

RUNNING ARTFULLY ACROSS DISCIPLINES

#R3FEST

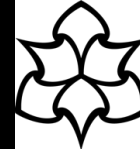
#RUNRUNRUNART

@KAISYNGTAN

JISCMail : 'RUNNING CULTURES'



BY DR KAI SYNG TAN FRSA SFHEA [KAI@KAISYNGTAN.COM](mailto:kai@kaisyngtan.com)
MANCHESTER SCHOOL OF ART SENIOR LECTURER
KING'S COLLEGE LONDON VISITING ARTIST



Manchester
Metropolitan
University

KING'S
College
LONDON

‘This cannot be sorted by three men in London telling people what to do. It's got to be **social mobilisation by people’. We need ‘multidisciplinary science’ and ‘engagement with public’. **‘Culture change’ requires the ‘community's lived experience’****



Prof Dr John Ashton, President, UK Faculty of Public Health 2013-2016
C4 news interview 14/3/20



#MagicCarpet 2017-2019 with Professor of Psychiatry Philip Asherson KCL

Website: www.kaisyngtan.com/magiccarpet **Booklet:** https://issuu.com/kaisyngtan/docs/2019_magiccarpet_booklet_drkaisyngtan

Above: Bush House Arcade, London 2018. Photo by Alex Lloyd

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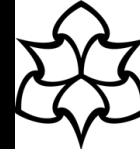
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Run O
**Unfinished
Thoughts**



Jean-Jacques Rousseau
Les rêveries du
promeneur solitaire

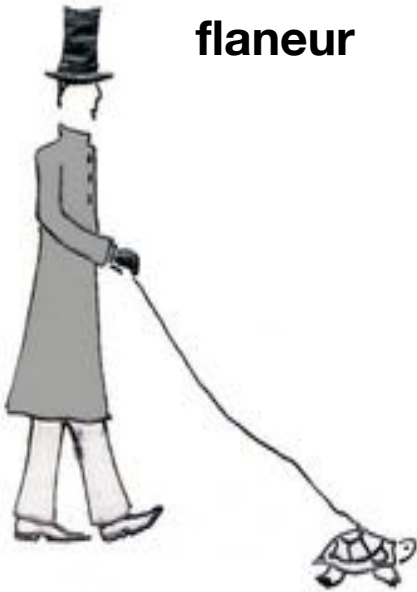
Préface de Jean Grenier



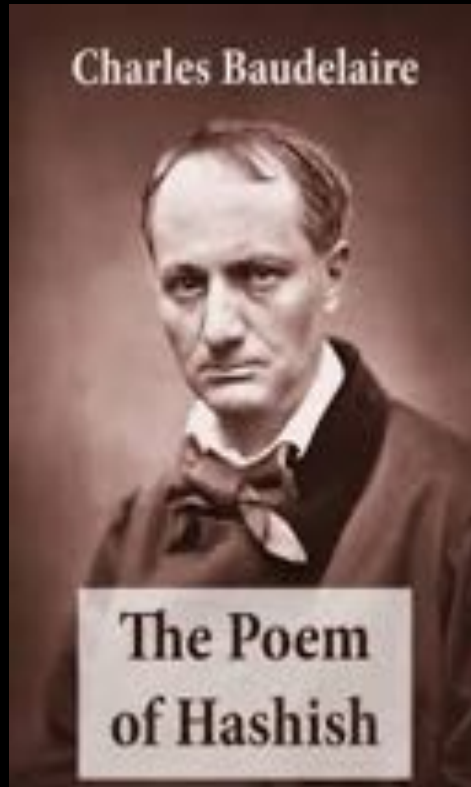
Élio
classique
THOMAS BRUNIER

1776-1778

flaneur



Charles Baudelaire



The Poem
of Hashish

Jean-Jacques Rousseau
Les rêveries du
promeneur solitaire

Préface de Jean Cocteau



Situationists



Richard Long



Francis Alys

fio
classique
FROM 1848

‘Western civilization was born with the promenade.’

