

TRAINER™

PROFESSIONAL TRAINING SERIES

CLEANING RUNS

ADVANCED SECURITY TRADECRAFT

A SpyTrainer.Com
Publication

CONTENTS

The Secret Language of spies	03
Forward: explaining the Game	04
Introduction	05
Chapter 1: Tradecraft Basics	07
Chapter 2: Surveillance	09
Chapter 3: Counter Surveillance	11
Chapter 4: Cleaning Runs	13
Chapter 5: Pre-planning the Run	17
Chapter 6: Security	19
Chapter 7: The Run	21
Conclusion:	27

Copyright © 2004 by Spy Trainer Enterprises and Christian McLeod. All Rights Reserved.

Published electronically by Spy Trainer Enterprises.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning or otherwise, except as permitted under the Copyright Act, without the written permission of the Publisher. Requests to the Publisher for permission should be addressed to Permissions Department, Spy Trainer Enterprises, e-mail: editor@spytrainer.com.

READ THIS NOTICE BEFORE CONTINUING.

This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. However, it is sold with the understanding that the Author and Publisher are not engaged in providing professional services of any sort. The information contained herein is for entertainment purposes only. If you actually use any of the techniques provided herein, you do so entirely at your own risk and the Author and Publisher will not be held liable for any consequences. The Author and Publisher do not condone the breaking of any laws. It is your responsibility to ensure that you are properly licensed to perform investigative and/or protective services in your jurisdiction.

If you or someone under your protection faces a threat of bodily harm or death, it is your sole responsibility to seek competent professional advice and/or assistance.

THE SECRET LANGUAGE OF SPIES...

Intelligence agencies and their employees speak their own language. Like any profession, from plumbers to doctors, there are special names and terminology that is used to describe parts and procedures. Only those in the profession really understand them and these people often have to explain matters to outsiders in more simple terms. Spies are no different, except that they practice a secret profession and their language is rarely spoken outside the thick walls of their headquarters.

One of the main tasks that any new intelligence officer must complete is to learn this language. They must learn all the skills and the special terminology that is necessary to perform intelligence work. Speaking the language allows them to move to the next level: graduation into the world of intelligence – to become a Spy!

This book can not be written without using this language. To a spy, the term *Tradecraft* has a complex meaning and describes precisely the most important skills of their craft. There are no other words that are needed.

In the course of this book, I will introduce any intelligence terms *in italics* and will describe, as best as I can, the meanings behind them. Thereafter I will just use the terms in their correct usage. Your job as the reader will be to learn this language as you study the Art of the Cleaning Run.

FORWARD

EXPLAINING THE GAME...

The employees of an Intelligence Service or Agency - often called *Agents, Intelligence Officers or Operatives* – are required to operate in foreign countries to gather information that is of benefit to their own country. This intelligence gathering is usually of a military or economic nature and the agency responsible is called an *Offensive or Foreign Intelligence Service*. The American CIA and the English MI6 are the most famous foreign services.

Countries also collect intelligence within their own country to anticipate threats towards their government and to protect their country from outside threats. This protection includes the monitoring of foreign spies who enter the country to gather intelligence. The FBI and MI5 are examples of *Domestic Intelligence Services* whose duty it is to prevent such intelligence gathering. This prevention is called *Counter Intelligence*. These same domestic services are also responsible for *Counter Terrorism* within their country.

A foreign Intelligence Officer posted abroad has to anticipate that he or she will be watched and/or followed by domestic intelligence agents. These domestic agents will use both *Physical Surveillance* (actually watching and following a targeted individual) and *Electronic Surveillance* (using listening and locating devices to gather information on a targeted individual). To prevent being followed, the foreign officer will have extensive training in *Counter Surveillance* (the art of detecting and preventing surveillance).

All these skills, the Physical Surveillance, Counter Surveillance and all the other tricks, procedures, security measures and methods that an intelligence officer uses daily can be summed up in one word: *Tradecraft*. This is the Art of being a Spy. Tradecraft is called an Art because it has been practiced and perfected over many years and is passed down to each new generation. Like all arts, it can not really be taught - it must be learned.

INTRODUCTION

EXPLAINING THE CLEANING RUN...

The *Cleaning Run* is a one type of Counter Surveillance that was perfected and used by Soviet KGB officers during the cold war. Basically, it means to *Clean* oneself of Surveillance. This technique was and is so effective that it is now used by all professional intelligence officers and trained operatives working in the world today. While most Counter Surveillance techniques are used to detect physical surveillance, the Cleaning Run has a somewhat different objective.

