



LARAMIE COUNTY SHERIFF

Sheriff Danny L. Glick



Safety Tips for Runners and Walkers

11-1830 (11/13)



**LARAMIE COUNTY
SHERIFF'S OFFICE
307-633-4700**

- ◆ Inform your friends or family of your exercise destination and expected time of arrival and return.
- ◆ Charge your cell phone and carry it with you.
- ◆ Carry a small light source in a pouch on you or in your car.
- ◆ Do not hide your key carry it with you and secure your home or car while exercising.
- ◆ Stay alert to your surroundings.
- ◆ Walk or run facing traffic.
- ◆ Walk or run in the daylight.
- ◆ Walk or run with a known companion.
- ◆ Stay in a familiar area.
- ◆ Avoid heavily wooded, poor lighted or secluded areas, especially if alone.
- ◆ Don't walk or run with headphones. If you do, only use one ear bud.
- ◆ Wear bright & reflective colored clothing and shoes to improve your visibility.
- ◆ Try not to wear jewelry.
- ◆ Vary your route pattern. Don't walk or run the exact same route every day.
- ◆ Carry a whistle or high decibel battery powered alarm device when you walk or run.
- ◆ If followed go to the nearest residence, open business or group of people.

**If you observe suspicious people or activities,
call the Laramie County Sheriff's Office immediately.**

Emergency - 911

Non-Emergency: 307- 637-6525

www.lcsd.net