FOR YOUR SAFETY

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.dccom.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 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-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.

Safety Tips for Runners and Walkers

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

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.
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.

**Running in the Evening or Early Morning**

- **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.
- **CALL POLICE IMMEDIATELY** if something happens to you or someone else, or you notice anyone out of the ordinary.
- **BE READY**! Have your door key ready, and head for open stores, theaters or a lighted house as soon as you answer, keep at least a full arm’s length from the car.
- **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**

- **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.

**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 treadmill. 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.

**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.