The purpose of the Cleaning Run is to lose surveillance. When a person has finished performing a Cleaning Run, they should feel confident that no one is watching or following them. It may be possible during the Cleaning Run to spot some surveillance, but the ultimate goal is to lose that surveillance. This is done by utilizing certain techniques and by traveling a confusing, unpredictable route. A thorough Cleaning Run done by a professional can last up to 3 hours, will cover a large geographical area and will usually utilize several forms of transportation including buses, trains or subways, cars and walking. By doing this, the agent is able to lead surveillance teams through quiet areas, busy intersections, crowded station and empty hallways – all in an effort to lose them.

While a Cleaning Run is a necessary skill for Intelligence Officers, there are many other people who can benefit from their use. Your reasons for wanting to learn this skill may just be for information or general interest. Or maybe you are being stalked by an ex-partner or some guy you met at a club. Perhaps you are being followed by a private investigator because of a vehicle accident, an insurance claim or other civil legal matter. That is the most common reason the average citizen find themselves under surveillance.

Whatever your reason, I know you will learn a great deal about the Counter Surveillance Art of the Cleaning Run in the following pages and by the end, you will possess the same knowledge as any professional agent out there.

CHAPTER 1

TRADECRAFT BASICS

BEFORE YOU CLEAN, YOU MUST PREPARE...

To successfully perform a Cleaning Run, the agent or individual needs to have some basic skills and information before starting. I will list them here and explain their purpose and application.

1. *A trained agent never does a Cleaning Run overtly or obviously.* His actions always appear to be natural. It should never look like you are performing a Cleaning Run as this gives too much information to your follower. Glancing over your shoulder or constantly looking all around you, running up alleys, peering around corners and other silly things is unnecessary and very unprofessional. You don't want the person following you to know you are doing anything other than going about your day. You will be a very frustrating target but that is all he will know. If he sees that you are doing what looks like Counter Surveillance, you stop being a frustrating target and you become much more interesting to him and a perhaps, even a challenge. You don't want that.
2. *An agent never reacts even if he notices surveillance.* You should practice being unresponsive. Even if your follower is really bad at surveillance and is quite obvious, do not ever acknowledge his existence. If your follower thinks he is *clean* or undetected, he will keep on doing what he is doing. Obviously noticing him may cause him to change tactics or call someone else to replace him, which is counter productive for you. Being tailed by a bad surveillant makes it easy for you to see him and really easy to know when you have lost or eluded him.
3. *An agent never confronts his followers.* For the same reasons as those listed above, the professional never gives their followers any indication that they know they even exist. Annoying or provoking a follower usually motivates them to work harder and again, that isn't beneficial.

4. *An agent always practices his Cleaning Run skills: his tradecraft.* That means whenever they go out, whether it is for spying purposes or to get a loaf of bread, they use their skills and naturally practice their Cleaning Run/Counter Surveillance. Continuous practice allows the agent to be very aware of his surrounding at all times. A side benefit of this is they seldom get robbed or surprised by situations on the street. Also, if performing Counter Surveillance is their normal routine or pattern every time they are out, they are seen as being very consistent by their followers. When a target of surveillance is sometimes relaxed and at other times is seen doing hardcore Counter Surveillance, it is quite easy to tell when he is up to something. That should be avoided.

Now that you see what the attitude of a professional agent is, the next chapter will shed some light on the role that your adversary plays.

CHAPTER 2

THE SURVEILLANCE

EXAMINING YOUR ADVERSARY ...

For their part, the surveillance tracking the agent are trying to be invisible while doing surveillance. If they are highly trained government officers, they will be employing a sophisticated technique called Discreet Surveillance. Discreet Surveillance is very different from the style used by most Private Investigators and police. It is almost undetectable. These surveillants follow the *Target* more by containing them in a 'box system' rather than actually following behind as is typical of other methods.

Using 8 to 12 member teams, these surveillance teams track their target using their own complex and well-rehearsed system. While doing surveillance, they must also watch for Counter Surveillance actions by the target and be ready to do transitions from quiet back streets to busy crowded areas, from vehicles to transit. All this while never doing anything to attract the target's attention or the attention of anyone who may be helping the target.

The Cleaning Run was developed to deal with this type of advanced surveillance. If your adversary is anything less than that just described, detecting and losing them will be quite easy. However, it is always best to practice based on the hardest target- then everything else is simple.

Since Discreet Surveillance is so difficult to detect, the Cleaning Run is used more as a way of losing followers rather than actually detecting them. It may not ever be possible to detect your followers if they are very good. However, unlike other forms of Counter Surveillance, with the Cleaning Run it doesn't matter - whether Professionals or bozos - at the end of the Run you should be clean even if you never were able to see a thing! With a dedicated government surveillance team on your tail, the chances of detecting them are low and will require a dedicated effort. Losing them, however, is still very likely.

Professional surveillance teams train constantly and they primarily practice following a Target on simulated Cleaning Runs. The Cleaning Run is, by far, the most difficult task the

team can face so it's use in practice makes sense. Their instructors devise complex Cleaning Runs and the teams work in areas, such as busy stations, where they have lost targets in the past. By training at this complex level, other less skilled targets are easy to follow.

