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Compromise on eyewear

Thursday, October 02, 2014

Usually I don't run wearing my glasses. They bounce around and with progressive lenses, that can get pretty weird. After my experience last month I decided I need to have them along so I can tell the difference between a stick and a copperhead on the path ahead.

On Tuesday they bounced right off my head. Lenses were OK, but the frames broke at the hinge.

DH, my ever helpful engineer, glued them back together. I have a spare pair of glasses, but I like these better.

This morning I carried them in my pocket unless I saw something "suspicious" ahead. Not an ideal solution, but it will do for now.

I was so involved with my eyewear that I wore the wrong shoes. They were the running shoes I replaced in July. Fortunately, I didn't go that far and they were not all that old so not likely any harm done.

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**SPINNINGJW**

Wow! A lot of great suggestions. I have progressives and I am distance blind without them. I don't run, so don't have the same problems as you, but if you can swing it financially, I would suggest a pair of distance only for running. See what styles they have. There is a guy who plays Amtgard (a Live Action Role Playing game) where participants fight medieval style with foam swords. He has prescription goggles like you would wear for raquetball.

2436 days ago

**CD13376265**

The strap solution seems like a good one, although it isn't stylish. Contacts for running sounds good. Much less hassle. I wear both and love the freedom of contacts but prefer the ease of eye glasses.

2442 days ago

**HAYBURNER1969**

Maybe contacts for running? They make multi-focal contacts. They're not quite as good as the glasses, but they do pretty well. you can get the kind you wear once and throw away, so you don't even have to worry about cleaning or storing them.

2442 days ago





CD4114015

UGH! I definitely agree with you that it is WAY better to be able to see. Worst I have almost done without my glasses (progressives also) is almost pick up a big spider (not as big as your snake for sure! DO be careful!

v



What a day you had! Today HAS to be better!
2443 days ago



WATERMELLEN

Ugh, don't even want to think about those snakes!!!
2443 days ago

v



BOOKAPHILE

I'd be lost without my glasses! I'm glad mine stay in place. Have you thought about having yours fitted to you better?
2443 days ago

v



MISCHAKEO

I think that is a good solution. I don't wear my glasses during my yoga either. I am glad you are taking a pair to watch out for those snakes.
2443 days ago

v



POLSKARENIA

Not being a runner (dyspraxic) I don't have that problem, but it must be really frustrating! I hope you find a manageable solution soon.
2443 days ago

v



GINIEMIE

Okay, it's ugly but they have straps that keep glasses on children's heads-maybe just for

running?



2443 days ago

v



CD14815535

Aw yeah...cannot see without my glasses, but mine don't bounce--not one iota. Hope you find a way to make it work!
2444 days ago

v



KMW987

I feel your pain!!! I'm dying to get contact lenses! Not only dealing with the glasses bouncing around, but out right falling off is so annoying!!! I'm waiting for hubby's coverage to kick in so I can get more bang for my buck!

2444 days ago

v



MARYJEANSL

I can't stand progressive lenses, so I have distance glasses and reading glasses, both prescription. I don't usually have any problems - for walks I wear the distance glasses or sunglasses. My big problem is that the earpieces of the sunglasses don't hook over my ears, and they invariably fall off when I lean over. Drives me crazy. I tend to agree that a band of some sort to keep your glasses in place would be a good idea.
2444 days ago

v



ONEKIDSMOM

I wear progressive lenses, too, but have never had an issue... they fit well. My sunglasses are only my distance prescription, so they don't have the same potential issue as the progressive lenses would.

Liked the suggestions about head bands, too... I might think about that.
2444 days ago

v



BLAZINGSWORD

You might want to check a sporting good store or an eyeglass store and see about getting an adjustable band for your glasses; it goes over each ear piece. like a tube sock which slips over each ear piece.

Then you put them on, and then slide the knot up until they are snug and won't come off your head. Then you can run to your heart's content.

I have one and use it every now & then but of course I don't run. But still I do use mine and love them.
2444 days ago

v



SPARKNB



A copperhead could definitely be a problem! Maybe one of those quickly removable eyeglass chains; you don't have to wear the glasses, but they are more handy if you need them? I use them for sunglasses in Arizona summers all the time.



2444 days ago



IFDEEVARUNS2



Eyewear is an ongoing problem for me. Contacts don't work because they dry out while I run. Grrrrr.....

2444 days ago



DDOORN



Sounds like a strap may be in order to secure those specs!

Don

2444 days ago



DR1939



Glasses can be a real problem when working out. As much as you run you might consider prescription googles.

2444 days ago



COOP9002



i don't usually wear my glasses either, for exactly the reasons you shared. i am able to wear my contacts a couple of days a week. fortunately i can still make out shapes and avoid the major stuff. blessings upon you and hope you're able to stay safe.

2444 days ago

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