Walking is a sensitive, spiritual act’

- Alain Finkielkraut
in Bremner 2007

Jean-Jacques Rousseau
Les rêveries du
promeneur solitaire
Préface de Jean Guisier



Fluo
classique
Paris 1750

Run I
**Unfinished
Acts**

**Derived adaptations for running
(partial)**



**Diagram of the Homo erectus
By Daniel Lieberman 2015**



Run II

Unfinished Dialogues

RUN! RUN! RUN! 2014



'Live' Fest



Talk Fest



Touch Fest



pop-up museum



Film Fest



Art Fest



Posters

PRODUCTIVE ANTAGONISMS:

... a willingness to explore, experiment, mess around with unexpected and indeed unlikely lines of connection and influence. [...] this is something artists are very skilled at. making good art involves a willingness to practice a bit of ill-discipline. a willingness to run across the boundaries that separate disciplines. [...] it is often where antagonistic disciplinary knowledges rub up against each other where the most fertile paths are to be found.

-- Latham and Tan, Cultural Geographies, 2016

<https://journals.sagepub.com/doi/abs/10.1177/1474474017702511>

RUN! RUN! RUN! 2014



'Live' Fest



Talk Fest



Touch Fest



pop-up museum



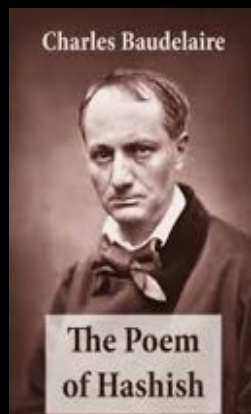
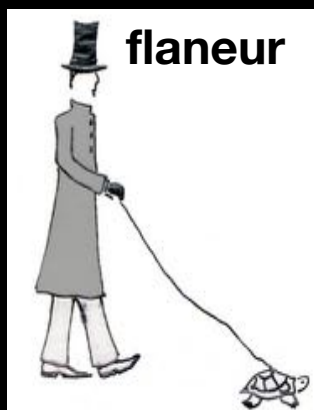
Film Fest

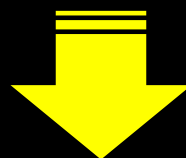
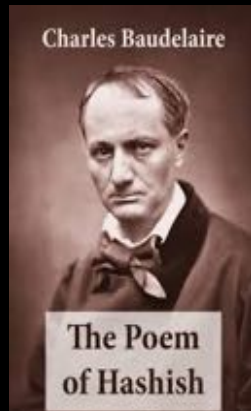
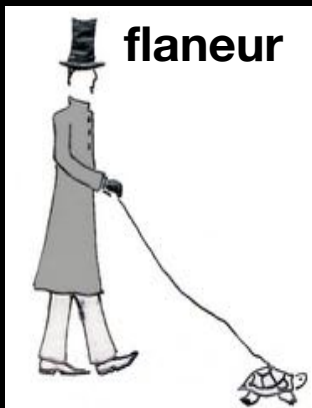


Art Fest

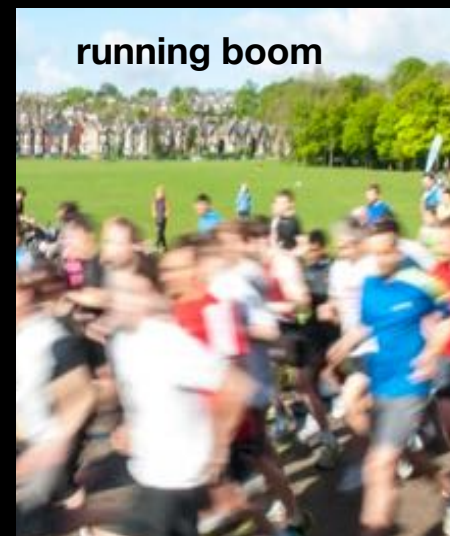


Posters





‘**RUNNING STUDIES**’ (Gregg Whelan 2015)





Run III
**Restless
Times**



Run III
**Restless
Times**

‘Humanity is heading for collapse’.