Private investigators rarely train and seldom work in groups of more than three. Both these factors are due, of course, to financial restrictions. Who but the government can afford training and large teams? A cleaning run with Private Investigators following will always be successful, both in *burning them* (having them expose themselves dreadfully) and in losing them.

Whatever your reasons for thinking you are being followed, take the time to assess the skill of your adversary, then plan accordingly.

CHAPTER 3

COUNTER SURVEILLANCE

WAYS TO DETECT...

As we explained in the Forward, Counter Surveillance is the Art of detecting and preventing surveillance. There are many, many methods to Counter Surveillance and to fully explain this art requires a book of it's own. This chapter will provide a very small overview of the tactics that can be used. Counter Surveillance is complicated, takes a lot of practice and experience to do correctly and doing it wrong can look very obvious to the surveillance following you.

Here are just a few examples of what can be done to detect surveillance.

1. *Use Chock Points:* Walk into an area where your follower must take the exact same route as you to keep up. Examples of this are small bridges, tunnels, off ramps or corridors. These areas, whether walking or driving, cause your follower to have to make a choice. They will have to decide whether to follow you or try to go around another way. The risk of a chock point is that you, the target, may be waiting on the other side to see who comes out. While you may see several cars or people come through, if you use chock points a few times, you may see the same one again and again. You just burnt your surveillant.
2. *Windows:* Windows make great mirrors. If you want to see what is around you, stop and window shop. With practice, you will find that you can see in almost all directs behind you. What do you see? Also, standing 5 or 6 feet inside a dimly lit store gives you a great vantage point onto the street outside. That window acts as a mirror to those outside and is difficult to see into. Watch what is happening outside. You may just see a surveillant (a bad one) approach the window and cup his hands around his eyes to peek inside. You just burnt your surveillant.
3. *Shoulder Checks:* Surveillants usually are behind you, as a rule. Occasionally looking over your shoulder or looking back as you wait at a traffic light provides an opportunity

to see what is going on behind you. Look for surprised or sudden movements as you look back. An amateur will try to duck into a store or alcove if he sees you looking. You just burnt your surveillant.

These are just a few examples of Counter Surveillance. As I said, these take practice to use well and can be seen as quite obvious to your follower. However, they can be slipped into your daily activity quite easily. I recommend that you use the techniques as you go about your day. While shopping or walking downtown, try them out and practice them until you can do them naturally.

However, I also recommend that you avoid using these techniques on your Cleaning Run. I know how fun it is to burn a surveillant and it is always very tempting to know if you really are being followed. However, the beauty of the Cleaning Run is that you can lose any surveillance without using any of the above Counter Surveillance techniques. But being human, we just have got to look, don't we? Like an arsonist returning to the fire, we just have to have a look to see how we're doing. We all do it. I know you will probably put a few Counter Surveillance moves into your Run, even if I tell you not to. Just remember that they are not necessary and are unprofessional if not used well. I will say this again: A Cleaning Run is designed to lose surveillance, not detect it. Be careful how you use Counter Surveillance techniques.

CHAPTER 4

CLEANING RUNS

CLEANING RUN 101...

The components of a Cleaning Run are fairly straightforward. While we now know some Counter Surveillance techniques can be done during our daily activities, a Cleaning Run is an actual event; a preplanned and specific task which is quite involved and requires effort to make them successful. When the Intelligence Officer has a special meeting to attend, a covert task to perform or has some other reason to be absolutely certain that he is not being followed, he will use a Cleaning Run. He will walk out his front door with the sole purpose of spending the next three hours *cleaning* himself.

His Cleaning Run will be well thought out, using maps or his detailed knowledge of his city, and he will know exactly where he will go, by what transportation means and how long he will take. The Run will look natural, there will be no last minute changes or jerky movements. In short, he will incorporate certain components into the run. These include:

Transitions:

From a surveillance point of view, transitions are the hardest changes to deal with so a Cleaning Run must include several of these. What is a transition? This is where the target moves from one form of transportation to another or from one type of environment to another. As always, some transitions are harder than others. For example, if you are driving your car in heavy traffic and suddenly take an exit, leading to a very quiet, empty street, this transition must be adapted to by the surveillance officers following you. This is not too difficult of a transition as the surveillance cars will just back off a bit and spread out. Surveillants on foot will do the same. The opposite transition is more difficult as the cars or foot surveillance have to quickly get close in order not to lose you in the crowd. This is difficult, especially in a busy area, and gives you an opportunity to take a discreet look behind you to see a surveillant running or cars driving erratically.

