

A script from



## “Run In Such a Way”

by  
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- What** This is a skit about running the good race, demonstrating what it means to “talk the talk” but not “walk the walk”. (Themes: Disciplined living, Hypocrites)
- Who** Non-runner  
Runners  
Starter
- When** Present day at the starting line of a race
- Wear (Props)** Runners should be dressed in normal running attire. The Starter can dress normally and will need a starter’s pistol. The Non-Runner should be dressed in the most extravagant running outfit you can find. He will need a backpack or bag of some kind that contains: a boom box, a good size snack cake, a can of soda, and a pack of cigarettes.
- Why** I Corinthians 9:24; James 1:22
- How** This is a silly skit with a powerful point at the end. It would be good to have an aisle through the audience for the Runners to run down.
- Time** Approximately 5-7 minutes

The skit starts with the **Runners** stretching and preparing for the race. They should be set up just to the right of center stage. The **Starter** enters and takes his/her place just left of center stage.

**Starter:** Runners to your mark... (*Runners move into a straight line facing the audience*) Get set... (*Runners get into starting stance and starter raises pistol over his head*)

**Non-Runner:** (*Enters with bag in hand*) Wait! Don't start yet. Just a minute!

**Starter and Runners** react with a little confusion. Don't over do it, just look a little startled and wait to see what the **Non-Runner** does.

*OPTION: If you have an extra person, you may want to use them here as the "Non-Runner's Helper". This character would carry all the Non-runner's stuff and at this point in the skit, the Helper would run in and stop the race for the Non-runner. Throughout the skit, this character would assist the Non-runner by handing him whatever he needs. This character should act like the Non-runner was the greatest gift to the sport ever. However, do not let this character take away from the Non-runner.*

**Non-Runner:** Sorry I'm late. Give me just a minute and we'll get this party started! (*Takes off any warm-up gear to reveal his extravagant running outfit, then looks at the other runners and addresses them*) Like the way this looks? (*Gestures to the front of his outfit*) Well, take a good look, cause all you're gonna be seeing is this! (*Gestures to his backside. Addresses the Starter*) Okay big guy...let's do this thing!

**Starter:** Runners to your mark... (*Runners move into a straight line facing the audience*) Get set... (*Runners get into starting stance and starter raises pistol overhead*)

**Non-Runner:** Hold it! Hold it! Whoa! I almost forgot to stretch and warm-up. Hang on one second, fellas. (*Reaches into bag and takes out "boom box". Sits it down, pushes play. We hear "Let's Hear it for the Boy," "Eye of the Tiger," or some very "upbeat" song. While the song is playing, the Non-Runner does what he thinks is the coolest workout. In all actuality, he looks like a fool but he has no clue. Don't use the entire song, just about thirty seconds at the most will be fine. After he has finished "warming up" he turns to the Runners and says...*) Okay losers, LET'S DO IT! (*Addressing the Starter*) Alright "Big'un"...hit it.

**Starter:** Runners to your mark... (*Runners move into a straight line facing the audience*) Get set... (*Runners get into starting stance and starter raises pistol overhead*)

**Non-Runner:** Wait a minute. Wait...A...Minute! Oh my! I cannot believe I was about to run on an empty stomach. *(Reaches in his bag and pulls out a good-size snack cake. As he opens it, he looks at the other runners and says...)* Breakfast-O-Champions. *(He takes the entire cake and shoves it in his mouth, eating it as fast as he can. As he chews the cake, the **Non-runner** should taunt the other runners, expressing what losers they are and how bad he is going to beat them. Once he finishes the snack cake, he turns again to the Starter and says...)* Well, are we going to start this thing or not?

**Starter:** Runners to your mark... *(Runners move into a straight line facing the audience)* Get set... *(Runners get into starting stance and starter raises pistol overhead)*

**Non-Runner:** *(Stands up, holds up one finger and says to the **Starter**...)* Hold on ONE minute. *(Looks at the other runners and says...)* Now I'm kinda thirsty. *(Goes back to bag and pulls out a soda, pops the top and downs the whole thing in one giant gulp. If the **Non-Runner** can look at the runners and burp out "Losers" then by all means, go for it! Once the **Non-Runner** is ready he should look at the other runners and say...)* You better get ready, cause like the broom said to the vacuum, "You're about to eat my dust!" *(Runners look at each other with confusion at what was said. **Non-Runner** turns to Starter in frustration and says...)* Hello? Today? Please?

**Starter:** Runners to your mark... *(Runners move into a straight line facing the audience)* Get set... *(Runners get into starting stance and starter raises pistol over head)*

**Non-Runner:** Oh my! What am I thinking? I can't believe I almost ran without one of these little guys *(Reaches in bag and pulls out cigarette. If it won't put your job in jeopardy, have the **Non-Runner** light up and pretend to smoke. Have him offer some to the other **Runners** who do not take them. After he finishes his smoke have him look at the other **Runners** and say...)* Oh yeah...talk about my second wind! That little guy is just what I needed. And now get ready 'cause I'm gonna smoke you!

**Starter:** *(Obviously frustrated)* Runners to your mark... *(Runners move into a straight line facing the audience)* Get set... *(Runners get into starting stance and starter raises pistol over head.)*

*When the **Starter** fires the pistol, all the **Runners** sprint off the stage through the audience if possible. The **Non-Runner** simply stands-up, watches them run off and turns to start packing up his stuff.*