```java
import edu.fcps.Turtle;
import java.awt.*;
import java.lang.*;
/**
 * The OG TwistyTurtle that can draw a spiral that looks like triangles
 * It extends Turtle, but because of it's shell pattern, it draws spirals
 * Also implements Runnable because it can run faster than hares in a thr
ead
 *
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 * @version 10-15-18
 * @period 2
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 */
public class TwistyTurtle extends Turtle implements Runnable
{
    /**
     * Method drawShape defines from abstract class Turtle, draws a spira
l
     */
    public void drawShape()
    {
        super.setPenDown(true);
        super.setThickness(8);
        super.setColor(Color.BLUE);
        for (int i=5; i<400; i=i+10)
        {
            super.forward(i);
            super.turnLeft(123);
        }
    }

    /**
     * Method run overrides abstract run from Runnable to drawShape in a
thread
     */
    public void run()
    {
        drawShape();
    }
}
```