Alternatively, if you are walking down a busy city street, then suddenly flag and board a passing taxi, this transition is much more difficult to adapt to. Your followers are

probably also on foot, as it is difficult to follow a walking person from a car while on a busy street. When you board the taxi, they will have to scramble to either get to their parked cars or be picked up. You will probably lose the private investigator at this point. You should not lose a professional surveillance team, however, as they always have both foot surveillants and drivers in cars standing by.

Now, if you take that taxi to a busy train station or mall and jump out again, your followers will really be rushing to keep up. If they are a private investigator team, they will have to somehow dump their cars (parking is almost impossible at a station) and race to catch up, seriously exposing themselves. A professional team will do better at keeping up with you here, but they will still be hustling. Here is an opportunity where you could use a Counter Surveillance technique. You can stand just inside the double glass doors (you are invisible from outside) and watch them piling out of the cars. Of course, it is better that you don't stop as they may catch up to you now. It is far better to just keep walking and be hundreds of yards into the crowd as they rush through the doors. Remember, the goal is to lose, not detect. You will lose the private investigator team at this point and there is an even 50/50 chance that you will lose the professionals too.

Transitions are the core of the cleaning run and the curse of any surveillance team.

Be Consistent:

Whether you lead a quiet life or are a night clubber, be consistent. Patterns are what followers look for. Private investigator's can't afford to follow you from dawn to dusk so they look to find your schedule and work on you when you're active. The same goes for professional teams. They may be able to follow you all day and night, but they like to know your busy times too. It's easier to schedule coffee breaks. Even stalkers and over zealous would-be lovers need a schedule to follow. Always be consistent and boringly predictable. That way it will screw them up something terrible when you make drastic...

Changes:

Making changes during the Cleaning Run can screw up even the best teams. All human beings, even the most well trained, are creatures of habit. If something appears to be a certain way, then it is. What I mean is as a surveillant, if the target is wearing a red shirt, you stop looking at features and focus on the shirt. If the target arrived at the store in his car, he isn't going to leave on a bike or bus. Such assumptions always work to the benefit of the target agent.

If you always walk downtown, your team will become adjusted to that. A sudden taxi ride will screw them. A walk in the country one day may equally screw them up.

In the Transitions section above, if the Target had removed his jacket as he entered the busy station, he would almost guarantee losing both the private investigators and any professional surveillants as well. The surveillants rushing into the station don't have time to search crowds for their Target's face, they search by clothing. When they find a good match, then they confirm it's their target by his face. By changing from a blue jacket to a tan shirt while in the crowd, the agent totally throws the surveillants off. However, these changes must seem natural and not obvious and while it is tempting, do not look back. What is the point of changing your clothing if you give them your face to recognize?

Other examples of easy changes can include routine events. Sometimes during a change is the best time to start a Cleaning Run. If you never go out at lunch, save your activities for noon one day and go out at lunch. If you always wear a red jacket, wear something blue one day. That will cause more trouble than you can imagine and your Cleaning Run may not even be necessary; the team may miss you altogether, walking right past them as they lounge in their cars. Especially if you change in the middle of your day.

As an example, let's have an Intelligence Officer drive to his local mall to grocery shop. This is something he does every Wednesday. He enters the mall by the usual doors, his grocery list in hand. The surveillance team, knowing his routine, does not immediately send any surveillants inside the mall. Rather, they set up on the Target's vehicle and let him shop. After, 10 or 15 minutes a surveillant will check inside the store, just to see what the Target is buying.

What would happen if the Target was to change his routine? What if he walks through the mall, out another exit and walks to a bus stop where he boards the bus and is gone? Six hours later, the target walks out of the mall the same way he entered, carrying his grocery bags and gets into his vehicle, like nothing happened. By this time, the team has scoured the mall after not finding him in the food store (far too late). They have checked the area for him walking (also too late) and have settled down into a depressed mood, knowing they were screwed and having no excuses for their performance other than "he did something unusual..." which the boss isn't going to like.

The next time he visits the mall, the team will be all over him but of course, he will never do that again. A trick is only good once.

Other simple changes are things like speed. Drive the speed limit most days, then decide to go faster one day. A fast walker who suddenly slows down often has surveillance guys

running right past him. During an training operation in London, I was the Target for the day. I had been walking fairly quickly all day; something that always bugs foot surveillants. As I purposefully walked along a moderately busy street, I suddenly turned into a train station entrance. Immediately inside was a small shop. I entered and bought a pack of cigarettes. I then exited and walked casually towards the platform. To my surprise, my colleagues (the surveillants) ran past me, intent on reaching the platform before the train departed. Now these are men that know me, are experienced operatives, yet they ran past me. Why? They expected that I was far ahead, boarding the train. That was their focus and because I had changed my pace, had stopped and was now walking slowly, they didn't even see me! That is the power of changes.

