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Subject: Re: Earphones for running

Posted by [gofar99](#) on Fri, 27 May 2016 02:57:48 GMT

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Hi, I have been running for over 20 years now and would never consider using ear phones while doing it. I don't believe it is a good survival concept. I personally would like to keep going for a long time and having your hearing compromised while running (ie can't hear outside sounds well) is IMO a very bad thing. Some phones are worse than others, but all diminish your awareness of what is going on around you. I have seen too many close calls to even consider it. YMMV

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