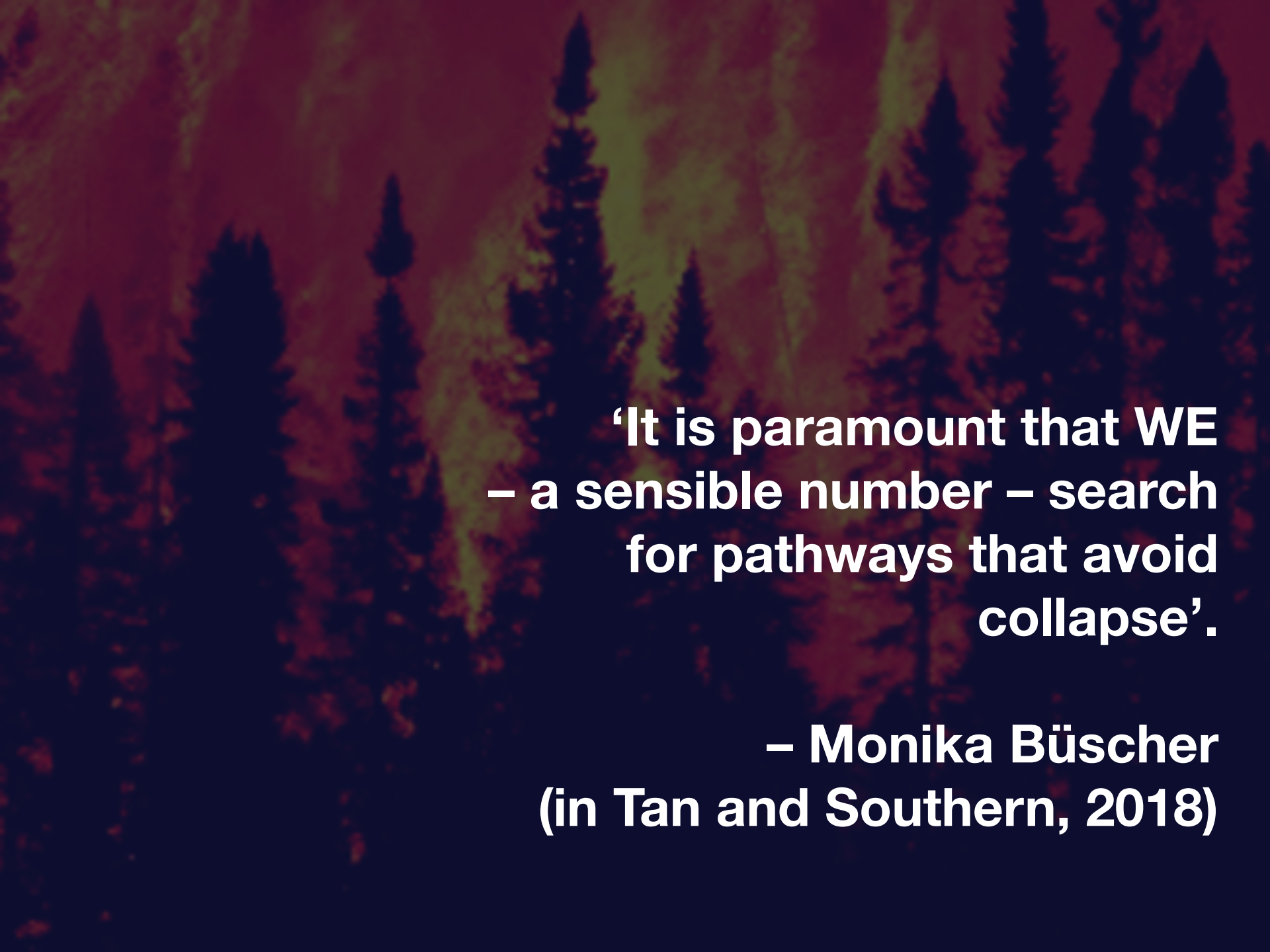
**– Monika Büscher
(in Tan and Southern, 2018)**

'TAKING BACK CONTROL' Priti Patel vows to end freedom of movement 'once and for all' after Brexit

Alex Matthews

1 Oct 2019, 16:33 | Updated: 1 Oct 2019, 19:11






**‘It is paramount that WE
– a sensible number – search
for pathways that avoid
collapse’.**

**– Monika Büscher
(in Tan and Southern, 2018)**

look at your own maps of the 1st ways:

