

ENGLISH

75/2019

MATTERS



**TO RUN AND
KEEP RUNNING**

DODATEK

ENGLISH MATTERS

To Run and Keep Running poradnik językowy

Dear Readers,

is it our imagination or is life getting faster all the time? Nowadays people want everything faster, better, newer...and with built in WiFi! Global connectivity has created a world where there's no time for the slow - we rush from one activity to the next while checking *Facebook* and uploading that #selfie to *Insta* along the way. With so much going on, it's hard to find time to practise English...but it's the main language of the Internet, so we must! Don't worry though - *English Matters* has prepared a thorough run through of the word 'run' so you'll be able to keep up with the English language while on the run.

nowadays | obecnie
to rush | śpieszyć się
thorough | *tu*: gruntowny
run through | powtórka
on the run | w biegu

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You have to learn to crawl before you learn to walk. After that, it's time to run! We all know that 'to run' means to move our legs quickly propelling our bodies forward at speed, but it can take on so many other meanings, too. Used idiomatically, or with a preposition as a phrasal verb, the list of uses for 'run' runs into the hundreds!

Conjugation

'To run' is an irregular verb. The past simple is 'ran' while the past participle is 'run' (the same as the infinitive). The present participle/gerund is 'running.'

run - ran - run

To Walk or to Run?

Let's start with movement. Technically the difference between running and walking is not the speed, but the position of the feet in relation to the ground. This may not be of particular importance to anyone who's not running in a walking race, but the difference between running and walking is that when walking, there is always one foot touching the ground. If both feet leave the ground at any point, the person is running. Combined with a preposition, as well as making phrasal verbs, running direction can be described as per these pictures and examples:

to crawl *tə kɹɔ:l* | raczkować

to propel sth forward | pochylać coś do przodu

to take on sth | *tu:* nabierać, mieć

combined with sth | połączony z czymś

run across | przebiegać przez

We ran across the road to get to the other side.

to the other side | na drugą stronę

run through | przebiegać przez

We ran through the park as it was quicker than going on the street.

run around | pobiec dookoła

The gate was locked so we had to run around the garden.

run along | biec wzdłuż

We ran along the river until we came to a bridge.

run into | wbiec do czegoś

The firefighters ran into the building without hesitation.

firefighter | strażak

without hesitation | bez wahania

run out of | wybiegać z czegoś

The pupils ran out of the school as soon as the final bell rang.

run onto | wbiec na

I ran onto the boat just before it left the dock!

run off | uciekać, zbiec z

They ran off the platform when they realised it wasn't safe.

to realise sth | zdać sobie sprawę

run up | wchodzić, podbiegać

We're tired because we ran up the hill this morning.

run down | zbiegać

I nearly fell over when I ran down the hill! I managed to stay on my feet until I got to the bottom though.

to fall over | przewrócić się

bottom | *tu*: podnóże (wzgórza), dół

run over | przebiegać przez

The children ran over the bridge when the ice cream van parked on the other side.

run under | biec pod

The runners will run under three of the bridges as part of the route.

run away (from) | uciekać, zwiewać

Everyone ran away from the fence as soon as the dog started barking.

to bark | szczekać

run towards | pobiec do/w kierunku

When she came out of the school, she immediately ran towards her mum who was waiting for her.

run back | wrócić

I was late for dinner, so I ran back home straight after school.

Run Through some Phrasal Verbs

Here's a selection of phrasal verbs using run. The usual grammar rules apply, so we've divided the examples into three groups: separable and inseparable transitive, and intransitive.

to apply | znajdować zastosowanie
inseparable *ɪn'seɪrəbl̩* | nierozdzielny
transitive | przechodni
intransitive | nieprzechodni

Intransitive:

Run away!

Although also used literally, this phrasal verb means to flee or escape - it doesn't necessarily mean to physically run, e.g. When the alarm went off, the prisoners had already run away.

The phrasal verb also means to leave a place without permission, particularly applied to children who desert their homes, e.g. Claire ran away from home when she was sixteen because she didn't like her parents.

Note: A 'runaway' is a noun referring to someone who has run away.

literally | dosłownie
to flee | uciekać, ułatwiać się
to go off | uruchomić się
without permission | bez zezwolenia
applied to sb | w odniesieniu do kogoś
to desert sth *tə dɪ'zɜ:(r)t 'sʌmθɪŋ* | opuszczać coś

Must run / got to run

It's time to leave, or I have to leave right now for some reason, e.g. "Oh my goodness, look at the time! I must run! Bye everyone."



