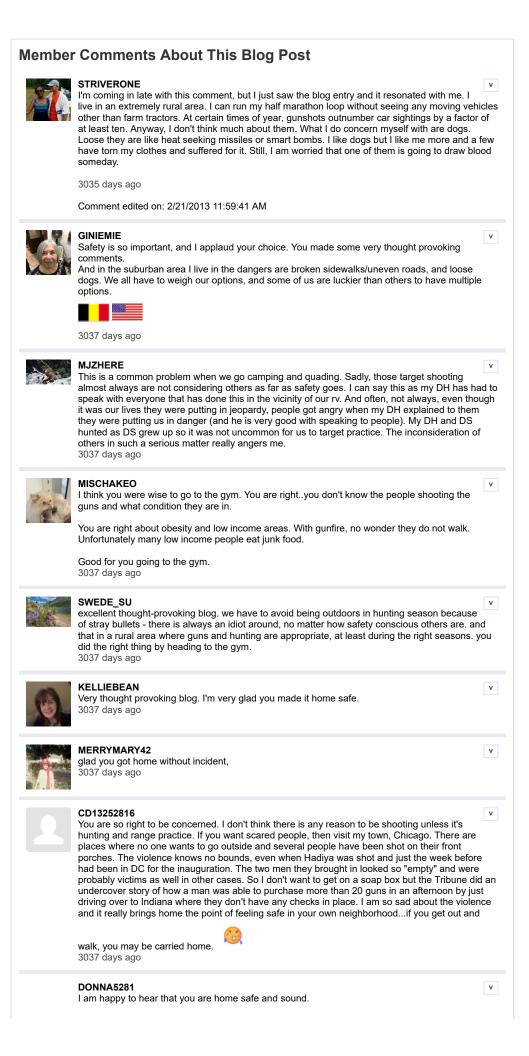
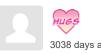


Report Inappropriate Blog





3038 days ago

	3038 days ago	
	ROSEWAND I strongly disagree with BOILHAM. Not all gun owners are responsible and it only takes one to cause an accident. My sister lives in the North Idaho woods where many gun owners are not careful with their shooting and as you know bullets will travel long distances until they hit a target. She must be very careful when she hikes or walks in her own woods. I, myself, many years ago, was walking in the woods in another state when bullets literally started flying by my head! I was fortunate to avoid being hit. You were wise to protect yourself first. 3038 days ago	V
	TORTOISE110 Scary! I hate being scared when running, I really do. Glad you are home and safe. 3038 days ago	V
	DAPHNE_RUNS So many thoughts go through my head when I head out the door for my runs. Like you, I run on the road and when I do my surroundings are always my first and most important thoughts. I totally agree with your blog. I live in a community where I feel safe to go out and exercise by myself. When I lived in my old neighborhood, I did not exercise as much because I did not feel safeand then I slowly started to gain a pound or two (okay about 20 more). My husband just mentioned a possible job opportunity in Palm Beach County again. Funny how my first thought are going to looking for a neighborhood we can afford to live in that is safe for me to exercise a and also the quality of schools there. Great job on heading to the gym to finish your exercise! 3038 days ago	: S
TO REMEMBER HOW HARDCORE I American State (State State	 KA_JUN It's an insightful blog post. It's good to be aware of how conducive our surroundings are for fitness and health. Everyone has a different tolerance for different conditions, but we should always have a good situational awareness of our surroundings, whether we're running, cycling, hiking/backpacking, or whatever our sport/fitness interests are. I agree, it's also important to think about the structural barriers for people to pursue fitness and health, and perhaps what we can do to help alleviate those hurdles. Great blog! 3038 days ago 	
	CD13227574 I might hear occasional gunfire out here where I live. Wouldn't stop me from walking. After last summer I'm more afraid of a forest fire being started while I'm out walking and not being able to back home than someone target practicing. 3038 days ago	v get
	SUZYMOBILE Loose, vicious dogs are bad enough. 3038 days ago	V
	CELIAMINER When I got to my trainer's house last week just outside Manassas, I asked if her neighbors hunted on their land. She asked if I'd heard shots, and when I said yes, she said they shoot to scare the vultures away. Apparently the vultures land on the roof and pick out pieces of shingle chew on any rubbery insulation. 3038 days ago	v s or
VÀ	WATERMELLEN Often when I'm on Spark People I realize that there are profound differences between Canadian and American culture: and that too is meant to be an apolitical and "not smug" comm Because: there are areas of our big cities where kids can experience random gunfire from time time and I'm pretty sure that childhood obesity is linked to safety here too. So glad you made the right decision and are safe.	



