
Subject: Earphones to use when jogging
Posted by [cwemoy](#) on Tue, 07 Mar 2017 11:22:11 GMT
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Is it ever a good idea to have these on when outdoors? Proponents argue that it aids in keeping your concentration in check whereas opponents assert that this can be a huge distraction. Either way, what specifications should I look out for?

Subject: Re: Earphones to use when jogging
Posted by [gofar99](#) on Wed, 08 Mar 2017 02:21:51 GMT
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As a long time jogger...I say it is a very bad idea. You tend to lose situational awareness. This can be really bad for single women. Someone can come from behind and you will never hear them. Also it is easy to get wrapped up in the music and miss something like a bicycle or very quiet electric car about to hit you.

Subject: Re: Earphones to use when jogging
Posted by [drake](#) on Thu, 09 Mar 2017 18:16:17 GMT
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I stopped using these, albeit after a bad experience. From that moment on, I prefer to have no baggage at all when jogging. A little lapse in concentration could just ruin everything, you know.

Subject: Re: Earphones to use when jogging
Posted by [Ssal](#) on Thu, 09 Mar 2017 22:16:43 GMT
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You know one thing most average people don't do? Think. It would be a good idea to use the time while jogging to just exercise your mind and think.

Subject: Re: Earphones to use when jogging
Posted by [chatzy02](#) on Sun, 12 Mar 2017 20:07:46 GMT
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I agree. Sometimes we allow music and movies to distract us from actual thinking about our lives and how to make them better. That time jogging could be used for that. In fact, what better time than when your brain has all that oxygen pumping into it?

Subject: Re: Earphones to use when jogging

Posted by [Hylo](#) on Mon, 13 Mar 2017 06:07:47 GMT

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It depends where I'm running. On a trail I know is safe, dedicated to runners, horse-riders and no cars, I'll listen to music while I jog. It distracts me from the burn and sore feet. On the roads and open tracks with cars, it's not a good idea.

Subject: Re: Earphones to use when jogging

Posted by [Keven](#) on Sun, 30 Apr 2017 20:50:49 GMT

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It definitely depends where you are. In all honesty, the only place that I have headphones on when jogging is at the gym on a treadmill, and even then I'm constantly checking my surroundings. I recommend if you're outside and absolutely need music only have one earbud in.

Subject: Re: Earphones to use when jogging

Posted by [moss24](#) on Sun, 07 May 2017 07:04:26 GMT

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I've never quite thought about having anything between my ears during my routine jogs. I prefer to be aware of everything that goes on within my surrounding. You don't want to get hit from behind just because you can't hear.
