

## Walk, Jog, Run Safely: Where does self-defense fit?



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## Objectives

- List some key components of walk, jog, run safely
- Explore the role of self-defense as key component of walking/running safely
- Discuss what are some key principles of self-defense
- Describe what is the Conflict Continuum (self-defense) program



## Walking/Running Safely:

### A broad scope of topics

- Avoiding overuse injuries
- Avoiding environmental hazards, i.e. heat/cold, etc.
- Avoiding traumatic injuries from collision with people, cyclists, vehicles, objects, etc.
- Avoiding domestic and wild animals attacks/injures
- Avoiding lack of visibility during day and night
- Avoiding lack of situational awareness
- Avoiding hazards during urban and trail walking/running



## Walking/Running Safely:

### 2016 Runner's World Survey

- *Methodology:*
  - They conducted a survey on [runnersworld.com](http://runnersworld.com) for 30 days
  - As did their editions in Argentina, Australia/New Zealand, Belgium/Netherlands, Brazil, Canada, china, France, Germany, Hungary, Italy, Mexico, Norway, Poland, Portugal, South Africa, Spain, Sweden, Turkey, and the United Kingdom.
  - They received **17,177** total responses worldwide, with 4,654 from the U.S.



## 2016 Runner's World Survey

- Some interesting outcomes:
  - they redid a survey they had conducted 10 years ago, and, well, a lot has changed.
    - American runners log 2.2 more miles per week, but now prefer to run alone, on a road, **while listening to music.**
    - Globally, 80 percent of track runs with GPS.



## 2016 Runner's World Survey

- Some interesting outcomes:
  - **Best running partner?**
    - **56% of American runners prefer to run alone**
    - 15% Friend
    - 15% Running Club
    - 5% Dog
    - 1% Parent or other relative



## 2016 Runner's World Survey

- Some interesting outcomes:
  - Things runners carry in 2006 vs. 2016
    - Mobile phone
      - 2006 17% vs. 2016 54% (Bluetooth streaming music?)
    - Music player
      - 2006 43% vs. 2016 24%
    - GPS watch
      - 2006 25% vs. 2016 64%



## 2016 Runner's World Survey

- Some interesting outcomes:
  - **Do you post your runs on social media?**
    - Yes 27%
    - No 73%
    - *In China, 71% post their runs on social media.*
    - *61% of U.S. respondents say they listen to audio on the run.*
  - **What you listen to**
    - **Music 82%**; Podcasts 11%; Audiobooks 4%; Radio 2%; Other 1%



## 2016 Runner's World Survey

- Some interesting outcomes:

- ETIQUETTE

- Running with earbuds
      - Against 27% For 73%
      - *In 2006, 58% were pro-earpiece.*



## Pedestrian Injury Stats:

- Injuries/Deaths:

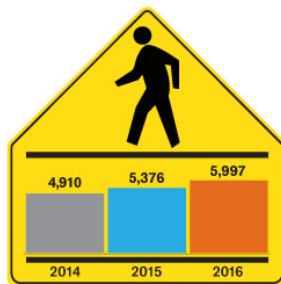
- In 2015 bicyclist deaths rose 12.2% to 818.
  - In 2016 pedestrians deaths in traffic jumped 11% to ~6,000.
    - That's the biggest single-year increase in pedestrian fatalities ever, and the highest number in more than two decades.
      - *A 35% increase in Virginia*
    - National Safety Council states both distracted drivers and pedestrians are equally distracted by cellphones are getting injured and killed on the roads and sidewalks.
    - Other factors - 15 percent of pedestrians killed each year are hit by a drunk driver, while 34 percent of pedestrians killed are legally drunk themselves.



## Pedestrian Injury Stats:

An estimated 5,997\* pedestrian fatalities occurred during 2016, compared with 5,376 in 2015 and 4,910 in 2014.

\*2016 estimate based on preliminary data



Source: GHSA



## Pedestrian Injury Stats:

- Assaults
  - A survey completed by Runner's World of 4,500 runners in 2016 reported that 55% of women sometimes experience "harassment" while running compared to 4% of men.
  - 30% of women reported being followed at least once by a person while running, and 21% of women reported carrying pepper spray.