World as body
body as world

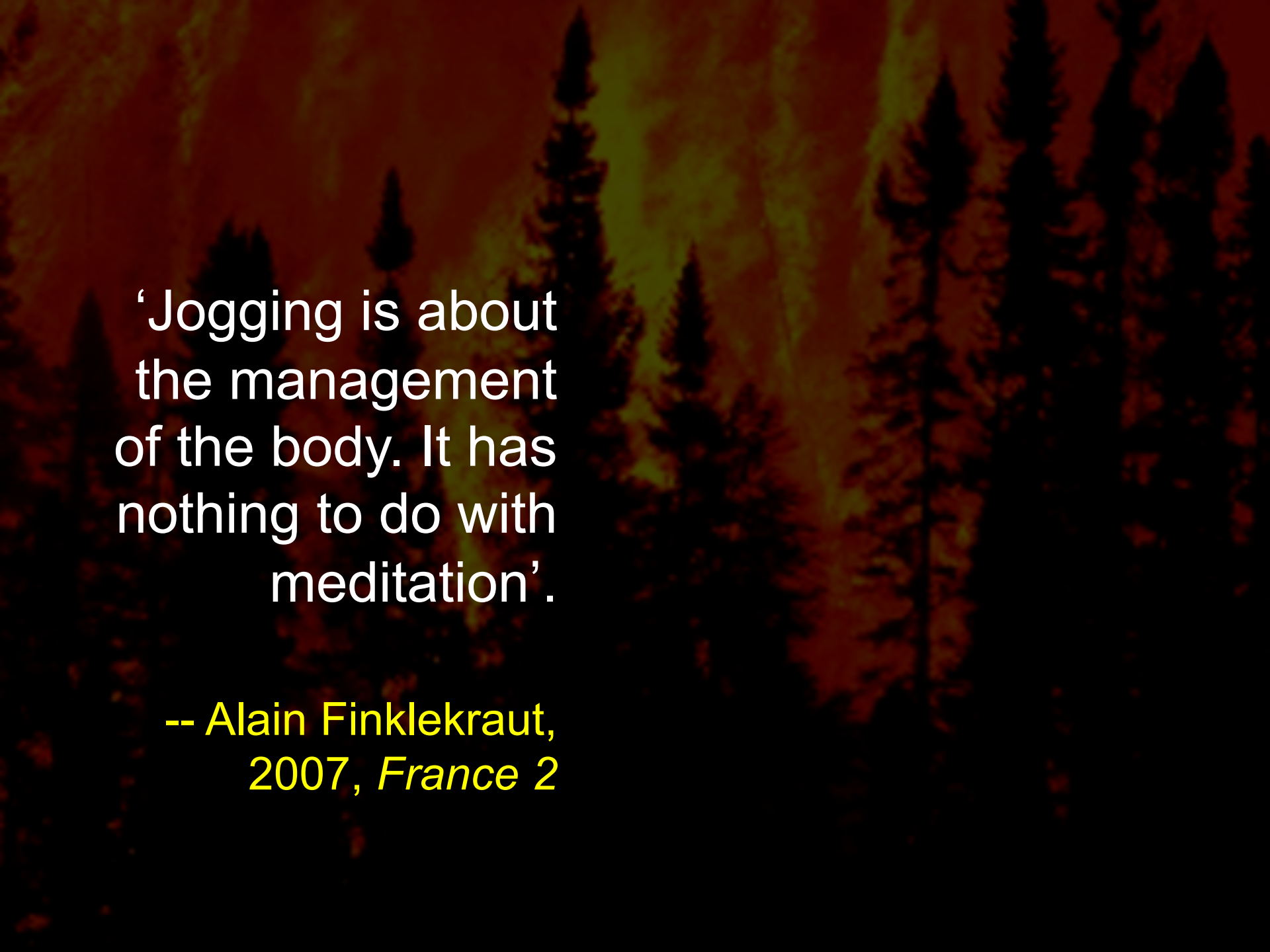
Poetic



I would like
to put a sentence
like this in an
manifesto:

Letter from Büscher to Tan (2018)

I apologise for my handwriting!



‘Jogging is about
the management
of the body. It has
nothing to do with
meditation’.

-- Alain Finklekraut,
2007, *France 2*



**‘Whenever things look worst,
human beings run the most.**

**Running booms were
reported during the
Great Depression, the early
1970’s after the Vietnam war
and after the
September 11 attacks’**

**–Christopher McDougall,
2009, p.11**

RUNNING *ARTFULLY*

**A creative paradigm to
approach critical issues
today?**

Run IV

Artful steps





Kathryn Switzer, Boston Marathon 1967



Tarahumara: since 1600s, run up to 200 miles in 2 days



Sophie Power during a 103-mile race, 2018



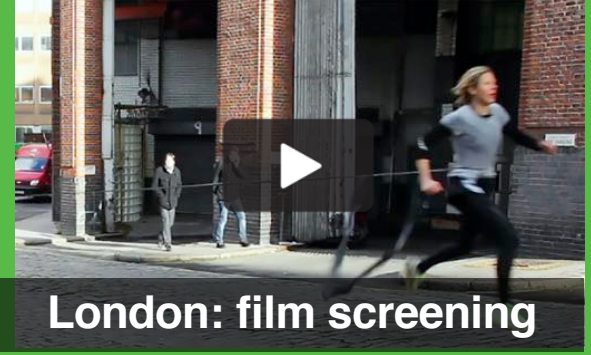
**run!
run!
run!**
biennale
2016
#r3fest



