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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.

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NASFKAB

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



MISSUSRIVERRAT

Excellent point! 3171 days ago



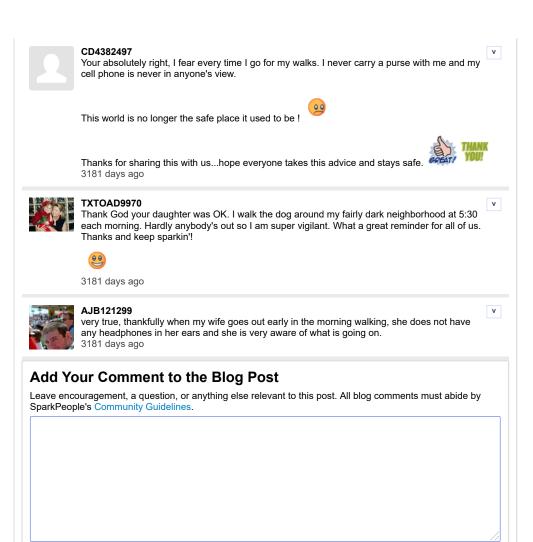
CD12758218

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



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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.