

Knock Knock Running Jokes (2026): 160+ Funny Lines for Runners

163 original puns, ready to copy

Knock, knock. Who's there? Run. Run who? Run, because there are 160 jokes coming. Knock-knock jokes are the original call-and-response game. Running gives them a perfect set of props: laces, medals, hills, and that last mile. Below you will find 160+ original knock knock running jokes, runner puns and race-day one-liners. If you love the format on the court, see our basketball knock knock jokes.

Quick summary

Knock knock running jokes are short call-and-response jokes built on running words like lace, pace, mile, medal and finish line. This page has 160+ original, clean ones for kids and adults, arranged like a race, plus a step-by-step guide to writing your own and answers about runner slang and nicknames.

- 160+ original jokes arranged like a track meet, from warm-up to cooldown.
- Warm-up, sprint, relay, distance and race-day groups.
- Clear steps to write your own knock-knock running joke.
- Runner slang and nicknames explained in the FAQ.
- Updated 2026-10-24. All clean and kid-safe.

*Read the full guide with search, filters and FAQs: <https://homespunsecret.com/knock-knock-running-jokes>
Last updated 2026-10-24. Free for personal and classroom use. Please link back if you share.*

Contents

1. Warm-Up Round: Easy Knock Knock Running Jokes (12)
2. Animal Runners: Knock Knock Jokes for Kids (12)
3. Sprint Round: One-Line Funny Jokes About Running (17)
4. Relay Round: Call-and-Response Jokes for Two Runners (13)
5. Distance Round: Longer Knock Knock Running Jokes (8)
6. Track and Field Knock Knock Jokes (10)
7. Cross-Country and Trail Knock Knock Jokes (12)
8. Treadmill and Gym Knock Knock Jokes (12)
9. Race-Day Knock Knock Jokes: Bibs, Medals and Gels (12)
10. Running Club Knock Knock Jokes for Group Runs (12)
11. Slow Runner Self-Roast Jokes (10)
12. Holiday Fun Run Knock Knock Jokes: Turkey Trots to Jingle Runs (11)
13. Funny Runner Nicknames and Running Slang (10)
14. Cooldown Round: Stretching, Recovery and Rest Day Jokes (12)

Warm-Up Round: Easy Knock Knock Running Jokes

Start slow. These are the simplest ones and the best for younger kids. Each has the usual four lines. Say them with a partner for the full effect.

1. Knock, knock. Who's there? Lace. Lace who? Lace up, we're running late!
2. Knock, knock. Who's there? Dash. Dash who? Dash-ing to the start line. Save me a spot!
3. Knock, knock. Who's there? Atlas. Atlas who? Atlas I made it to the finish line!
4. Knock, knock. Who's there? Mile. Mile who? Mile legs are tired, but I'm still smiling.
5. Knock, knock. Who's there? Leaf. Leaf who? Leaf it to me, I'll set the pace.
6. Knock, knock. Who's there? Annie. Annie who? Annie body want to run with me?
7. Knock, knock. Who's there? Ida. Ida who? Ida run faster if you'd stop telling jokes.
8. Knock, knock. Who's there? Don. Don who? Don stop now, you're almost there!
9. Knock, knock. Who's there? Wendy. Wendy who? Wendy race starts, call me.
10. Knock, knock. Who's there? Olive. Olive who? Olive my morning runs.
11. Knock, knock. Who's there? Ivan. Ivan who? Ivan to run a mile, but my legs voted no.
12. Knock, knock. Who's there? Aida. Aida who? Aida big bowl of pasta before the race.

Animal Runners: Knock Knock Jokes for Kids

Animals are natural racers. Kids love guessing which one is at the door. Act out the animal for an extra laugh.

13. Knock, knock. Who's there? Cheetah. Cheetah who? Cheetah-ing is not allowed, so run the whole lap!
14. Knock, knock. Who's there? Owl. Owl who? Owl race you to the corner!
15. Knock, knock. Who's there? Moose. Moose who? Moose we run up that hill again?
16. Knock, knock. Who's there? Toucan. Toucan who? Toucan play the racing game!
17. Knock, knock. Who's there? Hare. Hare who? Hare we go again, one more lap!
18. Knock, knock. Who's there? Tortoise. Tortoise who? Tortoise to never give up, even when we're slow.
19. Knock, knock. Who's there? Panther. Panther who? Panther-ing after one lap, please let me in!
20. Knock, knock. Who's there? Llama. Llama who? Llama tie my shoes before we race.
21. Knock, knock. Who's there? Bear. Bear who? Bear-ly made it, I ran here from the park!
22. Knock, knock. Who's there? Horse. Horse who? Horse from cheering at the race all day.
23. Knock, knock. Who's there? Rhino. Rhino who? Rhino you're tired, but keep going!
24. Knock, knock. Who's there? Goat. Goat who? Goat to the finish line, you've got this!

