

Do you jog or walk in Cheesman Park?

Here are some safety suggestions from Commander Lopez of the Denver Police Department:

1. Jog with companions.
2. Keep your head “on a swivel.”
3. Please be aware of your surroundings. Be alert to places and situations that make you vulnerable.
4. Walk or jog confidently and alertly.
5. Avoid poorly lit locations. Avoid uninhabited parts of the park.
6. Have your phone ready and available should you need to summon help.
7. Keep a distance. Don’t let people get too close, even if they appear to be innocent.
8. Plan ahead. Know your route, and the time of day.