WILSONWR

If I would have heard that in town, I would have been concerned. When we're at the ranch, we hear gunfire in the distance all the time. If it's a single shot or two, we figure it's someone hog hunting (there is no season on the feral hogs). If we hear, multiple shots at regular intervals, we know that someone is target practicing. Most people here are extremely safety conscious - they always have the target with a hill or some other backstop behind the target. If you never hear gunfire in your area, you probably did the smart thing by going to the gym... 3038 days ago



JAHINTZY

important thoughts, thanks for sharing :) I will say that my bad neighborhood most certainly influenced my lack of exercise in college. I lived in a section 8 neighborhood and it was just a bad area on the outskirts of campus - I gained around 30 or 40 lbs in a year of living there. So yes, I think that the question of a safe environment is absolutely a factor in being able to make healthy choices. And it's a factor that isn't always given much thought. 3038 days ago



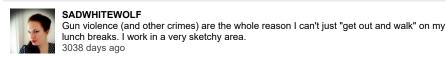
BOILHAM

I'm sure by now your DH has advised you that all the gun owners he knows are safety conscious. Safety is number 1 especially in rural areas like yours. I doubt the shooting you heard was a dangerous situation for you.

Having said all that, I think you made the right decision. The process of growing older has made us sensitive to potentially dangerous situations, and we tend to make the right decisions so that we may continue to grow even older.

For me, I would have done the math on the potential for danger, and continued running. You did what you felt was right for you, so you did the right thing. Good call.

3038 days ago



CD13167855

v Safety is important. When there is snow on the ground, I walk at the gym, not on the streets. I'm not afraid of gun fire. I worry about drivers. When it snows, there is less sidewalk in a place poor of sidewalks. I have to walk inches from cars speeding by. A man on the bus told me he was hit by a car in that situation and bed bound for five years after. It's not worth the risk. I rather walk in a gym and not fear being hit by a car. 3038 days ago



MIRAGE727

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Disturbing to say the least. Obstacles like these I don't need on a run!

3038 days ago



DOTTIEJANE1

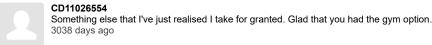
Glad you had the option to go to a gym . Have a safe week . 3038 davs ago



ONEKIDSMOM

Your mind went a place I have been down before. And not just with "bad neighborhoods" but with latch-key kids and parents encouraging them to "stay inside and not answer the door" contributing to childhood obesity. I don't say a lot about it here in Spark, but I certainly think about security, in where I choose to run or walk, and what time of day.

I have been known to pace inside the house (before I sprang for the treadmill) to up my activity level, and to walk perimeter of the basement at work, where there are others around, in lieu of outdoors due to weather or darkness. There are options that do not require money, but creativity is definitely required. You have to admire those who fight the odds, whatever their source. 3038 days ago



3038 days ago

SOUTH_FORK Glad you're safe! You're absolutely right though, good health requires making the right choices- some aren't lucky enough to be able to make. 3038 days ago

JSTETSER

That would certainly stop me. Forget about good health. Living is important ۷

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	3038 days ago			
Ż	COCK-ROBIN That IS terrifying. It's why I don't run in my neighborhood. 3038 days ago	V		
	CD13167855	V		
	Terrifying. I would have ran in loops near the house or stayed inside.			
Leave enc SparkPeop	our Comment to the Blog Post ouragement, a question, or anything else relevant to this post. All blog comments must abide by ole's Community Guidelines. cribe to this blog			
Post	Comment			
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