Leeds: seminar



Cardiff: live art, stadium



London: film screening



Cardiff School of Sport
Ysgol Chwaraeon Caerdydd





Free To Run, founded by Stephanie Case <http://www.freetorun.org>



Run V
**Artful steps:
Running Adrifts**

**By Dr Elisa Herrera Altamarino of Capicua Movlab
(Mexico/Spain) <https://vimeo.com/298670996>**

A young girl with blonde hair, wearing a red t-shirt, is playing a violin. She is smiling and looking towards the camera. The background is a light, textured wall.

Run VI
**Artful steps:
Playing**

#antiadultrun, ANTI Festival 2015. Commission, Kuopio, Finland. Kai Syng Tan and Alan Latham <https://kaisyngtan.com/portfolio/antiadultrun/> Photo: Pekka Mäkinen



#antiadultrun, ANTI Festival 2015. Commission, Kuopio, Finland. Kai Syng Tan and Alan Latham <https://kaisyngtan.com/portfolio/antiadultrun/> Photo: Pekka Mäkinen



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#antiadultrun, ANTI Festival 2015. Commission, Kuopio, Finland. Kai Syng Tan and Alan Latham <https://kaisyngtan.com/portfolio/antiadultrun/> Photo: Pekka Mäkinen

**SAFETY
FIRST**

**WALK
DON'T RUN**

#antiadultrun, A
Latham <http://>

and. Kai Syng Tan and Alan
antiadultrun/ Photo: Pekka Mäkinen



The Loneliness of the Long Distance Runner.
Film by Tony Richardson 1962, from a book by Alan Sillitoe 1959

Run VII

Silencing the Unfit Critics

‘Western civilization,
in its best sense, was
born with the
promenade. Walking
is a sensitive,
spiritual act. [...]’
Jogging has nothing
to do with meditation.’

-- Alain Finklekraut,
2007, *France 2*

‘Western civilization,
in its best sense, was
born with the
promenade. Walking
is a sensitive,
spiritual act. [...]’
Jogging has nothing
to do with meditation.’

-- Alain Finklekraut,
2007, *France 2*

**To invigorate
literary mind, start
moving literary feet.**

**Running! If there's
any activity happier,
more exhilarating,
more nourishing to
the imagination,
I can't think of what
it might be.**

**– Joyce Carol
Oates, 1999**

*'Le
jogging
est-il de
droite?'*

'(Is jogging
right-
wing?)

– Libération, 2007

'Le jogging est-il de droite?'

'(Is jogging right-wing?)'

– Libération, 2007

'When you run, you disentangle yourself from logical thinking, from efficiency thinking, from thinking for a purpose

In running ideas are wild, there is an ongoing guerrilla of ideas going on in the mind and this unleashes quite extraordinary associations [...]

It is thinking while in motion, which for me is thinking in its most purest form. All writers are long distance runners.'

**-- Abdelkader Benali, 2012
Author and sub 3hr marathoner**

'I would never have believed that the New York City Marathon could make one weep. It's a vision of Doomsday. [...] They are all seeking death, the death from exhaustion [...] there are too many of them and their message no longer has any meaning [...] [It is] an obscure message about a super human and futile effort'.

Jean Baudrillard, 1989

‘I would never have believed that the New York City Marathon could make one weep. It’s a vision of Doomsday. [...] They are all seeking death, the death from exhaustion [...] there are too many of them and their message no longer has any meaning [...] [It is] an obscure message about a super human and futile effort’.

Jean Baudrillard, 1989

‘Sceptics simply know not what they miss.

Those favouring a sedentary lifestyle inadvertently spend much of [their lives] in a slightly depressed mental state’.

**Mike Stroud, 1999
Physician & adventurer**

‘I would never have believed that the New York City Marathon could make one weep. It’s a vision of Doomsday. [...] They are all seeking death, the death from exhaustion [...] there are too many of them and their message no longer has any meaning [...] [It is] an obscure message about a super human and futile effort’.

