

Joggers

By Pam Jundt

One thing I have learned during this pandemic is that most joggers are either shockingly self-centered or they are irresponsibly uninformed. Neither is a good look. I walk my dogs on the Highline Trail every day and see lots of joggers. It's unbelievable. Most are not wearing a mask. Really, people?! I know burning off those all those horrible calories is paramount, but do you not know we are in the middle of a pandemic?

Let's look at how this potentially deadly virus is transmitted. As I understand it, and trust me I'm no epidemiologist, only a chick with a computer, the Covid 19 virus spreads mostly through the transmission of micro droplets expelled from an infected person, even if that person is asymptomatic. When a person that has the virus coughs, sneezes, shouts, sighs, or, sadly, even laughs or talks, they are putting millions of virus-containing micro droplets into the air. These micro droplets can travel through the air, depending on the strength of the propulsion, for about six feet before falling to the ground or nearest surface. (Does that measurement sound familiar?) If another person breaths in some these droplets then they can become infected. That is why mask wearing is important. A mask helps prevent an infected person from spreading the disease by blocking the droplets, and to a lesser degree can help a healthy person from becoming infected. (A side note: This is not true for all viruses. Measles, for example, transmit differently and a mask is mostly not effective against its spread.)

So back to the joggers. Another way the virus is spread is by the heavy breathing caused by exertion by doing something like JOGGING. When I see one of these unmasked dum-dums headed my way I quickly get as far away as I can and turn my back. I'm afraid one these days I'm going to break a hip diving into bushes to avoid a runner.

Has anyone gone to Wash Park lately? I'm renaming it to "the Land of People Who Don't Love Their Grandparents." It is full of hundreds of young people walking, chatting, laughing, jogging and biking, 80% of them not wearing masks. I know the point is to see and be seen, but news flash, you're not going to be in the park forever. Eventually you're going to leave to get your much-needed latte with skim, or stop by Trader Joes for a cranberry infused kombucha. Guess what? Other people work and shop in these places! I know the concept of other people is a little foreign, but try to stretch your minds.

If I sound angry, then you're right. Right now there is a lot to be angry about, and this is but one small side issue. But as a society we have to realize that "what I do affects you and what you do affects me." I don't want to end up on a ventilator because you ate too much vegan cheesecake last night and felt the need for a quick run.

I think Windsor Gardens should put signs on the trail. How about one that reads "Joggers please wear a mask. Keep your micro droplets to yourself!" Or maybe "Please wear a mask. Act like your grandparents live here."