Sprint Round: One-Line Funny Jokes About Running

No setup, no partner, no problem. These short lines are quick as a 100-meter dash. They work well as captions or in group chats.

25. I'm not slow. I just enjoy the scenery for longer.
26. I ran out of patience, then I ran out of breath. It was a double run-out.
27. I started running to get fit. So far I've gotten very good at stopping.

28. My cardio is great. I'm just not sure which card.
29. They say running clears your head. Mine is mostly a snack list with legs.
30. Why did the runner sit on the clock? She wanted to be on time for once.
31. I run on caffeine, hope and a very small amount of stretching.
32. My watch says I ran 5K. My legs say they ran 50K. We are in a dispute.
33. I'm not at the back of the pack. I'm leading the walkers.
34. I told my sneakers we were going for a quick jog. They know I lie.
35. Nothing beats the feeling of taking your shoes off after a run. Except pancakes.
36. The only thing I run on time is the dishwasher.
37. Hills are just the ground asking if you're sure about this.
38. My running app keeps congratulating me. I think it's being sarcastic.
39. Runners never get lost. They just take the long way to a PR.
40. I sprinted for the bus. The bus has a better finishing kick.
41. Every finish line is just a start line for brunch.

Relay Round: Call-and-Response Jokes for Two Runners

Relay jokes pass the baton. One person asks the question and the other answers. They are great on the bus ride to a meet.

42. Q: What do runners eat for breakfast? A: Fast food, but they never stop for it.
43. Q: What's a runner's favorite subject? A: Jog-raphy.
44. Q: Why do runners love the library? A: They like to take a few laps.
45. Q: What did the sneaker say to the sock? A: "You're my sole mate."
46. Q: How do you know a runner is lost? A: They keep going in circles and call it a workout.
47. Q: Why did the hurdle go to therapy? A: It couldn't get over it.
48. Q: Why did the sneaker ask for a raise? A: It wanted a better sole-ary.
49. Q: Why was the track so friendly? A: It always had a lap for everyone.
50. Q: Why did the baton love parties? A: It liked being passed around.
51. Q: What's a runner's favorite season? A: Spring, because it's all about a quick start.
52. Q: Why do marathon runners tell long jokes? A: The punchline is 26.2 miles away.
53. Q: What do you call a runner who lost both shoes? A: A sole searcher.
54. Q: Why did the stopwatch stay calm on race day? A: It took things one second at a time.

Distance Round: Longer Knock Knock Running Jokes

For the patient crowd. These run a little longer, with an extra beat before the punchline. For more runner wordplay, check our running puns.

55. Knock, knock. Who's there? Mara. Mara who? Mara-thon you for coming to my door at dawn!
56. Knock, knock. Who's there? Interval. Interval who? Interval you go again, just five more minutes.
57. Knock, knock. Who's there? Taper. Taper who? Taper-ing off before the race. Please stop asking me to jog.
58. Knock, knock. Who's there? Wall. Wall who? Wall you ever finish this run?

59. Knock, knock. Who's there? Cramp. Cramp who? Cramp your style, mate, you're limping.
60. Knock, knock. Who's there? Hydrate. Hydrate who? Hydrate to say it, but we're only at mile two.
61. Knock, knock. Who's there? Tempo. Tempo who? Tempo-rarily out of breath. Back in a minute.
62. Knock, knock. Who's there? Stopwatch. Stopwatch who? Stopwatch you're doing and hurry up!

Track and Field Knock Knock Jokes

Sprints, hurdles, relays and jumps give plenty of material. These are good for school meets and gym class. They also work well in a teacher puns classroom mix.