Changes and transitions are a nasty combination. Use them to your benefit and use them often. However, I will repeat this again: Changes and transitions must look natural or you will find yourself getting more attention than you want. If you use overt or obvious *Spy Tradecraft* (Counter Surveillance techniques), you will make yourself very interesting to your followers, who will step up their professionalism (or call someone who is) and make it much harder to lose them.

CHAPTER 5

PRE-PLANNING THE RUN

CLEANING RUN 201...

By now you should have a pretty good idea what a Cleaning Run involves. As a summary, we know that a Cleaning Run must appear natural and be consistent with your life patterns. Then, you must utilize changes and transitions from your usual consistent patterns. You must be cool and relaxed looking; the perfect spy.

It is now time to set up the Cleaning Run. Whatever your reasons for wanting to ensure you are not followed, the set up stays the same. The beginning of your Cleaning Run should look like the start of any normal day (or evening). As stated before, if your Cleaning Run is incorporated into your expected activities, it will be far more successful. Announcing as you depart that you are up to something unusual is a sure-fire way to complicate things.

If you are a girl who likes to go out on the town on Saturday night and you know your ex always follows you, your Cleaning Run will begin as you depart work for the night. If you are an insurance claimant and you really need a weekend away without the investigator videotaping you all day, your Cleaning Run will begin on Friday as you begin your regular day.

The preplanning comes in determining your route and what transitions and changes you will add to your day that will make things complicated. Everything you do should be preplanned so that it happens smoothly. Spur of the moment changes usually come off as awkward and clumsy and your follower will immediately become suspicious. Remember what I said in Chapter 1 about being discreet during the Run. You should never look like you are doing anything suspicious, you are not to be looking around and behind, or anything else obvious otherwise your follower will go into “combat mode” and be that much harder to lose. Whether your follower is a professional surveillant or a nut case, any obvious attempt to lose him will inspire a more dedicated response and that is not what you want.

Detailed knowledge of the areas you plan to use as your transition and change points is crucial. While the insurance claimant may have less opportunity for scouting, the girl with the jealous ex has more chances. She knows he doesn't follow her to work, because he is at work himself. She can use her time before work and lunch breaks to check out local stations, malls and other areas that would make good transition points. While actually seeing the places is helpful, it should be noted that it is not necessary. Soviet KGB officers were famous for arriving in a new city, renting a car and driving and walking a two hour Cleaning Run without ever being in the city before. Studying maps and checking the internet for photos and guides to the areas you are interested in are excellent alternatives to actually being "on the ground".

This book can not really help too much with the preplanning as every city and neighborhood is so different. In fact, you are already an expert in your own city, whether you realize it or not. You certainly should know your neighborhood better than the surveillant following you.

CHAPTER 6

SECURITY

SOME CONSIDERATIONS...

Besides the Counter Surveillance rules that must be considered, there are also several security factors concerning a Cleaning Run. First of all, what is your reason for needing a Cleaning Run? More specifically, what do you plan to do after you are *Clean* of surveillance? Do you plan to meet a secret source of information? Are you having an affair? I don't really care, you just need to know how you are going to continue your day once you are clean. This is something you must think about and preplan.

For example, if you drive your car at the start of your run, then leave it parked somewhere while you clean yourself via transit and walking, you can not return to it at the end of your Cleaning Run and go about your business. Any surveillance team that is half way professional will leave a surveillant to watch your car. This is standard procedure in case they lose you while you are away from it. People always return to their car, hopefully sooner than later. Therefore, your car is off limits until you are finished your business and it is time to be "found" again.

If you plan to get picked up by someone at the end of your Run, that is fine as long as that person is unknown to those who are following you. If the Private Investigator or surveillance team following you has already identified your mistress, or informant, when they lose you they may just decide to follow her instead. So, is she a good person to pick you up? Obviously not. The same goes with any regular contact of yours. To be truly "clean", you must stay away from anything that is connected to you. That includes places as well. Surveillance teams have a good memory for places their targets have visited in the past. The first thing they do when they have lost a target and can't find them is to start looking at all the places he has been before. So don't set up your meeting at your favorite restaurant.

The best solution is to have your meetings at safe places such as a hotel or a Safe House that has no connection to you in any way and use a taxi or transit to get there. There are even more rules that cover the use of safe houses but they are too extensive to cover here. Needless to say, you shouldn't use your home phone or use your credit card to book the hotel

room for your illicit romp. Have someone else do that or the surveillance team just may be waiting at the hotel when you finish your otherwise perfect Cleaning Run.

These are just a few examples of the security issues you must consider regarding your Cleaning Run. Basically, just remember: Your Cleaning Run is useless if you do anything that allows your adversaries to find you easily at the end if it.

CHAPTER 7

THE RUN

THIS IS HOW WE DO IT...

Now that we know what a Cleaning Run is, what components should be included, how to plan and what the most important security issues are, it is time to bring it all together in an actual run to see how it could play out.