Transitive (inseparable):

run out of | brakować

This means there is a lack of something because it has all been used, e.g. The children were so hungry that we ran out of sandwiches in the first five minutes of the party!

lack of sth | brak czegoś

run into | wpaść na

1. To meet someone by chance, e.g. I ran into Mary in the shop, I hadn't seen her for ages!

2. To collide with someone or something, e.g. I wasn't looking where I was going and I ran into the door.

by chance | przez przypadek

run through | przejrzeć, przećwiczyć

To rehearse or check the whole plan for something, prior to doing it for real, e.g. Before we have the meeting tomorrow, do you mind if we just run through the presentation one more time?

to rehearse sth tə rɪ'hɜ:s 'slʌmθɪŋ | przećwiczyć coś

prior to 'praɪə(r) tə | przed

run up (a bill) | wzrastać, rosnać (rachunek)

To cause something (usually a bill or expenses) to increase to a dramatic extent, e.g. If we're providing dinner and drinks for all the invitees, the costs are really going to run up.

to increase | wzrastać, rosnać

to provide sth | dostarczać czegoś, tu: oferować coś

invitee | zaproszona osoba, gość

run up against | z/mierzyć się z czymś

To face some problems or to deal with something difficult, e.g. The play was late because the backstage crew ran up against old equipment and staff shortages.

to face sth | z/mierzyć się z czymś, stawiać czoła czemuś

crew kru: | załoga

equipment | wyposażenie

shortage | brak



run for (a position) | ubiegać się o (stanowisko), kandydować

To define the role/position somebody hopes to attain when they enter an election, e.g. Everyone was shocked when Trump said he was running for President, but look at him now!

to attain sth | osiągnąć coś

Separable:

run over | potrącić, przejechać

To hit something with a vehicle and continue travelling (over them or it), e.g. I've been scared of driving ever since I ran over that hedgehog last year. I just felt awful.

Note: This is often used with 'get' following 'get sth done/have sth done' structure to describe the victim of the car accident, e.g. He got hit by a car, but thankfully was not injured.

vehicle 'vi:əkl | pojazd

hedgehog | jeż

victim | ofiara

injured | ranny

'run by' or 'run past' | przedstawić coś komuś

To check if someone approves of something by telling them about it and hearing their opinion, e.g. Before we take out a loan, let's run the idea by the company accountant and see what they think.

to approve of sth | akceptować/aprobować coś

to take out a loan | brać pożyczkę

accountant | księgowy

run (something) up | wciągać coś

Unlike the inseparable version of this phrasal verb, this meaning describes a physical activity. Usually talking about a flag, to run (something) up, means to raise it along a certain course, e.g. we ran the flag up the pole so everyone could see.

pole | *tu*: masz

run (something) on | działać

To use a platform to utilise something else. Normally this only applied to computing, such as We ran *Windows 10* on our old laptop but it crashed.

To Run in One Place

There are a lot of phrasal verbs to remember, but there are also other ways to use ‘run.’ Below we look at some of the other meanings of the verb when used by itself. Then, finally, we list the nouns and noun phrases possible with ‘run.’

run (poruszać się) | to move or travel in a particular way (not necessarily powered by legs), e.g. The roller coaster runs on a track made of stainless steel.

run (obsługiwać) | to operate, or cause to operate, e.g. This machine runs the whole factory floor.

run (rządzić) | to be in control of something, e.g. Politicians may run the country, but who runs the politicians?

run a tight ship (sprawować ścisłą kontrolę) | to rule with strictness, e.g. We can't take more than 15 minutes lunch break at work, our boss runs a tight ship.

run (prowadzić, wieść) | to organise the way you live or work, e.g. I run my life my way, I don't care what anyone thinks.

run (płynąć, przepływać) | to flow as a liquid, e.g. The river Thames runs through the centre of London.

liquid 'likwid | płyn, ciecz



run a bath (napelnić wannę wodą) | to fill a bath with water, ready to use.

run (ciec, rozprzestrzeniać się) | to leak or spread (talking about colours normally), e.g. The cake must have still been warm, because when I put the coloured icing on it, it all ran into one psychedelic design.

icing | polewa

psychedelic ,sɪkə'delɪk | psychodeliczny

run (podlegać zmianie) | to change from one state to another, e.g. We're running short of money, I think we should be more careful about our spending habits.

run (przedstawiać, pokazywać, publikować, emitować) | to broadcast or show, e.g. The newspapers ran the story on the front page.

to broadcast sth | nadawać coś

run a risk (ryzykować, narażać się na ryzyko) | to do something which entails the risk of something else, e.g. If we tell her the truth, we run the risk of upsetting her.

to upset sb | zmartwić kogoś

run on the spot (biegać w miejscu) | to move your legs in the motion of running, but without actually going forward - just lifting them up and down.

to lift sth up | podnosić coś

to lift sth down | opuszczać coś

When used as a gerund, 'running' can be used in many phrases with idiomatic meanings too:

Running cost (koszt bieżący/operacyjny) | the price required to keep something operating, e.g. The running costs of old light bulbs make them economically unfeasible.

to require sth | wymagać czegoś

bulb bʌlb | żarówka

economically ,i:kə'nɒmɪkli | ekonomicznie

unfeasible ʌn'fi:zəbl | niepraktyczny, niewykonalny



Running joke („chodzący gdzieś” żart, opiewany w danym miejscu żart) | a joke which continues or repeats through a certain period or time, e.g. We have a running joke in our office that every time it rains, we drink more coffee.