63. Knock, knock. Who's there? Hurdle. Hurdle who? Hurdle be lunch soon, so pick up the pace.
64. Knock, knock. Who's there? Relay. Relay who? Relay-ly want to come in, I'm tired of running.
65. Knock, knock. Who's there? Luca. Luca who? Luca-t you go! Good luck out there!
66. Knock, knock. Who's there? Lena. Lena who? Lena little closer, I'm out of breath.
67. Knock, knock. Who's there? Baton. Baton who? Baton down the hatches, a fast one's coming.
68. Knock, knock. Who's there? Jump. Jump who? Jump to conclusions and you'll miss the long jump.
69. Knock, knock. Who's there? Lane. Lane who? Lane on me when the hill gets steep.
70. Knock, knock. Who's there? Sprint. Sprint who? Sprint-ing to your door before the bell rings.
71. Knock, knock. Who's there? Javelin. Javelin who? Javelin the wrong direction, watch out!
72. Knock, knock. Who's there? Heat. Heat who? Heat's your turn to run, so get to the line.

Cross-Country and Trail Knock Knock Jokes

Off-road running brings mud, roots and hills. These jokes keep the mood light on the bus to a cross-country meet or a weekend trail run.

73. Knock, knock. Who's there? Uphill. Uphill who? Uphill both ways, and I still beat you here!
74. Knock, knock. Who's there? Pine. Pine who? Pine-ally done with the long run!
75. Knock, knock. Who's there? Root. Root who? Root for me at the next aid station!
76. Knock, knock. Who's there? Compass. Compass who? Compass me on the left, please. Trail manners matter.
77. Knock, knock. Who's there? Mud. Mud who? Mud-dy shoes stay outside, please.
78. Knock, knock. Who's there? Moss. Moss who? Moss-t be a trail race, I'm covered in leaves.
79. Knock, knock. Who's there? Wood. Wood who? Wood you mind if I lead the way?
80. Knock, knock. Who's there? Creek. Creek who? Creek-y knees after that trail, but I'm smiling.
81. Knock, knock. Who's there? Puddle. Puddle who? Puddle on your rain jacket, the course is soaked.
82. Knock, knock. Who's there? Ridge. Ridge who? Ridge you bring the trail mix?
83. Knock, knock. Who's there? Trail. Trail who? Trail-ing behind again? Wait for me!
84. Knock, knock. Who's there? Rock. Rock who? Rock-et fast on the downhill, slow as a snail on the climb.

Treadmill and Gym Knock Knock Jokes

Rainy days send runners indoors. The treadmill never moves, but the jokes can. Try these between sets.

85. Knock, knock. Who's there? Incline. Incline who? Incline-d to skip leg day, but here I am.
86. Knock, knock. Who's there? Treadmill. Treadmill who? Treadmill-ing around and going nowhere fast.
87. Knock, knock. Who's there? Lunge. Lunge who? Lunge time already? I just warmed up!
88. Knock, knock. Who's there? Plank. Plank who? Plank you for saving me a treadmill!
89. Knock, knock. Who's there? Squat. Squat who? Squat are you doing on my treadmill?
90. Knock, knock. Who's there? Belt. Belt who? Belt you didn't think I'd last ten minutes on this treadmill!
91. Knock, knock. Who's there? Gym. Gym who? Gym-iny, that was a long run!
92. Knock, knock. Who's there? Watts. Watts who? Watts the top speed on this thing?
93. Knock, knock. Who's there? Mat. Mat who? Mat-ter of fact, I'm done for today.
94. Knock, knock. Who's there? Spin. Spin who? Spin a while since I ran, so be gentle with me.
95. Knock, knock. Who's there? Sweat. Sweat who? Sweat-er weather is over, it's shorts season on the treadmill.
96. Knock, knock. Who's there? Reps. Reps who? Reps-ect the cooldown, please.

Race-Day Knock Knock Jokes: Bibs, Medals and Gels

Race day brings its own props and its own panic. These lines match the nerves. They are good on a sign for the crowd, too.

