

Walking and Jogging in Terrell Hills

Terrell Hills is a wonderful place to jog or walk. However, it's important as a pedestrian to be vigilant and pay attention to your surroundings—especially at night or whenever you're jogging or walking alone. The following guidelines can help you stay safe:

- **Jog or walk with a friend.** If you can, bring someone you trust with you.
- **Leave word.** Tell somebody or leave a note at home about where you plan to go and how long you plan to be out. That way your loved ones will know to come look for you if needed.
- **Stick to familiar territory.** Knowing where you are and where you're going will save you from getting lost.
- **Avoid secluded areas, especially at night.** If you're out and about after dark, stick to well-lit and populated areas.
- **Always carry proper ID and your cell phone.** You never know when you may need to call for help in the event of an emergency.
- **Wear bright or reflective clothing.** Again, this is especially important at night. As a pedestrian, you need to be seen by drivers.
- **Watch the hills.** When they crest hills, drivers' vision can suddenly be impaired by factors like sun glare or backdrops.
- **Face oncoming traffic.** You need to see what's coming toward you.
- **Don't wear headphones.** If you're zoned out listening to music, you're not paying attention to your surroundings. You're more likely to bump into people, trip, walk into traffic or become a target for theft or attack.
- **Report suspicious activity.** If you're ever approached by someone who makes you feel unsafe or otherwise find yourself in a situation that makes you feel uncomfortable, contact the Terrell Hills Police Department using the dispatch non-emergency number at (210) 824-1009. If it's an emergency, dial 911.