

LOG OUT






BROOKLYN_BORN

 Change Banner Image

154,986
SparkPoints



-  Info
-  Photos
-  Feed
-  Blogs
-  Awards
- More 

Be careful out there

Friday, September 28, 2012

We don't want to live our lives in fear, but a few precautions may prevent us from being the lead story on the local news.

When out running or walking, it's easy to get lost in the moment especially when listening to music. Several very popular SP threads involve favorite workout tunes and these are not confined to indoor sessions. I regularly see women with headphones oblivious to the world around them.

This is personal for me since my daughter, then a college freshman, was out running one Sunday morning when a guy jumped out of a parked car and grabbed her from behind. She fought him off and ran to the nearby 7-11 where she found a police car. They cruised around, found the guy and he was taken into custody. What if he had chosen a weaker or slower victim?

So, please be aware of your surroundings and be careful out there.

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

 [Add a Blog Entry](#)

See Today's Featured Member Blog Posts

More Blogs by BROOKLYN_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)

Member Comments About This Blog Post



NASFKAB
so very true thanks for posting this great point
1437 days ago



MISSUSRIVERRAT
Excellent point!
3171 days ago



CD12758218
Thank goodness your daughter is ok and they caught the guy! I always walk with only one ear bud in (and a dog who would be worthless but a perp doesn't know that). This is an important reminder for people. Thanks!
3181 days ago



SUZYMOBILE
I hate earbuds anyway, and I've started carrying my cell phone, not only to catch pretty pictures but also to phone home if I have to.
3181 days ago





CD4382497

Your absolutely right, I fear every time I go for my walks. I never carry a purse with me and my cell phone is never in anyone's view.



This world is no longer the safe place it used to be !



Thanks for sharing this with us...hope everyone takes this advice and stays safe.
3181 days ago



TXTOAD9970

Thank God your daughter was OK. I walk the dog around my fairly dark neighborhood at 5:30 each morning. Hardly anybody's out so I am super vigilant. What a great reminder for all of us. Thanks and keep sparkin'!



3181 days ago



AJB121299

very true, thankfully when my wife goes out early in the morning walking, she does not have any headphones in her ears and she is very aware of what is going on.
3181 days ago



Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

Post Comment

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.