97. Knock, knock. Who's there? Medal. Medal who? Medal-ing in your business, but you did great!
98. Knock, knock. Who's there? Bib. Bib who? Bib-ly I'll make it to the end.
99. Knock, knock. Who's there? Gel. Gel who? Gel-ly I'm tired of this hill.
100. Knock, knock. Who's there? Water. Water who? Water you running from? The finish line is this way!
101. Knock, knock. Who's there? Finish. Finish who? Finish line is just around the corner.
102. Knock, knock. Who's there? Cross. Cross who? Cross the line and you get a banana.
103. Knock, knock. Who's there? Cereal. Cereal who? Cereal-ly, that was the fastest mile of my life.
104. Knock, knock. Who's there? Sole. Sole who? Sole you did it. Congrats on the PR!
105. Knock, knock. Who's there? Cheer. Cheer who? Cheer up, only one more mile.
106. Knock, knock. Who's there? Pasta. Pasta who? Pasta water bottle, my throat is a desert.
107. Knock, knock. Who's there? Kenya. Kenya who? Kenya run any faster, or are you saving it?
108. Knock, knock. Who's there? Beets. Beets who? Beets me how I ran that far.

Running Club Knock Knock Jokes for Group Runs

Group runs start early and end with coffee. These are made for the parking lot before the warm-up, when everyone is still half awake.

109. Knock, knock. Who's there? Carmen. Carmen who? Carmen run with us on Saturday!
110. Knock, knock. Who's there? Juan. Juan who? Juan more mile and then brunch!

111. Knock, knock. Who's there? Latte. Latte who? Latte miles today. Time for a treat!
112. Knock, knock. Who's there? Shoe. Shoe who? Shoe-re, I'll join the club run!
113. Knock, knock. Who's there? Major. Major who? Major run in the rain, and now we're all soaked!
114. Knock, knock. Who's there? Isabel. Isabel who? Isabel ringing? That means it's the last lap!
115. Knock, knock. Who's there? Willa. Willa who? Willa you join our running club this week?
116. Knock, knock. Who's there? Neil. Neil who? Neil down and tie your laces before we go.
117. Knock, knock. Who's there? Ken. Ken who? Ken I borrow your water bottle?
118. Knock, knock. Who's there? Sunrise. Sunrise who? Sunrise-d to see you here this early!
119. Knock, knock. Who's there? Pacer. Pacer who? Pacer on the left, she's going for a PR.
120. Knock, knock. Who's there? Group. Group who? Group run starts in five, so grab your shoes!

Slow Runner Self-Roast Jokes

Every runner has a slow day. These lines poke fun at ourselves, not at others. Share them with training friends who need a laugh.

121. My pace is not slow. It's a long, thoughtful, scenic walk with occasional jogging.
122. I run because I like seeing the neighborhood dogs bark at me.
123. I don't run marathons. I run mara-nots.
124. My training plan says rest day. I've been taking one all year.
125. I finished my 5K. Technically I finished it in the car.
126. I'm proud of every step, even the ones I walked.
127. I run so my future self can say, "Wow, my past self did less than expected."
128. The only PR I set was for the most snacks eaten in a single run.
129. If I'm last, I'm just a very patient winner of the "everyone else finished" prize.
130. My running playlist is just me saying "five more minutes."

Holiday Fun Run Knock Knock Jokes: Turkey Trots to Jingle Runs

Costume races are the silliest runs of the year. These jokes fit Halloween fun runs, Thanksgiving turkey trots and December jingle runs.

131. Knock, knock. Who's there? Turkey. Turkey who? Turkey trot starts at nine, so wear your feathers!
132. Knock, knock. Who's there? Gravy. Gravy who? Gravy-ty is not my friend on this hill.
133. Knock, knock. Who's there? Pumpkin. Pumpkin who? Pumpkin up the pace for the last mile!
134. Knock, knock. Who's there? Sleet. Sleet who? Sleet's go, it's only a little drizzle!
135. Knock, knock. Who's there? Elf. Elf who? Elf me finish this jingle run!
136. Knock, knock. Who's there? Jingle. Jingle who? Jingle all the way to the finish line, antlers on!
137. Knock, knock. Who's there? Candy. Candy who? Candy race start already? I'm cold!
138. Knock, knock. Who's there? Witch. Witch who? Witch way to the Halloween fun run?
139. Knock, knock. Who's there? Ghost. Ghost who? Ghost faster when zombies are chasing you!
140. Knock, knock. Who's there? Heart. Heart who? Heart to run in a Cupid costume, but I did it!
141. Knock, knock. Who's there? Resolution. Resolution who? Resolution to run more. It starts January 2nd.

Funny Runner Nicknames and Running Slang

Every running group needs nicknames. Here are friendly ones and a few real running terms with a smile attached. Pair them with our joke book for teenagers for team trips.

