



## RUNALONGS

A runalong is a mysterious, smoky creature that travels beside carts, ships, and other moving vehicles. Most are entirely indifferent to those they travel beside, they just happen to be using the same path. Others actively pursue caravans and ships, either to hunt the passengers or purely out of interest in examining the vehicle.

**Bizarre Sightings.** Runalongs are all but invisible to most people. They appear as slight shifts in the air, like a gust of sea wind beside a ship. Only a few select creatures can see the true form of a runalong:

- Children can see runalongs, until about a year before they reach their race's maturity.
- Small and tiny beasts, like cats and mice, can see runalongs.
- Adult humanoids with a level of exhaustion or more can see runalongs.

**Many Forms.** A runalong doesn't have an immutable form. There are three main types of runalongs: Land, Avian, and Aquatic. At the end of a Long Rest, it can transform into another form if it so chooses.

Land-form runalongs tend to look like large, wolf-like or cat-like creatures. Sometimes, they appear as horse-like or humanoid-like creatures. They are fast, skilled jumpers, and persistent in their chase. These runalongs can be sighted following carriages, wagons, carts, and other land vehicles.

Avian runalongs tend to look like large, eagle-like or wyvern-like creatures. They are more looming, likely to be seen from a distance. These runalongs can be sighted almost anywhere.

Aquatic runalongs tend to look like large, serpent-like or fish-like creatures. They leap from the water to track or investigate their quarry. These runalongs can be sighted beside boats, whether traversing small rivers or in the open ocean.

**Uncertain Origins.** Adult humanoids can't see runalongs, so they're most often regarded as myth rather than a real monster. They're written off as figments of children's imagination. Even the few adults who believe in them have difficulty researching them or obtaining evidence of them. This mysterious nature means that no one knows their exact origins.

### RUNALONG (LAND)

Large monstrosity (shapechanger), neutral

**Armor Class** 14 (natural armor)

**Hit Points** 65 (10d10 + 10)

**Speed** 60 ft.

STR	DEX	CON	INT	WIS	CHA
18 (+4)	17 (+3)	13 (+1)	6 (-2)	13 (+1)	8 (-1)

**Skills** Acrobatics +5, Perception +3, Stealth +5

**Senses** darkvision 120 ft. passive Perception 11

**Languages** -

**Challenge** 4 (1100 XP)

**Invisible.** The Runalong is invisible, except to humanoid children, beasts size small or smaller, and creatures with one or more levels of exhaustion.

**Shapechanger.** At the end of a Long Rest, the land Runalong can change its form and become an aquatic or avian Runalong if it so chooses.

**Standing Leap.** The land Runalong's long jump is up to 30 feet and its high jump is up to 15 feet, with or without a running start.

#### ACTIONS

**Multiattack.** The Runalong attacks with its bite and an attack with its claws.

**Bite.** *Melee Weapon Attack:* +6 to hit, reach 5 ft., one target. *Hit:* 13 (2d8+4) piercing damage.

**Claw.** *Melee Weapon Attack:* +6 to hit, reach 5 ft., one target. *Hit:* 11 (2d6+4) slashing damage.

### RUNALONG (AVIAN)

Large monstrosity (shapechanger), neutral

**Armor Class** 14

**Hit Points** 58 (9d10 + 9)

**Speed** 15 ft., fly 80 ft. (hover)

STR	DEX	CON	INT	WIS	CHA
15 (+2)	18 (+4)	13 (+1)	6 (-2)	13 (+1)	8 (-1)

**Skills** Acrobatics +5, Perception +3, Stealth +5

**Senses** darkvision 120 ft. passive Perception 11

**Languages** -

**Challenge** 4 (1100 XP)

**Invisible.** The Runalong is invisible, except to humanoid children, beasts size small or smaller, and creatures with one or more levels of exhaustion.

**Shapechanger.** At the end of a Long Rest, the avian Runalong can change its form and become a land or aquatic Runalong if it so chooses.

#### ACTIONS

**Multiattack.** The Runalong attacks with its bite and an attack with its claws.

**Bite.** *Melee Weapon Attack:* +4 to hit, reach 5 ft., one target. *Hit:* 9 (2d6+2) piercing damage.

**Claw.** *Melee Weapon Attack:* +4 to hit, reach 5 ft., one target. *Hit:* 9 (2d6+2) slashing damage.