

mad cow - what have you run into while...



IronMakeover 410 posts since

Jul 7, 2008

Hey guys,

A cow knocked a lady off of her bike and then stepped on her legs!

In case you missed this article, I'm sharing here. http://www.denverpost.com/breakingnews/ci_11497900

It made me wonder, what have you guys seen/confronted/escaped from while swimming, biking and running?

What are your tales from the trails?

Me? I have dog issues. I was chased 3x on one ride. I've even been chased by puppies... I've also had problems with bees and jellyfish.

Looking forward to your crazy stories!

mad cow - what have you run into while...

Sara

Tags: training, dogs, stories, cow



[JMINPNW](#) 2 posts since

Jan 16, 2009 1. **Re: mad cow - what have you run into while training?** Jan 21, 2009 2:07 PM

wow, a cow attack...haven't heard that one before

personally i haven't had many attacks, other than being chased by dogs, but i have ran over (not a close call, but literally ran over) quite a few creatures while biking:

squirrel, groundhog, several snakes (rattlesnake, black snake, and a copperhead..while trail running)

to my knowledge no casualties...stay outta my way!!



[Tripeter](#) 4 posts since

Jan 21, 2009 2. **Re: mad cow - what have you run into while training?** Jan 21, 2009 2:50 PM

mad cow - what have you run into while...

I havent run into anthing. while open water swimming alone once, however, I swam into a big seabird, bigger than a duck. I dont know who was more chocked. I think the creature came up from diving just at the same time I swam on it.

Also, i have swum into some jellyfish that burned me so badly I had marks several weeks later. I can tell you those mothers really hurt. It was in the west indies. In sweden, the jellyfish are frequent, but not that bad.



[louie14](#) 1 posts since

Nov 15, 2007 3. **Re: mad cow - what have you run into while training?** Jan 26, 2009 7:37 AM

12 foot alligator sunning himself on the james van fleet trail bike trail in Central FL, along with very large snakes who like to warm up in the asphalt in the winter. nothing like riding through a swamp.



[omabikeryder](#) 289 posts since

Jul 9, 2007 4. **Re: mad cow - what have you run into while training?** Jan 26, 2009 8:46 AM

👤 in response to: [louie14](#)

Had a squirrel try to run through my front wheel while I was moving. The spokes hit him and threw him back, he got up, shook his head, then ran up a tree.

We have a lot of deer around here, big whitetail. Two years ago I was on a group ride in the spring, we rode through a State recreation area down by the Missouri river. There were some mushroom hunters out, and they spooked some deer. Deer know how to do two things, run and jump. They started coming toward us, those in back started yelling but the people in front didn't hear, the lead deer tried to jump over one of the cyclists, didn't make it. Hit the guy from behind and the side. He went straight up in the air, spun around, and

mad cow - what have you run into while...

landed on his butt, then back, then his head (with helmet) on the pavement. He was out for about 10 minutes, took 30 minutes to get the rural rescue unit down there. Luckily we had an EMT riding with us. He had a concussion and four cracked ribs.



[IronMakeover](#) 410 posts since

Jul 7, 2008 5. Re: mad cow - what have you run into while training? Jan 26, 2009 8:04 PM

Wow. Thanks to all who've replied so far. When you spend a lot of time swimming, biking and running, you're bound to run into something!

It's easy to visualize each of your accounts:

groundhog! sea bird! lazy alligator! leaping deer!

Training for a triathlon is more than just a race - it's a lifetime full of memories!

Keeping my eyes wide open, and hoping for a few more tales from the trail.


mad cow - what have you run into while...

Sara



[SoDakRob](#) 1 posts since

Dec 31, 2007 6. **Re: mad cow - what have you run into while training?** Jan 31, 2009 1:09 PM

 in response to: [IronMakeover](#)

I was out for an early (5am) Friday morning run three weeks ago on an abandoned railroad track that was converted to a trail. I love this trail because it's smooth, a fairly soft surface and rarely do I encounter other people or dogs during my early runs. It was dark that morning (obviously), I had gone to bed early the night before after a long day at work in anticipation of this run. I noticed quite a ways in front of me there was a car sitting on the trail with its headlights on pointed in my direction. That struck me as a little odd, but I kept running. I was wearing a headlamp and a reflective belt, so I figured the driver saw me. As I got to within about 50 yards of the car, a side mounted spot light came on. I thought, "Ah ha, it's the police. All is well." As I got closer, I shut off my headlamp, slowed to a walk and the officer stepped out of the car. "Good morning officer." "Good morning sir, I'm going to have to turn you around as we have an investigation going here. Sorry about that." "No worries here officer, you have a job to do." So I turned around and finished my run via an alternate route. I got home, grabbed the newspaper and sat down to eat some breakfast. The front page story in the paper? Two teens had been shot and killed the night before in an argument over a stolen iPod. They were killed just yards from my railroad running path. True story, see below:

mad cow - what have you run into while...


http://www.gazette.com/articles/constitution_45935___article.html/least_sheriff.html

Had I watched the news on the night before, I might have re-considered my running route!



[IronMakeover](#) 410 posts since

Jul 7, 2008 7. **Re: mad cow - what have you run into while training?** Feb 3, 2009 12:14 PM

 in response to: [SoDakRob](#)

Wow [SoDakRob](#)

How awful! Thanks for sharing your story.

I now have visions of flying squirrels, sleepy snakes, leaping deer and strange vehicles.

I saw this on active today. Tips for exercising in the dark ... on that critter-infested trail etc.

http://www.active.com/travel/articles/6_Tips_for_Exercising_in_the_Dark.htm?act=AFC-SocialMedia&Property=Active&Sport=Running&PageType=Content_Articles&Emp=GS&PostType=Micro


mad cow - what have you run into while...

Sara



[IronMakeover](#) 410 posts since

Jul 7, 2008 8. **Re: mad cow - what have you run into while training?** Mar 23, 2009 8:50 AM

 in response to: [IronMakeover](#)

Saw this article today and thought it was a fun follow-up.

OH, DEER! MATT'S BICYCLE BANG-UP <http://allday.msnbc.msn.com/archive/2009/03/23/1850457.aspx>

Matt Lauer & deer collide while bicycling on Long Island.

Sara