- 142. Mile Muncher: for the one who eats up distance.
- 143. Pavement Pounder: a classic.
- 144. Road Runner: always in a hurry, often with a tiny cloud of dust.
- 145. Tempo Tim: runs on a schedule and never lets you forget it.
- 146. Fartlek Frank: a real term meaning speed play, mixing fast and slow. The name gets a giggle every time.
- 147. The Negative Splitter: finishes faster than they start. Annoying, but impressive.
- 148. Hill Hero: loves the climb.
- 149. Bonk Betty: hit the wall at mile 20 and has a story about it.
- 150. Taper Tantrum: the person who gets restless the week before the race.
- 151. Shakeout Sam: the one who does a gentle jog the day before and tells everyone about it.

Cooldown Round: Stretching, Recovery and Rest Day Jokes

Every good run ends with a cooldown. This last set mixes one-liners and knock-knocks for sore legs and tired smiles.

- 152. My cooldown is a slow walk to the fridge, with stretching on the way.
- 153. Why did the runner bring a pillow to the finish? She heard there was a cooldown.
- 154. Knock, knock. Who's there? Ice. Ice who? Ice-ing my knees, so come back after lunch.
- 155. Stretching is just yoga for runners who refuse to call it yoga.
- 156. I bought a foam roller. Now I pay to be in pain at home.
- 157. Knock, knock. Who's there? Sofa. Sofa who? Sofa, so good on my recovery plan.
- 158. The best recovery drink is chocolate milk and a high five.
- 159. After a long run, stairs become a group project.
- 160. Knock, knock. Who's there? Massage. Massage who? Massage me when you're done stretching. I'll be asleep.
- 161. Why did the running shoes take a nap? They were totally worn out.
- 162. Sore legs are just your muscles leaving a bad review.
- 163. Knock, knock. Who's there? Bath. Bath who? Bath-room is mine for the next hour. Ice bath in progress.

Frequently asked questions

What is a good funny knock-knock joke?

A good one is short, has a clear pun and works out loud. Try "Knock, knock. Who's there? Lace. Lace who? Lace up, we're running late!" The warm-up group has 12 more.

What is a funny joke about running?

Try "I'm not slow. I just enjoy the scenery for longer." It is a classic runner joke that lands with every pace. The sprint group above has more one-liners.

What's the original knock-knock joke?

No one knows who told the first one. The format became a national craze in the United States in 1936. Some fans point to the porter's knocking scene in Macbeth as a distant echo, but that is not a joke in the same form.

What are some funny running terms?

Fartlek is a favorite. It is a Swedish word that means speed play. Other fun terms are negative split, bonk, taper and shakeout run. The nickname group above explains a few.

What to say to knock knock jokes?

Say "Who's there?" after the first knock. After the name, repeat it and add "who?" For example, if they say "Lace," you say "Lace who?" Then wait for the punchline.

What is a corny knock-knock joke?

A corny joke is one that groans on purpose. "Knock, knock. Who's there? Mile. Mile who? Mile legs are tired, but I'm still smiling" is a good example. The warm-up round has more.

What are some catchy phrases about running?

Short phrases work on signs and shirts. Try "Run now, snack later," "One more mile," or "Pain is temporary, pizza is forever." Choose the ones that feel positive, not harsh.

What is a funny sports joke?

Try "I started running to get fit. So far I've gotten very good at stopping." For other sports, try our football puns and the other pages in the sports hub.

What is a funny nickname for a runner?

Mile Muncher, Pavement Pounder, Road Runner and Hill Hero are all friendly choices. Pick a name that fits their habit, not their body. The nickname group above has ten ideas.

Are these jokes safe for kids?

Yes. The jokes are clean, with no insults or adult themes. They are suitable for classrooms, youth teams and family events.

Do knock-knock jokes work for adults?

Yes. The format is simple and silly, which is why adults like it at parties and after a long run. Use the longer distance round for grown-up crowds.

How do I tell a knock-knock joke well?

Knock on a surface. Wait for "Who's there?" Say the name clearly. After "who?" pause for a beat, then deliver the punchline. Keep your face straight.

Can I use these jokes for a race sign or team shirt?

Short lines, yes. Please credit the page when sharing a long list. Do not resell the collection. For holiday runs, our jingle bell puns may help with a festive sign.

Why are knock-knock jokes so popular with kids?

They are a game with a script. Kids learn the pattern fast and can perform it. It also teaches word play and

sound patterns, which is a useful language skill.