#### ARE WOMEN RUNNERS EVER REALLY SAFE?

When women run solo, safety is always a top concern. In our Run Safe 2020 Survey<sup>\*</sup>, RUNGRL asked women some of their biggest concerns about safety from harassment and attacks while running. Here's what they had to say:

### COMMENTS

90 percent of respondents have received unwanted comments or attention while running, with 24 percent stating it happens "a lot".

# ASSAULT

82 percent of respondents said they worry that they might be assaulted or attacked on a run, with 41 percent of those women saying they ALWAYS worry about it.

## ATTIRE

Women consider what they wear a factor in their running safety, with 42 percent stating they ALWAYS consider what they are wearing and 32 percent considering it sometimes.

#### TOP CONCERNS WHEN SELECTING A SAFE ROUTE

Familiar Route

Most women (42%) reported choosing to run most often in the early morning, with only 4 % choosing to run most often late at night.

7/22%

People Around Close to Home/Work Ability to Get Help Easily

Women have a long checklist of things they do specifically because they are worried about safety. These are top things women said they do to protect themselves while running:

🔗 Bı	ring a phone (specifically for safety)	<b>92</b> %
🧭 Sł	nared their route with someone in advance	<b>44</b> %
<ul><li>✓ SI</li></ul>	nared their location throughout the entire run	<b>58</b> %
🔗 Ru	un with other people (specifically for safety)	<b>66</b> %
🔗 Ru	un with a weapon or defensive product	36%
🔗 Ci	ut a run short	56%
Ø D	ecided not to run at all	<b>54</b> %

\*Stats are based on a January 2020 Survey conducted via RUNGRL social media and via email. RUNGRL 2020, all rights reserved.