## Walk/Run Safety Recommendation

- **Rules of the Road** - How to avoid a running tragedy
  - Don't assume a driver sees you.
  - Run against traffic so as to view advancing motorist (**threats**).
  - At a stop sign or light, wait for the driver to wave you through--then acknowledge with your own wave.
  - Allow at least three feet between you and a passing vehicle.
  - Be prepared to jump onto the sidewalk or shoulder of the road.
  - During group runs, **go single file** when cars need to pass.
  - Use hand signals to show which way you plan to turn; Respect drivers' right to the road.
  - Run with proper ID, and carry a cell phone with **emergency contacts** taped to its back.
  - Check with the police for local traffic rules especially when on travel.



## Walk/Run Safety Recommendations

(How many of these do you follow?)

- **Key focus on vehicles and physical assaults**
  - Don't wear earphones
  - Run against traffic; distracted drivers, i.e, cell phone, etc.
  - Obey traffic rules & look both ways crossing roads
  - 360 degree vision
  - Carry ID card with emergent POC – “no John Dos”
  - Carry cell phone (turn on GPS; rapid 911 button, etc)
    - Consider cell phone app to keep family, friends, community informed on walk/run route, etc.
      - RunRaegis or Glympse



## Walk/Run Safety Recommendations

- Focus on vehicles and physical assaults (Cont.)
  - Trust your “gut” intuition – use avoidance of “threats”
  - Alter or vary your walk/run route pattern
  - Run in familiar areas if possible – learn safe zones
  - Contact a local RRCA club or running store when traveling
  - Run with a partner/dog
  - Avoid lack of situational awareness – run, walk, shopping malls, parking lots, etc.



## Walk/Run Safety Recommendations

- Focus on vehicles and physical assaults (Cont.)
  - Write down or leave word of the direction of your run/walk
  - Avoid unpopulated areas, deserted streets, and overgrown trails.
  - Avoid unlit areas, especially at night – headlights, reflector vest, shoe flashers, etc.
    - See night running kit at <https://www.amazon.com/dp/B071753P6C>
  - Run clear of parked cars or heavy brush.
  - Wear reflective material if you must run before dawn or after dark.
  - Avoiding being an isolated target for potential assault.





## Trail Walk/Run Recommendations

- Carry extra water, food, and a **first aid kit** when walking/running on trails.
- Consider new trails after you've run them with a group first.
- Don't rely on phones or GPS devices to help you if you get lost.
  - Study the "good-old- fashioned" maps before you go!
- "Safety text" your information to someone with details on your trailhead, route, start time, and estimated return to trailhead.



## Trail Walk/Run Recommendations

- Sign-in to trail log books.
- Consult with locals in person or via web resources or phone apps for updated trail conditions.
- Consider emergency communication devices if you're frequently in the backcountry.
- When it comes to trail running, I always pack much more than I'll need (**10 essential survival items**) and bring a paper map.



## Walk/Run Safety Recommendations

- How to Avoid Being Assaulted
  - Road Runners Club of America encourages good runners' etiquette
  - Ignore verbal harassments.
  - Do not verbally harass others – prevent escalations.
  - Use discretion in acknowledging strangers.
  - Look directly at others and be observant, but keep your distance and keep moving.
  - Avoid running on the street when it is dark.
  - Practice memorizing license tags or identifying physical characteristics of strangers.



## Walk/Run Safety Recommendations

- How to Avoid Being Assaulted
  - Walk/Run with confidence even when uncertain...
  - Run with another or in a group.
  - Carry a noisemaker or pepper spray.
  - Carry an impact device, e.g., kubaton, travel wrench.
  - learn how to use pepper spray impact tools or other external devices.
  - **Take a self-defense class**; refresher training; weekly class.
  - **CALL POLICE IMMEDIATELY**
    - if something happens to you or someone else.
    - It is important to report incidents immediately.



