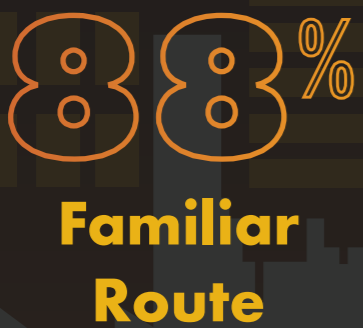


## ARE WOMEN RUNNERS EVER REALLY SAFE?

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



### TOP CONCERNS WHEN SELECTING A SAFE 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.



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:

- Bring a phone (specifically for safety) **92%**
- Shared their route with someone in advance **44%**
- Shared their location throughout the entire run **58%**
- Run with other people (specifically for safety) **66%**
- Run with a weapon or defensive product **36%**
- Cut a run short **56%**
- Decided not to run at all **54%**

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