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Run cut short by a SNAKE - EEK!

Tuesday, September 02, 2014

It takes something really unusual for me to blog in the middle of the day.
A copperhead will do it.

It very hot and humid here in VA so my plan was to get up early, drive to a city with a shaded trail and run there.

On the outskirts of town traffic was at a standstill – road construction. We hardly moved at all. OK, I'll just park here and walk to the trail. How much further could it be?

The answer: 1.7 miles, but it was all downhill.

It's a nice park with REAL bathrooms. So I started at mile 0 planning 2 miles out and then back. I was running along quite nicely. It's all shaded and rather cool.

As I approached the 1.5 mile marker, I saw 3 women standing across the trail waving at me and yelling Stop, Stop!

I slowed down and ran up to them to see if someone needed help.

"You ran right over it" they said.

Me: What?

Them: A snake. You sailed right over it.

Me (really shaken): Was it a black snake? (harmless)

Them: No, a copperhead. See it's in the grass now. You scared it.

Yikes! Now my heart was really racing.

New plan: I had no desire to go any further and I ran right back to the start.

Remember my car is 1.7 miles away and now it's all uphill. So I did a ½ mile cool-down on the flat and trekked on back to my car. By now a sign in front of a bank listed the temperature as 95 degrees. Fortunately, I carry water with me and there was no need to set any speed records.

Note: I never wear earphones when I run or walk since I believe in being aware of my surroundings, but I always sing "in my head".

So it's ironic that today my song was "I have fixed mine eyes on your hills..."
I should have fixed mine eyes on the ground.

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SWEDE_SU

yikes! always my fear when running, though for me it is rattlesnakes here in WA and adders in sweden. luckily, haven't seen any this year! glad you sailed over it!
2463 days ago



HOLLYM48

oh goodness, that is terrifying. I hate snakes. They may be good for something but they are not good for me. I am glad you sailed right over it and scared it vs it jumping up and biting you. Glad it all turned out ok. Your walk back to the car sounds tough in that heat though. Way to push through it!
2472 days ago



CD4199227

Frightening.....My Mother would say "Oh they are more afraid of you than you are of them " Mom IMPOSSIBLE!
2473 days ago



MISCHAKEO

I would turn around also. That was scary. I do not like snakes. I am glad you are OK.
2474 days ago



BOOKAPHILE

Over is much better than treading ON it! Good workout regardless.
2474 days ago



KATELJM

Whew, glad you weren't harmed! The heat and humidity today was awful, too!
2474 days ago



HAYBURNER1969

You are very lucky not to have stepped on it. I have thought in the past that you might ought to wear your glasses when running on the paved trail, but then I thought of all my years running on paved trails and especially singletrack dirt trails through the forest... and in all those years, all those runs, I have seen only 1 copperhead in the woods. So I figured you would probably never see any on the paved part.

I am glad I am writing this response to a blog post and not visiting you in a hospital somewhere.
2474 days ago



KANSASROSE67

Oh goodness! What a scary thing, but I'm so glad you lifted your feet while lifting your eyes!
2474 days ago



ONEKIDSMOM

Yikes! Would have set MY heart racing, for sure. Glad you sailed "over" it and scared IT!
2474 days ago



SOPHIEDO13

I'm glad you're ok, what a scare !! I guess looking at the path next time would be good, and glance at the hills every now and again !! PTL
2474 days ago



MARYJEANSL

I would have been absolutely terrified! Wow...now I am sort of glad I tend to use a track at a high school for my walking. Probably lower chances of snakes intruding.
2474 days ago



ALICIA363

Major gratitude builder. I am so glad you're okay!
2474 days ago



LINDAKAY228

Yep, that would have made me turn around too! And the 95 degree heat would have killed me! You certainly got a work out in anyway!





2474 days ago



CD4114015

OOOOHHHHHHHH! I am SO glad you are all right! You are one blessed woman indeed!

2474 days ago

v



LEWILL1982

Holy moly. I have a bad habit of looking down when I run instead of out in front of me. Maybe looking down isn't such a bad thing, haha

I worry about them out on the trail where we ride our bikes, I see dead ones from time to time, but nothing scary so far. Yesterday we saw a rabbit, a turtle and wounded owl (sad story actually, but someone called the bird rescue folks)

Glad you are ok!

2474 days ago

v



TRAVELGRRL

EEK is right! We occasionally run into snakes on our trail too, but thankfully no copperheads (yet)! I can't believe you ran RIGHT OVER IT!!

Glad you live to tell the tale!!

2474 days ago

v



JAMIRBLAZE

EEK! Only nonpoisonous ones on my runs, though I did encounter one interesting colored one that I circled widely around. We get up early (before light) for weekend long runs to avoid FL heat. We also live in bear country. Haven't seen one yet, but every rattle in the bushes gives an adrenaline burst.

2474 days ago

v



50YEARSAWIFE

Goodness, that is frightful

2474 days ago

v



SLENDERELLA61

I have stepped on a snake when running before. I didn't even know it, but the person beside me told me and then I saw it. We (you and me; me and the snake) both survived, thank heavens. I didn't get to see what kind it was, but suspect it was something benign, but don't really know. How scary to find a poisonous snake on a run. Don't blame you for packing it in. Hope you find a place to run where you feel safe. There certainly are challenges.

2474 days ago

v



PHEBESS

Definitely an eek! And I'd probably start running in logger boots after that, just in case!

2474 days ago

v



TERI-RIFIC

Yikes! Scary! But LOL on the last sentence.

2474 days ago

v



BLAZINGSWORD

Yes, it's very hot out. I walked 1 1/2 hours on the treadmill at the "Y". It's in the 90s here. I need to do yard work but not until it cools down later. Just too hot in Maryland. BUT I am so glad

that you are safe. The Lord was watching out for you for sure!

2474 days ago

v



PHOENIX1949

EEK! is right. I wouldn't stick around long enough to determine what kind of snake it is. As a child, living in the country, it didn't bother me to pick up a grass snake, garter snake, or chicken snake. Now I would quickly shy away from them also. Rattlesnakes, copperheads, cottonmouths and rat snakes are at one of my sisters' ranch along with many non-poisonous varieties -- no thank you. I tell her it's too wild for me at her place -- coyotes and gigantic wild boar also abound.

2474 days ago

v

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