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Run cut short by smoke and grass

Wednesday, October 22, 2014

Those are 2 separate things in case a quick misreading led you to think I was smoking grass. Come to think of it, isn't "grass" an antiquated term now? I'm showing my age.

Anyway, I went out for a run specifically seeking a hilly route. The weather was beautiful yesterday.

At about 2 miles I ran a gauntlet of lawn mowers. People were understandably taking advantage of the weather to get outdoor chores done.

I have a severe grass allergy, something I never knew until I left Brooklyn. We didn't have a lot of lawns. However, I run prepared. I held a handkerchief over my nose and hurried on by.

Further on I noticed that my lungs were burning. That was odd. I wasn't running hard and didn't feel bad at all otherwise.

Ah yes. A good 50 feet ahead of me were 2 guys smoking. They were walking in the same direction as I was going, but the wind was causing the smoke to waft right back at me. The closer I got, the stronger the smoke.

Continuing wasn't smart so I reversed direction back past the grass people to my car. It wasn't the pleasant, long run I planned, but better to stop and run another day. Stuff happens and each of us has our own obstacles to work around. I carry an inhaler just in case.

At least it was better than the last time I had to cut short a run – because of a snake – a copperhead. No allergy there just a racing heart!

For the record: I'm glad the 2 guys were not smoking indoors or around children. We didn't have a lot of grass in Brooklyn, but we did have cigarette smoke.

I always had respiratory problems as a child. Looking back at home movies, it's clear that I started coughing and rubbing my nose and eyes whenever my Dad and his friends lit up. It was a different time and nobody made the connection.

Smoking eventually killed my father. I wish someone had made it more difficult for him to smoke. I miss him.

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GIVEUP30



the last two times I cut our grass I had a very hard time breathing the second worse than the first needless to say had to stop cutting grass now pay someone would rather have the money but!!!! this happened only two years ago.....but my coughing started years ago.....around I alot of smokers I didn'g care if they wanted to fire money.....but doctor finally told me I have second hand smokers lungs and I now have an inhaler and think it is the pits.....so we have the same two problems.....I couldn't go out to eat years ago for you could smoke ever where.....never saw anyone smoke in grocery stores so had to cover nose and mouth as I have to do today for people smoker right outside the door....you take care
2422 days ago



WATERMELLEN



Good call.

And my dad smoked continuously too -- even my college students smoked in the classroom consistently when I started teaching about 1975!!

My my my times have changed -- this is a good change for sure.
2422 days ago



KEEPITUP4LIFE



What a bummer to have to cut your run short. I am so glad where I live in Ontario Canada, people are not allowed to smoke in public places)(Not even parks) It is getting to the point where you don't know if a person smokes here because you only see them once in a while smoking while driving or at a private home.

The laws are getting stricter all the time about smoking here. If you have children in your car under the age of 16 you are not allowed to smoke in your car. This is the encourage those who do smoke to QUIT. Hopefully everyone gets the message one day that smoking kills.



Susan

2423 days ago



CD4300142



I hate that too, you're out doing something healthy (running, walking) and then have to inhale cigarette smoke.mits like your healthy endeavors are being cancelled out.mso frustrating! I love exercising outdoors and thankfully that does not happen as often as it used to.

i saw your status that you're out of town for a family emergency. Hope all is well.

Congratulations on your blog post being chosen for a daily spark mail. You really are an inspiration. I hope to be a maintainer for life as well!

Take care, April
2423 days ago



MARYJEANSL



I'm sorry you had to cut your run short, but it was best. I hope you get lots of nice days for running before the cold sets in.
2424 days ago



MISCHAKEO



Hugs to you. I miss my dad also. Too bad about the grass and smoke
2424 days ago



MILLEDGE2



My dad, too. Sad, sad, sad.

Hope you're better now!
2424 days ago



DOVESEYES



My Mum too,...
2424 days ago



CD4114015



I agree...most smoked in past times. Many died....and I still see people smoking and don't understand it. Unlike you, when I was young it didn't bother me but now it does terribly. I understand what you say about missing your Dad. My dad was the light of my eye and I miss him terribly too!



2424 days ago



TERI-RIFIC

Smoking killed both my parents. I used to smoke but gave it up. Now I am extremely sensitive to cigarette smoke. Even outdoors like you mention makes me ill.
2424 days ago



LINDAKAY228

Some runs are like that and have to be cut short because of one reason or another. You did the best thing for you I think. I am old enough to still think of marijuana as "grass" too! It made me think of a song I hadn't thought of in ages. There used to be a song about the Green Green Grass of Home I think, and a guy in prison dreaming of the old home place and on and on. It was a serious song. Then someone made a parody of it about smoking the green grass of home. Can't remember the words to either one much but this just happened to make me think of those songs
2424 days ago



DR1939

We smoked for many years. What we did to our children is unforgiveable. Luckily no one seems to have suffered from it and they are in their 50s, but they could have.
2424 days ago



GINIEMIE

My daddy smoked to, up to 4 packs a day. It caused him to have a very serious heart attack with several mini ones as they were trying to get him stable. That was the day he quit. It was in 1984, two years after maman died. Daddy was with us until 1996. I thank God for the time we were given after his heart attack and mom's death.

I too have asthma but it is caused by cigarette smoke and perfumed products. My mother was a seamstress and some of the ladies she sewed for drenched themselves in whatever. Only a few bothered me back then, now only a few very natural scents don't bother me.

As a teen and young woman I did smoke a wee bit and I was able to wear certain scents. I have not had a cigarette in 34 years and I avoid them at all costs.

I understand about missing your parents, it is hard no matter our age. And there are days where we still mourn their leaving us.



2424 days ago



BOOKAPHILE

You protected your health and weren't trying to duck out on your exercise. It will be better next time. To paraphrase an old rhyme: "She who breathes and runs away lives to breathe (and run through) another day."
2424 days ago



CAROLCRC

Have to admit smoking grass came immediately to mind. We must be very close in age...
2424 days ago



LACY77

Sorry your run got cut short, perhaps the next time you go it will be better?
2424 days ago



ONEKIDSMOM



for missing your dad. I miss mine, too. It's been 15 years this week.

Next time out hopefully these particular obstacles will be missing from your route!
2424 days ago



SWEETNEEY

The hazards of running. I guess you gotta try around 3 a.m. and hopefully the smoker, lawnmowers and copperheads will still be asleep.
2424 days ago



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