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Really people? Do I have to run through a cloud of smoke?

Wednesday, October 17, 2012

There is a "loop" in my town, a 2.75 mile route with paved sidewalks and no streets to cross. There's also a short "notch" along the way which adds just enough distance to make it a 5K for those so inclined. It's a favorite of runners, walkers and strollers of all ages and levels of fitness.

There's a school along the route and a hospital across the street about 1.5 miles further on. Smoking is banned on both properties. Occasionally, I would come across a person standing just off the property and smoking. Recently I ran at the wrong time of day, specifically noon or 3 PM. Then groups of smokers were congregated in both locations and I literally ran through a haze.

I'm glad times have changed enough that school children and hospital patients don't have to breathe polluted air. I remember being in the maternity ward with the lady in the next bed puffing away along with all her visitors. However, I'm also glad I don't live in one of those adjacent houses. The cigarette butts on the ground provide evidence of the daily activity.

I well understand the addiction of nicotine. My Dad smoked for over 40 years before his heart attack. He told the ER staff, "I quit this morning!" And he did!

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CD13273840
First world problem.
3161 days ago



PMRUNNER
That's one of my peeves too. That and parents smoking with their kids, like pushing them in a stroller or driving.



I have lived in states with inside smoking bans for about 12 years now, but when I travel it is a bit of a shock to go into a restaurant and get asked "smoking or non?" and then get a dose of second hand smoke whether I wanted to or not.

I still remember flying commercial with a smoking section!

3161 days ago

**SPEEDYDOG**

I live in Colorado that is, by some measures, the healthiest state. There is a proposal to ban outside smoking on the Boulder mall. The proposed penalty is \$1,000 fine and 90 days in jail!

The problem is that young people aggregate in large groups and smoke. There are clouds of blue smoke haze and people are starting to avoid the mall. The owners of shops and restaurants are losing money!

My dear old dad died of lung cancer after 50 years of smoking. If these young people want to commit slow suicide, no law is going to stop them. But they can be stopped from inflicting deadly smoke on others.

Thanks, Bruce
3161 days ago

**MISSILENE**

My Dad also had his last one @ 50 years old. At that time 50 years ago, it was cool to smoke. I run away from smokers, sneezers and coughers.

3161 days ago

**MOOSLADY**

Since 80% of the night shift workers smoke (has someone done a study on the reasons for this?), my husband often ends up going to meetings in the smoking area of the plant (picnic tables by the hourly entrance). When he takes a vacation, it takes fully 4 days to get the smell out of his sinuses. Corporate has demanded for them to go smoke free but hasn't happened in the 2 years since. I suspect it is because such a high percentage of the employees smoke, they doubt it would be enforceable. Since once they arrive for a shift they never clock out, there would be no congregating on a corner off property since they cannot leave the property while clocked in. What would probably happen is people hiding out to smoke in the box cars of paper, room where the rolls of paper are stored or the room where the paper scraps are baled, a fire safety nightmare from any angle.

3162 days ago

**LADYPIXEL**

I quit smoking in February after 25 years of smoking. Perhaps it's because I've seen the hell that smokers go through nowadays trying to find a place to smoke that I'm less inclined to be upset about such things. Nobody provides a smoking area. Smokers are ostracised, told to go away with those things no matter where they're at. If there was a designated place to go TO, it would be easier... but many places have gone to completely nonsmoking properties, and that makes it so that you're going to find smoking-clumps on streetcorners rather than one or two smokers here or there.

I can't be upset about people smoking on the street, no matter how much I dislike the aroma (because it spawns cravings). And it's not the nicotine that I miss, because I still HAVE nicotine via electronic cigarettes and through natural sources like tomatoes, etc (you did know tomatoes are a high-nicotine food, right?). It's the 4000+ other chemicals in the cigarettes that are the addictive part, and the part that smells so damnably bad.

I'm so glad to be off those things. But at the same time, it is an addiction, much like an addiction to unhealthy food, and so I just hold my breath for the few seconds that it takes to move past an ambulatory cloud. :)

3162 days ago

**MAHGRET**

I can't stand smoke.
3162 days ago

**RTCT2013**

Sorry to hear that you had to run through a haze of smoke. My mom smoked heavily (2 packs a day) when I was young, she'd smoke in the house, in the car (with me) & that's just the way it (unfortunately) was. That was "back in the day" before people really knew all the dangers of smoking. I somehow learned to live with the smoke, but I hated it. Now, I am so sensitive to smoke, that just being around it for a few seconds makes me cough. The smokers throwing their sig. butts on the ground are also creating a danger for something catching on fire. A friend of mine who lives in my neighborhood had her house catch on fire yesterday. She was smoking outside in her backyard (she won't allow smoking in her house), and she put out her sig. butt on the ground...guess it wasn't completely out, because she went inside, and minutes later, her garage was on fire. Luckily the house wasn't heavily damaged (except for all the water from the fire dept. dousing the fire) and no one was hurt. Sorry to go off on a tangent here! Keep up your great work with exercise and maintenance!!!

3162 days ago

**MJZHERE**

My dad died from emphysema after being a chain smoker his whole life. What a terrible death it was - don't know what they do now, but then no pain meds as it slows down the breathing (no matter what - he had to have gallstones removed and they didn't even knock him out). I never touched a cigarette because I so hated growing up with the smoke.

3162 days ago





CELIAMINER

Ugh, truly hate running (or walking) the gauntlet of smokers! My parents also had that terrible addiction. Mom quit after her big stroke, but Daddy would have smoked while on his deathbed hooked up to oxygen if he could have gotten away with it.

3162 days ago



CD12758218

The previous Medical Director at the mental health agency where I work used to say nicotine is more addictive than cocaine. I believe him. My dad also quit smoking cold turkey after he was told he had the beginning of emphysema. I've seen that sort of diagnosis or medical experience cause people to finally stop smoking or else you pretty much knew they never were going to.

3162 days ago



WILSONWR

That is bad. Smoke didn't bother me when I was younger, but I can't stand to be around it now.

3162 days ago



PERFECTLY_LIFE

Funny that you mention that, at my last 5k (during the race) I smelled cigarette smoke... Hmm...it was in a park, it was a trail run and there were not any spectators along the route.



Lo and behold, there was a 'walker' smoking
The walkers were still on the 'out' and I was on the 'return', some moron was smoking.
If I wasn't concerned about my time, I may have gone back and poked him in his eye!
So far, almost every race I have been in, I have sucked in my cigarette smoke from someone watching the race.
I am glad we live in a different day and age, as well.
(Remember being on an airplane when smoking was allowed?)



3162 days ago



MISCHAKEO

That is too bad that you had to run through a haze of smoke. I hope you can later your times to avoid the groups of smokers. I would not want to walk through them either.



Great job on exercising and maintenance. Have a great day.

3162 days ago

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