

Gulf Winds Track Club
March Education and Lecture Series Meeting
Smashburger (1380 Village Square Blvd.)
Sunday, March 26, 2017 at 3:00 p.m.

What You Don't Know Can Kill You – How to Stay Safe While Running in Public Areas

Enjoying the outdoors is one of the greatest benefits of being a runner. However, as a runner, you are often alone and sometimes miles away from help. How do you protect yourself? What are the smartest precautions to take before you hit the streets or the trails? And, what do you do if you are attacked while out on a run? Discover this and more at the next GWTC Education and Lecture Series. Franklin County Sheriff A.J. Smith (a GWTC member) will break down exactly what you can do to minimize the danger of running in public and what to do if you find it.

Some of what you'll learn will be:

- What you must do before every run that few ever do to decrease their running risk.
- Should you carry something to defend yourself in case you are attacked while on a run?
- Where most vehicle/runner collisions occur and what you can do to reduce your chances of getting hit by a motorist.
- Crime statistics in local areas frequented by runners.
- How your ponytail can be used against you and what to do instead.

You are welcome to submit questions in advance to ensure we are prepared to help you by emailing Kory@Skrob.com. We look forward to seeing you all there. Let's learn, be safe, and let's be inspired to run more. See you there!

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Location: Smashburger (1380 Village Square Blvd.)

Be sure to like and follow the GWTC Education page on Facebook for updates on all Education events!