

How to Run Away from Anyone in Any Physical Condition

In the article you will learn how to run away from anyone, anytime, no matter what physical condition you are in. Please note that the same steps occur for people in wheelchairs, just wheel instead of run!

Steps

- 1 Look at all possible escape routes.** Are you in a busy place with lots of escape routes? Are you practically alone? Figure out how you could get out!
- 2 Start running.** Run around people, behind objects, anything to hide yourself. You don't have to be fast, just good at hiding behind things.
- 3 Don't look back at the person you are running from!** Just keep on running
- 4 Get somewhere public.** Run into a store, into a friends house, a mall, anywhere!
- 5 Hide somewhere.** Pick a good spot, like a washroom, dressing room, inside a house.....
- 6 Call the Emergency Services if you were threatened by a person, there by running away from them, call the Emergency Services, and get help!**
- 7 Remember to take in as much information as you can about the person.** Approximate height, hair color and length, male or female, skin tone, and anything else you can observe. (But put your safety before this step.)

Can you answer these readers' questions?

[Refresh](#)

On **How to Merge Facebook Pages**, a reader asks:

How do I convert my id page?

Your answer...

Reply

On **How to Increase GFR**, a reader asks:

How can I increase my GFR when it is currently 81?

Your answer...

Reply

On **How to Start a Drug Testing Service**, a reader asks:

How do I find out where to take the test to become a drug tester?

Your answer...

Reply

Tips

- **Run!** Run as fast as you can!
- **Don't get lost** Know where you are running!

Warnings

- **Don't hurt yourself!** Don't run too hard or too fast and hurt yourself!