



# Steppe Runner

*Eremias arguta*

## Care Sheet

### Average Size

6 inches long

### Average Lifespan

10 years

### Diet

Steppe Runners are insectivores. Offer a variety of live insects including crickets, mealworms, wax worms, and cockroach nymphs.

### Feeding

Baby Steppe Runners should be fed daily. Adults can be fed every other day. Dust food with calcium powder daily & a multivitamin once a week. Feed them the amount they will eat in 10 minutes.

### Housing

**Habitat** - The Steppe Runner's native habitat includes Romania, Ukraine and Russia. They are a ground dweller that prefer multiple hiding spots. Small groups of steppe runners can be housed in larger enclosures. If housed together Steppe Runners should be of similar size to avoid injury. Provide many hiding and basking areas to avoid territorial disputes. It is best to keep only one male Steppe Runner per enclosure when females are present.

**Size** - Single Steppe Runners can be housed in specialty reptile terrariums or 10-gallon aquariums with full screen tops, add 5 gallons for each additional Steppe Runner. An enclosure with floor dimensions of 10 inches by 20 inches is large enough for an adult, although it's always a good idea to provide as much room as possible. Steppe Runners are terrestrial and prefer floor space over climbing area.

**Substrate** - Acceptable substrates are ground walnut shell or sand. The main concern with walnut shell and sand is the possibility of impaction. If the steppe runner consumes large amounts of the substrate, it could cause intestinal blockage. Ground Walnut is the preferred substrate at The Tye-Dyed Iguana.

**Temperature** - Steppe Runners need a basking spot of 100°F with an ambient temperature between 78° F - 82° F. At night the temperature can drop as low as 75° F on the basking side and 70° F on the cool side.

**Humidity** - Humidity levels should be kept below 30%.

**Watering** - Clean water should always be accessible in a small water dish. Be sure the water bowl cannot be tipped over.

**Lighting** - Since this is a diurnal species, it requires two light bulbs. One is the heat lamp which also emits UVA. The second is a UVB lamp. The UVB lamp will specifically say UVB on the box. If the box doesn't say UVB, it's not UVB.

**Plant and Fish bulbs are not UVB bulbs.**



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