Running water (woda bieżąca) | water which is moving, not still. Often used to describe a water connection to a property (when you turn on the tap, water flows from it), e.g. We can't move in yet, the house doesn't even have running water!

still | nieruchomy, stojący

to turn on sth | odkręcić coś
tap | kran

Running a business (prowadzenie biznesu) | managing a business.
 Although Michael founded the business, Arthur is the one running it.
managing | zarządzanie
to found sth | założyć coś

Running amok (utrata panowania nad sobą, wpadnięcie w szat) | causing chaos or destruction. Being out of control, or displaying a disregard for the rules, e.g. I can't take it anymore! The children have been running amok since lunchtime.
to display sth | okazywać coś
disregard for sth | lekceważenie czegoś

Running late (mieć opóźnienie) | still in the process of getting somewhere or completing something, but aware that the completion of tasks or arrival at places is later than expected, e.g. Sorry Steve, but we're running late. Please start the show without us.
aware | świadomy
completion | ukończenie
arrival | przybycie

Drug running (przemyt narkotyków) | transporting drugs from one place to another, usually across a border, e.g. The cartels have been drug running in this area for months - there's nothing the police can do about it.

Running on empty (gonić resztkami sił, jechać na rezerwie) | still moving or doing something despite being completely exhausted, e.g. I've been working all day with no rest, I'm still going but I'm running on empty.
despite sth | po/mimo czegoś
exhausted *ɪg'zɔ:stɪd* | wyczerpany

Nouns:

Run up (to an event) - przygotowanie do wydarzenia | the buildup or time before and leading up to something, e.g. The team trained every day in the run up to the final.

buildup | *tu*: okres przygotowań
to lead up to sth | dążyć/zmierzać do czegoś

Runoff (a drainpipe) (odpływ) | the water which flows from the side or edge of something, e.g. The runoff from the roof has eroded all the soil in a neat line in the garden!

soil | gleba, ziemia

The long/short run | to talk about the short term or long term consequences, e.g. It may be difficult at first, but in the long run you'll be glad you've done it.

short/long term | krótko/długoterminowy

in the long run | na dłuższą metę

Rundown (przeгляд) | a slang term meaning a description or overview of something, e.g. We had a rundown of the company we were pitching to, so we knew where their interests lay.

(Note: there is also an adjective 'run down' which means feeling slightly unwell or tired, such as "after so much homework, I'm feeling really run down. I think I'll just go to bed.")

overview | przegląd

to pitch to sth | *tu*: przedstawiać ofertę komuś

slightly | lekko, trochę

Running at the Movies!

In some colloquialisms a film being shown at the cinema is said to run, such as "The new *Star Wars* film is running everyday this month at my local cinema." The word itself has appeared in iconic film quotes and even the titles of some films, too. Here's our pick of the best.

colloquialism kə'lɒkwɪəlɪzəm | kolokwializm

quote | cytat

pick of sth | wybór czegoś

- "Run Forest Run!" Possibly the most iconic line from *Forrest Gump*
- *Runaway* | title of 1984 Sci-Fi film starring Tom Selleck
- *Run All Night* | 2015 action film starring Liam Neeson
- *Runaway Bride* | Romantic comedy from 1999 starring Julia Roberts and Richard Gere
- *Logan's Run* | Classic 1976 Sci-fi film starring Michael York

- *Chicken Run* | 2000 animated children's film with the voice of Mel Gibson
- *Run Lola Run* | German action film from 1998 starring Franka Potente
- *Midnight Run* | Robert De Niro stars in this action film from 1998



Songs about Running or with Run in the Title

It's not just films which like the idea of running. There is a bunch of songs which use the word too. Although it's not recommended, it would be possible to do the running man to any of them...that's right, 'running man' is the name of a dance move!

- *Born to Run* | Bruce Springsteen
- *Run* | Snow Patrol
- *Runaway* | Kanye West
- *Runnin' Down a Dream* | Tom Petty
- *The Long Run* | The Eagles
- *Run Like Hell* | Pink Floyd
- *Run to You* | Bryan Adams
- *Run to the Hills* | Iron Maiden
- *My Hit and Run* | Third Eye Blind



Got to Run

From running a radio show, to running a film at the cinema, it's clear that the list of running phrases runs long and runs deep in the English language. This was a quick run through of some of the uses and examples of run. Don't worry if you've run into some obstacles with the word, practising it will be beneficial in the long run!

obstacle 'ɒbstəkl | przeszkoda

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