In our scenario, I will play an Intelligence Officer working in a western country. I am an “illegal” operative, which means an undeclared Intelligence Officer not employing diplomatic cover and so have no connection to the local embassy. However, I still must assume – as we always do – that the local Intelligence Services are on to me and I can expect to be followed by a professional Discreet Surveillance team. This is about as bad as it can get as far as worst case scenarios go. I know that this is not a realistic situation for most of you readers, however, as we said before, always practice using the hardest adversaries and situations. I think this also makes better reading than a story in which we lose a lone, untrained follower in the first five minutes.

* * *

I have been tasked to meet with an agent who is working in the country’s National Defense department and who has been *sleeping* (working under cover but not yet spying/doing anything) there for the past five years. Headquarters has decided to activate him and have him start spying for real. I must meet with him to task him and give him instructions on how we will communicate in the future. Through another person, I have arranged to meet him at noon today at a small but busy Italian restaurant near the University. I have never been to this restaurant before nor is it used by other intelligence officers. I know the agent is unknown to the local Intelligence Services so the only weak link to this meeting is me. I must not lead the surveillance teams to this agent, so I will use a Cleaning Run.

As a habit, I always go for a walk in the morning, rain or shine, 7 days a week. That it is good for my aging heart is an added benefit. It’s primary purpose is to be my boring,

never changing, surveillant-numbing routine. I like to think it gives the local surveillance teams something to train the new guys on. It also lulls them into an incredible sense of apathy. However, since I do not always follow the exact same route and occasionally, like today, will do something different they must always be on their toes. Of course, I don't even know if they are here today, but I must always assume that they are.

I depart the apartment at 0900 hours sharp, dressed casually as usual and with an umbrella, for today it may rain. As I turn East and walk briskly down the sidewalk, I will not see anything suspicious. They either have an *observation post* in the apartment across the street, or more likely in these times of financial strain, a car parked up the street. Even Intelligence Services can't afford to rent apartments anymore. In any event, the "eye" will call me out and foot surveillance will begin tracking me within the block. Since this is an apartment neighborhood, while nicely quiet, there are still a half dozen or so pedestrians per block. The "foots" will mix in nicely here and I won't even bother looking for them.

After walking four blocks, I turn onto a pathway that leads into the park. It is a lovely six acre urban park with exits all around, onto both quiet streets like this one and onto busy streets to the north and east. *The foots have trouble because the park is quiet, has open grass and pond areas but also treed sections. While they do not want to follow at all, they must in case I meet someone along the treed pathways, which I have done in the past. I can't make their life too easy can I? Meanwhile, the cars are moving around the park, setting up on the most likely exits and keeping extra foots at the ready.*

For now, I will let the team relax and perhaps get bored, while I enjoy the walk. The trees this time of year are ablaze with color and the leaves crunch underfoot. Not good for sneaking about, something I hadn't thought of until now. I spot a dry bench overlooking the duck pond and sit on it. Besides the ducks, it also provides a good view of the pathway. This stop, of course, was preplanned. I do not do it every day, but perhaps once a week and seldom the same bench twice. Again, I need to keep the lads on their toes.

While I sit, two mothers come along the path pushing their buggies and smiling and talking. I nod and smile back. A young fellow in sweats and headphones jogs by, not looking nearly sweaty enough but he shows no signs of noticing me. A older man and woman come by holding hands and pointing to the ducks.

After about 20 minutes I resume my walk. *Were any of those who passed by surveillance? Who knows? There was nothing very obvious but then again, there shouldn't be. However, if I see any of them again...* I exit the park onto the busy street to the east and turn north towards the produce shop where I always stop. The owner is a pleasant fellow who likes

to practice his English on me. It is not very good but we manage to communicate. I sometimes wonder if he works for the local Service. In the old days perhaps, but not anymore. Perhaps he's been spoken to by the Services, who knows?

I wait at the shop making small talk, while watching outside, looking for the right time. When I see what I want, I bid goodbye and depart the shop with a banana and an small apple in a brown bag. I see the taxi stand in front of the hotel is occupied by four dirty cabs. I usually walk past the taxi stand on my way to get an espresso at the corner shop, a habit I picked up in Milan. No espresso today. The traffic is slow and the bus I saw a few moments earlier is getting closer. The bus slowly crawls by as I reach the taxi stand. Today, I open the rear door of the first cab and climb in. The driver pulls out into traffic behind the bus and we are away. *Since it is far easier to watch someone from across the street when it's busy, I assume that is where the eye foot surveillant or eye car is. I also assume that there is a foot somewhere behind me and one ahead near the espresso shop. The eye across the street would have been blocked by the bus, only for about 15 seconds but long enough. Did the other foots see me board the cab? Human nature will make them assume that I have entered another shop. They will be searching, starting to get apprehensive. I doubt they will even notice the cab as their eyes will be searching the sidewalk north and south. Even if someone did see me, can anyone catch up in time? I am already moving in a car. Most of them are still on foot. Will one car make it out after me but leave the other cars and the foots behind? If so, it will take the others a while to catch up. That will help at the next stop. I may be clean already.*

