

**RRCA TIPS on EMPOWERING RUNNERS:
WORKING WITH LOCAL LAW ENFORCEMENT DEPARTMENTS
and the LOCAL RUNNING COMMUNITY on RUNNER SAFETY**

1. **Knowledge is power.** Discuss the incidents that are occurring: create a network of information sharing.
2. **Initiate dialogue and cooperation between the police and the local running community.** Find a law enforcement person who is also a runner and who might therefore be more understanding.
3. **Arrange a meeting between police and you or your local running organization or RRCA club.** Offer a copy of this brochure for reproduction and general distribution by the police.
4. **Write a Safety Bulletin.** Designate someone in your running club to write a regular Safety Bulletin and distribute it among runners and law enforcement. Distribute the Safety Bulletin among fitness clubs, running stores, neighborhood businesses, the media, local law enforcement officers, and political representatives. Network with all the local running clubs. Encourage them to call a central contact concerning safety problems in their areas.
5. **Create a network of women runners.** Create a system whereby women can find other women to run or walk with. Organize an annual safety workshop with police participation.
6. **Always be of assistance.** Never interfere with police procedures.
7. **Emphasize to the police that runners and walkers want to be informed of problems, and are more likely to report sightings and incidents of they have descriptions of known perpetrators.**
8. **Initiate communication between the running community and the community at large.** Encourage a coalition between your running club and the activities of local Neighborhood Watches.
9. **Practice self-help in your community.** Have police work with your club to clear overgrown trails, improve lighting, and install telephones or call boxes in strategic locations. Offer to raise the money if necessary.
10. **Promote self-defense education.** Contact your local YWCA or police officer for information on community classes and educational tapes on self-defense. Publicize classes and screenings of self-defense techniques in your community and in your club, through postings and newsletters.
11. **Be part of the solution.** Call police immediately if something happens to you or someone else, or if you notice anyone out of the ordinary. Use your intuition to report things that don't "seem right" to you. Indecent exposure incidents should be reported, though they seem benign: according to law enforcement, they aren't.