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Subject: Re: Running Music

Posted by [Lost the Remote](#) on Thu, 29 Jun 2017 12:50:53 GMT

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gofar99 wrote on Tue, 27 June 2017 16:18I run all the time, but recommend that no one listen to music when doing so. A good friend was killed by an auto when she ran in front of it. She was distracted by her ear phones. Less situational awareness was a major cause factor. YMMV. Oh, that's awful, gofar99! I'm so sorry that happened and I completely understand why you suggest caution. I only run on a treadmill, at the track, or on a trail where no bikes or cars are allowed. One reason I wear earphones is for motivation to keep going or a distraction. Another is to deter men. I know that probably sounds ridiculous, but earphones are like a "do not disturb" sign.

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