From inside the cab it would be impossible to see any surveillance, even if I had mirrors. We continue to drive in the slow, but steady traffic. I'm consoled by the fact that the cab driver knows the city and hates traffic jams just as much as the surveillance. They won't be going any faster than us. As we near the center of downtown and while stopped again in traffic, I toss the fare onto the front seat and exit the cab with a wave. I am near the main downtown underground mall and I walk directly to the nearest entrance. *This stop at the mall was preplanned, just not the exact entrance I would use. I waited for opportunity and traffic to provide that. Underground malls, especially giant ones in the downtown areas are just incredible places for Cleaning Runs. They have multiple levels, uncountable exits and passages leading to just about every building above ground and they usually connect to a subway or other transportation system. This one spans eight blocks underground, an impossible area for the surveillance cars to surround and a labyrinth of places for the foots to search. Plus, the foot's radios don't always work well underground.*

As I enter the mall and walk into the crowd, I remove my tan jacket and fold it over my arm. I now blend in well with the sea of business attire in my dark shirt. I continue

walking briskly and resist the urge to look back at the door. *A well trained foot would consider that door a Chock Point and find another, if he could. Would a lesser trainer foot do that? I will never know because I am not waiting around to see.*

After walking two blocks south I turn towards the Subway entrance and take the long escalator down. It is not rush hour so the crowds are thin, but there is enough *cover* for me amongst the other people. As I arrive on the platform I walk towards the area where the first train car will stop. Now is a good time to look for followers, I decide. The train is not due to arrive for six minutes so it gives me a good chance. *If the followers kept up the whole time, which is extremely unlikely, they would be in the crowd around me, invisible. However, given my quick transition outside the shop and again at the mall, they would be seriously behind, if they are even with me at all. The main threat I face now is in their training/tradecraft. When they arrive at the mall – even without me- they will immediately start a well orchestrated search of the mall. This platform, along with the other main departure points, will be high on their priority list and they will be in a hurry to get here before the train leaves!*

Sure enough, I notice a young woman rush onto the platform, which looks odd as the train isn't here yet. Otherwise, she looks unremarkably different from those around her. What is different is her eyes. *The eyes of a surveillant are always a dead giveaway. While the surveillant fits into the crowd in every other way, they stand out to the trained observer because of their eyes. Everyone else looks at the people around them, or the schedule board or their feet, but a surveillant will have their head up and be looking into the distance, sharply focused and eyes moving. It is unavoidable if they are searching. This young lady is looking. However, I am not worried. While I can see her easily, she has a hundred faces to check in the crowd and mine is now turned away.*

As the train arrives I board it and find a seat by the doors at the front. I do allow a small peek to see if the young lady boards the train and I see that she does, several cars back, just as the doors shut. *I am not clean yet, provided of course the lady was not looking for her friend, however it pays to be cautious.*

I ride the train for about 15 minutes and allow four stations to pass. I do not bother to look for the woman. It is unlikely I will see her as now she is the one hidden in the crowd and also, why offer my face to her to see? We are approaching station 5 now, my preplanned stop. However, I stay seated and do not get up, even as the doors open. As the warning bell sounds and the doors start moving, I stand and exit, and walk across the platform toward the other side – to take a train back downtown where I came from. *Again, I allow myself a look as I walk. Since I am at the front of the train, I only have to look in one direction- no head swiveling required.*

The platform is empty now on this side so anyone getting off at the last minute will be alone, with me. There is no one. The young lady, if in fact she was a surveillant at all, is now stuck on the departing train.

As I walk to and wait to board the just arriving train- destination Downtown- I see a few passengers running to catch the train before it leaves. I look at them to see if they are someone I have seen already today. They are not. *Since neither the young woman nor anyone else got off the train, am I clean? Could any of these new passengers be replacements? 99% no. The subway traveled for 15 minutes under the city. There is no chance that the surveillance cars on the surface have been able to keep up with the train- they are at least 10 – 15 minutes away. Any fools who decided to take the next train after mine are still coming so I am free of them for 9 minutes. However, if I board this train going back, I may run into surveillants who have set up on the stations and are awaiting my return. That is only a remote possibility, of course. It would all depend on whether the young lady or another undetected foot surveillant was able to get a radio or cellular message out that I was waiting to take a train back Downtown.*

I stand on the platform just outside the doors and watch as they close in front of me. Then I turn and walk out of the station. *My original train is long gone, the last radio message – if there was one – says I am taking a train back towards Downtown. Cars are now converging on those stations, trying to intercept me or trying to get to this station. In either event, they are no where near here. I'm giving myself a 90% chance of being clean right now. Realistically, it is 100% but again, it pays to be cautious.*

