

LIST OF IDIOMS WITH THE VERB RUN

idiom	meaning	example
blood runs cold	terrified/frightened	The screams of the trapped workers made everyone's blood run cold.
dummy run	a practice/trial before the real thing	We did a dummy run, but it didn't work.
feel run-down/run oneself down	feel tired/exhausted	I think you've taken on too much, you'll run yourself down.
give someone a run for their money	almost as good as the opposition	My 3 year old twins are giving me a run for my money.
hit a home run	do something that is very successful	Our latest product is selling like crazy. We've hit a home run.
hit and run	a driver who doesn't stop after being involved in a collision	There was a hit and run right outside my house last night. Two young boys were killed.
hit the ground running	start and continue doing something with enthusiasm	the team have hit the ground running. i predict at least 5 goals from them.
in the long run	over a long period of time	£3000 is a lot to spend on the garden, but in the long run it'll be worth it.
in the running	a contender in a competition	That song is amazing. It's definitely in the running for Christmas number 1.
number + days running	consecutive days	Reggie has been late four days running, the boss isn't happy.
out of the running	not a contender in a competition	If this scandal breaks, Lawler will be out of the running to become Chancellor.
run a mile	try to avoid doing something	As soon as I mention washing up, the kids run a mile.
run a tight ship	very disciplined/strict/organised	The new headmaster runs a very tight ship. The kids are much better behaved now.
run at a loss	not making a profit	I can't run at a loss any longer, I think it's time to throw in the towel.
run in the family	a trait/characteristic/ability which many family members have	I'm not surprised George is so smart, it runs in his family.
run out of time	have no time left to complete something	We're running out of time. If we don't fix the roof now, it'll end up costing thousands.
run rings around	outclass/a lot better than someone at particular activity	Grandad is old now, we run rings around him.
run with	be in charge of something and do it independently	Do you think I can trust Ryan to run with the case while I'm away?
still waters run deep	shy/quiet/calm people are often interesting	I spoke to Geeky Graham today. It's true what they say, still waters run deep.
the course of true love never did run smooth	there will always be difficulties in relationships	My family don't accept her, but the course of true love never did run smooth.

