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a. : initiated or performed while running or with a running start. a running catch. a running jump. b. : of, relating to, or being a football play in which the ball is advanced by running rather than by ...

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Oct 20, 2022 · Here's the Merriam-Webster dictionary definition of running: to go steadily by springing steps so that both feet leave the ground for an instant in each step. That's the key: both feet are in the air at once. During walking, one foot is always on the ground. Jogging is running slowly, and sprinting is running fast.

Runner's World

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