919-2746 (CRIME) or text to 50411 24 hours a day, seven days a week. Your name will not be used, only the information you provide. Your information could lead to a cash reward. For more details, see www.mpdc.dc.gov/tipline.



Have information for police?
CALL (888) 919-CRIME
TEXT TO 50-411



GOVERNMENT OF THE DISTRICT OF COLUMBIA
Metropolitan Police Department
300 Indiana Avenue, NW
Washington, DC 20001

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FOR YOUR SAFETY



Safety Tips for Runners and Walkers

*Tips for protecting yourself from assault, theft,
and other crime while exercising*



Clear your head, but don't forget your surroundings.

Runners and joggers can sometimes become so engrossed in their regimen that they forget there may be those who would do them harm. While relaxing, try to pay attention to your environment in order to avoid being a victim of a crime.

Runners, walkers, bikers ... lots of people are out there these days working to stay fit and get in shape. It's healthy, good for you, and an inexpensive way to maintain a regular exercise regimen. While you're working out, you want to stay safe...and here we offer you a few tips on doing just that!

Before You Leave

- » **PLAN** your outing. ALWAYS tell a family member or friend where you are going and when you will return. Let them know what your favorite exercise routes are.
- » **KNOW** where telephones are located along the course, or carry a cellular phone with you.
- » **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 important medical information.
- » **DON'T** wear jewelry or carry cash.
- » **WEAR** reflective material so motorists can see you more easily.

On the Road

- » **STAY ALERT** at all times. The more aware you are, the less vulnerable you are.
- » Run, walk, or bike with a partner 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** which businesses or stores are open.
- » **VARY** your route. That way, a potential attacker won't get to know your routine.
- » **AVOID** unpopulated areas, deserted streets, and overgrown trails. **ESPECIALLY** avoid poorly-lit areas at night.

- » **RUN CLEAR** of parked cars or bushes. Run **AGAINST** traffic so you can observe approaching automobiles.
- » **TRUST** your intuition about a person or an area. If you are unsure about an area, or feel unsafe, leave immediately.
- » **IGNORE** verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
- » **BE CAREFUL** if anyone in a car asks you for directions – if you answer, keep at least a full arm's length from the car.
- » If you think you are being followed, **CHANGE DIRECTION** and head for open stores, theaters or a lighted house.
- » Have your door key **READY** before you reach your home.
- » **CALL POLICE IMMEDIATELY** if something happens to you or someone else, or you notice anyone out of the ordinary. It's also a good idea to check with police about any criminal activity in the area you plan to run/walk/bike.

NOTE: You can access daily crime summaries for your community through the MPDC and Crimereports.com Web sites (www.mpdc.dc.gov and www.crimereports.com).



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. If you get bored running without music, practice identifying characteristics of strangers and memorizing license tags to keep you from “zoning out.”

Going in the Evening or Early Morning

- You didn't get a chance to exercise during daylight hours, and you still want to get in that “daily routine” before calling it a night, or before the sun rises. When exercising while it's dark, the best advice is to get off the streets and go for the security of a well-lighted outdoor track or consider running on an indoor track or tread mill. If these options don't work for you, consider the following tips before you head out:
- » **MAKE SURE** people can see you. Think about where you are going and how well lighted it may or may not be.
 - » Going out at dusk or at night is dangerous without some type of **reflective device** on your clothing. Many athletic shoes have reflective qualities built in, but also consider a vest complete with reflective tape.
 - » **WATCH THE ROAD:** wet or icy spots are considerably harder to see in the dark.
 - » **KEEP ALERT!** Dawn and dusk offer convenient shadows for muggers and other crooks.

When You're Away from Home

Many people who exercise like the idea of maintaining their regimen when they are traveling. But remember, just because you are away from home doesn't mean you can let your guard down when you exercise.

- » Check with the hotel staff or concierge to find safe routes for exercise. If there is not an acceptable place to exercise outdoors, see if the hotel can arrange access to a health club or gym.
- » Become familiar with your exercise course before you start. Get a map and study it.
- » Remember the street address of the hotel. Carry a card with your hotel address along with your personal ID.
- » Leave your room key with the front desk.
- » Follow your usual safety rules.