I take the elevator up as the escalators are too exposed. The few passengers who ride up with me get off at street level. I remain inside, standing out of sight by the buttons and wait for the doors to close. I press floor 5 and ride up into the attached parking building. When the doors open, I exit and walk to the nearby staircase and walk 2 flights down to the third floor. There, two stalls away from the door sits a blue sedan, a rental, that was parked here earlier this morning by a friend. Parked exactly where we agreed upon. She must have got here early this morning to get the spot. *On the slim chance that anyone saw me on the elevator, and at this point it is very slim, I took the elevator and then walked down. Surveillance are trained to watch the floor indicators to see where you get off. Maybe not so important in a garage, but certainly important in a office or apartment building. I still must take no chances.*

I enter the car quickly, put on the baseball cap that is lying on the front seat and drive out of the garage. On the busy street it would be impossible to spot any followers, however, I am almost certain that they are all miles away from here.

For the next half a hour I drive through busy streets, generally in the direction of the university. I pull off the main street into a quiet residential area and drive along streets, then u-turn and go back, then along another street to a soccer park which takes up a square block. I drive around the park 3 times, watching and looking. I continue this for awhile longer until my watch tells me it is time to go. *It is almost impossible for a surveillance team, let alone a car or two, to follow you in a quiet residential area as you drive about. While they will try very hard to maintain their grid-containment system, it is just not possible and you will start bumping into cars on the narrow streets and seeing them again and again. Their frustration will mount as the radio calls get confusing about the target's direction and they will be burnt. They will have no choice but to back off or expose themselves. Either way is fine. For your part, you don't have to do anything fancy; just drive, circle blocks, park, u-turn and it do it again. You will be able to see very easily if you are alone or not. At this point, this is more Counter Surveillance than Cleaning, as now is the time you had better be certain you are 100% Clean.*

As I depart the area and drive into the university area I am 100% sure I am clean. I did not see anything during the drive that made me even slightly suspicious. I park the car a few blocks away from the restaurant and walk the rest of the way. I find a nice seat against the wall by the windows which gives me a good view of the restaurant as well as the street outside. Of course I am a half an hour early and I can still abort the meeting if I see anything suspicious. There is nothing to see.

The end of the day for the surveillance will come when I am spotted, umbrella in hand and eating an apple, as I approach the front of my apartment. Maybe if I'm lucky I will walk past their car and see them lounging inside, looking dejected - and then surprised.

CONCLUSION

NOW IT'S UP TO YOU...

While it may be time consuming, the Cleaning Run is not technically complicated and is almost guaranteed to rid you of any surveillance. I will not provide a 100% guarantee because there is no such thing in this business, or life. You just never know how luck and chance can effect the outcome, which is why the target should never get cocky or ever be completely sure he is clean. You just never know for sure and you must consider everything.

In summary, remember the basics:

1. You must have the right attitude and demeanor. Act casual, don't be looking around and acting obvious and do not react to surveillance. Practice, practice, practice your *Tradecraft*.
2. Think about who might be following you and what professionalism they may possess. How does that effect you and the planning of your run?
3. Think about what Counter Surveillance tools you can add to your run, such as Chock Points, etc. While you may not see any thing, they should slow your followers down.
4. Think about the major components needed in the Run such as transitions, consistency and those nasty little changes.
5. Preplan your Cleaning Run. Write it down if you want and refer to it as you go. Know the timing and schedule of trains, know where you are going to go and stick to it. Some things can be variable, of course, to take advantage of opportunities too good to pass up but mostly, stay with your plan.
6. Think of any security issues and consequences. Your Cleaning Run is useless if you do anything that allows your adversaries to find you easily at the end if it.

As a final note, it is important to remember that if you are not sure you are Clean, or if you think you are still being followed, simply forget about your planned event and abort the Run. That doesn't mean you hang up a sign and saying "I'm done". As I said in the beginning, an Intelligence Officer never lets on that he knows he is being followed. If he does see something, nothing changes except he ends up going back home or carries on with his day. The followers should never know what you are up to. They will wonder why you went half way across town just to look at a book store. They should not wonder if they are burnt or not.

I know that is a lot of information to digest. You can't just walk out your front door tomorrow and do a perfect Cleaning Run. It takes thought, planning and practice, practice, practice. Luckily the practice part is easy as it can be done anytime and anywhere, no matter what else you are doing. Professionals are always doing their tradecraft; it becomes "who they are". Be who you want to be, without worrying that anyone is watching you.

I wish you the best of luck on your journey.

Christian McLeod

Panama City, Panama

June 15, 2004

Visit Spytrainer at <http://www.spytrainer.com>