

# CRYSTAL RUNNERS

A happy accident created by the Transmuters during the Battle of Aspaeth, crystal runners were specifically developed as war mounts during Aspaeth's conflicts with the danaavrakt of The Obsidian Plain. A crystal runner looks like a colorful, seven-foot tall flightless bird with a long, featherless neck and powerful legs. In place of feathers, the crystal runner has sharp, crystal-like shards that act as physical and psychic protection.

Crystal runners reproduce asexually, laying fist-sized, gem-like eggs in the red sands of The Wither and savannahs of Aspaeth. A single clutch can contain up to 30 eggs with a gestation period of 30-45 days. Unfortunately, crystal runner eggs are a favorite delicacy of the wild xorn who roam both regions.

Although their prominence as war mounts has subsided since the seventh century, brave (and stupid) heroes who hope to lead attacks on Shred in The Obsidian Plain still seek the beasts as protection against the danaavrakt.



## CRYSTAL RUNNER

*Large monstrosity, unaligned*

**Armor Class** 15 (natural armor)  
**Hit Points** 31 (3d10 + 15)  
**Speed** 50 ft.

STR	DEX	CON	INT	WIS	CHA
14 (+2)	12 (+1)	20 (+5)	3 (-4)	12 (+1)	15 (+2)

**Damage Immunities** psychic  
**Senses** passive Perception 11  
**Languages** —  
**Challenge** 1 (200 XP)

**Bound.** The crystal runner can't be affected by spells that would cause it to be displaced or teleported such as *banishment*, *gate*, *teleport*, etc. unless it wants to be.

**Innate Spellcasting (Psionics).** The crystal runner's innate spellcasting ability is Charisma (spell save DC 12). It can innately cast the *shield* spell requiring no components. Once it uses this trait to cast this spell it can't do so again until it completes a short or long rest.

**Psychic Reflection.** Whenever the crystal runner is subjected to psychic damage, it takes no damage and instead reflects the psychic damage. Each creature within 10-feet of the runner must succeed on a DC 12 Intelligence saving throw or become stunned until the end of the crystal runner's next turn.

### Actions

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

### OPTIONAL RULE: CRYSTAL RUNNER FEAT

At the GM's option, a character can take the following Crystal Runner Mount as a feat in place of an Ability Score Improvement.

#### CRYSTAL RUNNER MOUNT

*Prerequisite: Mounted Combatant feat*

Your knowledge of mounted combat extends to the crystal runners of Aspaeth. While you are mounted on a crystal runner and the runner isn't incapacitated, you gain the following benefits:

- You gain resistance to psychic damage, and you automatically pass saving throws to avoid becoming stunned by all crystal runners' Psychic Reflection trait.
- You can't be affected by spells that would cause you to be displaced or teleported such as *banishment*, *gate*, *teleport*, etc. unless you want to be.
- The benefits of the crystal runner's *shield* spell apply to you as well as the crystal runner.