## What is Conflict Continuum?

- A conflict continuum is the various stages that a conflict or attack may progress through and escalate.
  - Stage 1: The continuum begins with the predator either carefully or spontaneously selecting their victim.
  - Stage 2: Verbal conflict is next. Vulgar, obscene, very offensive, or abusive language is usually the precursor to the physical assault.
  - Stage 3: This is the physical attack with a continual progression.



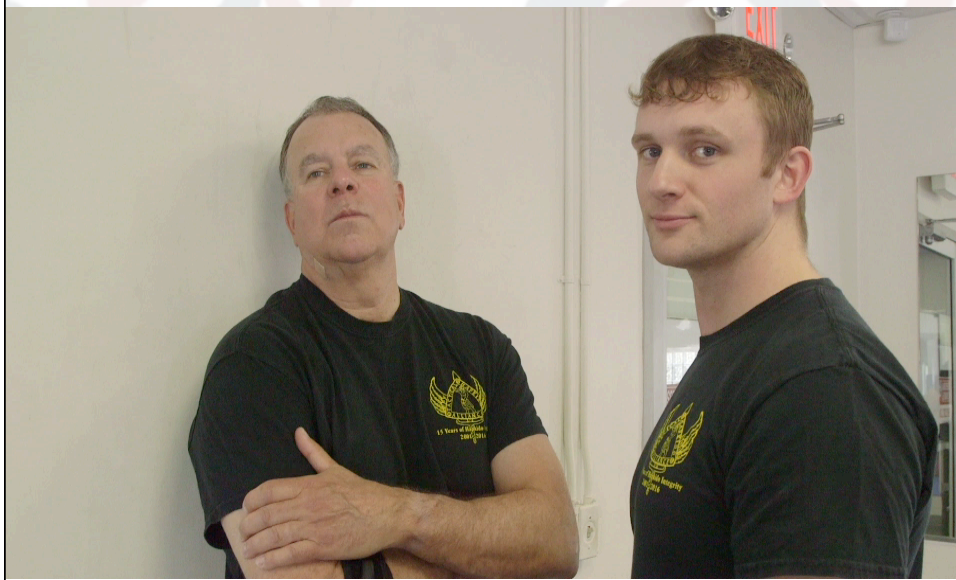
## Conflict Continuum Course

- What is the Conflict Continuum course?
  - This is a structured course that will cover basic self-defense concepts that can be utilized against common assaults.
  - A 2.5 hour self-protection (empowerment) course for men, women and teens.
  - 14 self-defense skills from various attacks; practice in pairs.
  - Practice strikes, kicks with training bags.
  - Learn how to stay calm in a physical confrontation and the do's and don'ts to keep themselves safe.
  - Students will participate in real life situations such as grabs, chokes, hugs using open hand, and with self-defense devices.



*Prevention is the best defense. Exercising awareness and good judgment can prevent most assaults.*

## Conflict Continuum: Choke Attack



## Conflict Continuum:

- What is the Conflict Continuum course?
  - Course location (TBD) usually held in a gym, large office/conference room, outdoors in a park, etc.
  - Class sizes range 10-20 attendees
  - Course fee \$45/person (>30 attendees \$35/person)
  - Course DVD (65 minutes) fee \$45/person
  - Course & DVD fee \$70/person
  - Course fee for 100 or more attendees (multiple courses 15-20 attendees) \$25/person; course & DVD \$50/person



*Prevention is the best defense. Exercising awareness and good judgment can prevent most assaults.*

## Conflict Continuum Course DVD

- The Conflict Continuum Course DVD (65 min.) will be available to purchase as an ongoing refresher/training resource. DVD fee \$45



## Conflict Continuum Course DVD

- The Conflict Continuum Course DVD
  - See 10 min. course promotion video:
  - <https://www.youtube.com/watch?v=YQAe5t2tt2Y>



## Point of Contact

- **For information about this low cost course for clubs, schools, churches, place of work, teens, women groups or individuals, etc., please contact:**
- B. L. Bennett, Black Belt Instructor
- P.O. Box 235
- Bena, VA 23018
- (757) 342-1183 mobile
- Email: [Conflictcontinuum.tha@gmail.com](mailto:Conflictcontinuum.tha@gmail.com)
- Website: <http://www.conflictcontinuum.com>