Jean Baudrillard, 1989

Moving around meant that animals bumped into each other far more often, both literally and figuratively, which in turn enabled a greater web of potential interactions between species...

**— Nick Lane, 2009
Biochemist**

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Jean Baudrillard, 1989

**We are soft and nimble
when alive, firm and
rigid when dead.**

— Lao Zi, 500BCE

'I would never have believed that the New York City Marathon could make one weep. It's a vision of Doomsday. [...] They are all seeking death, the death from exhaustion [...] there are too many of them and their message no longer has any meaning [...] [It is] an obscure message about a super human and futile effort'.

Jean Baudrillard, 1989



We are soft and nimble when alive, firm and rigid when dead.

— Lao Zi, 500BCE

Run VIII
Artful steps:
Playing a child



**Like a child
that has not yet
learnt to smile,
restless as if I have
no home
to return to.**



— Lao Zi, 500BCE

道



— Lao Zi, 500BCE
Founder, Daoism/Taoism

Run IX
Artful discourses

道



— **Lao Zi, 500BCE**
Founder, Daoism/Taoism

道 = 辵 + 首

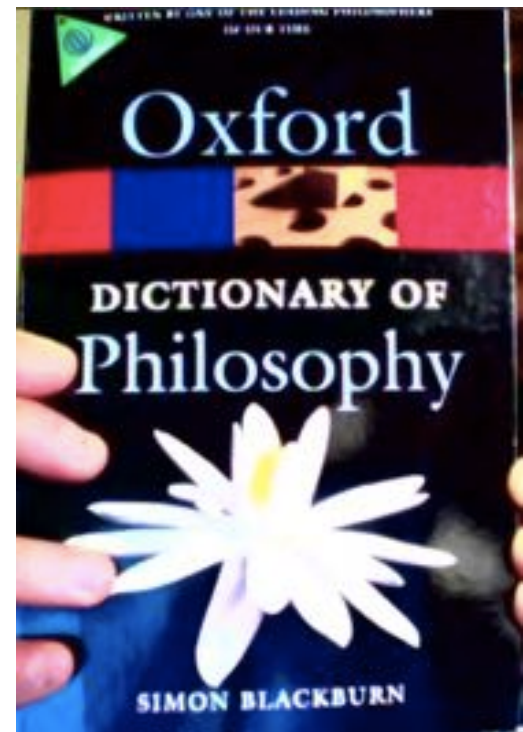
the
Chinese
character
'dao'

motion verb:
of the feet

human head

Dao = way, path, course;
doctrine and discourse

discourse (Latin, *discursus*, a running from one place to another) A continuous stretch of language containing more than one sentence: conversations, narratives, arguments, speeches.





Pheidippides, who ran from Marathon to Athens to deliver message of victory of Battle of Marathon, 500BC. Statue along Marathon Road



Chasqui, or person of relay, who ran 240km a day to deliver and translate messages during the Inca Empire
<http://cuzcoeats.com/chasquis-communication-incas-time/>

THE RUNNING MESSENGER



THE RUNNING MESSENGER



Run X

Unfinished Discourses



Running Artfully Network (RAN)

**Artist-led directive
within the Running
Cultures Research
Group (74 members)**

[https://www.jiscmail.ac.uk/cgi-
bin/webadmin?A0=RUNNING-
CULTURES](https://www.jiscmail.ac.uk/cgi-bin/webadmin?A0=RUNNING-CULTURES)





Elisha Nochomovitz
ran 42.2km in
600 laps along
7-metre-long
balcony.

Toulouse, France.

Instagram:
les_athletes_francais
19 March 2020

GOODGYM <https://www.goodgym.org/about>



‘Missions will continue to operate during this period with enhanced safety procedures. We will work with our partners to ensure that risks are minimised and that we are able to make a contribution to supporting those who are isolated and lonely. We will aim to work more closely with partners such as the Red Cross and Hospital Discharge Teams to safely support those who need our help’

Hope is a belief that what we do might matter, an understanding that the future is not yet written. It's informed, astute open-mindedness about what can happen and what role we may play in it. [...] It means [...] not assuming you know what will happen when the future is unwritten, and part of what happens is up to us.

-- Rebecca Solnit 2017

<https://www.theguardian.com/world/2017/mar/13/protest-persist-hope-trump-activism-anti-nuclear-movement>

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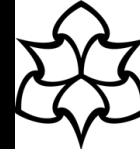
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HANDS ON ACTIVITY

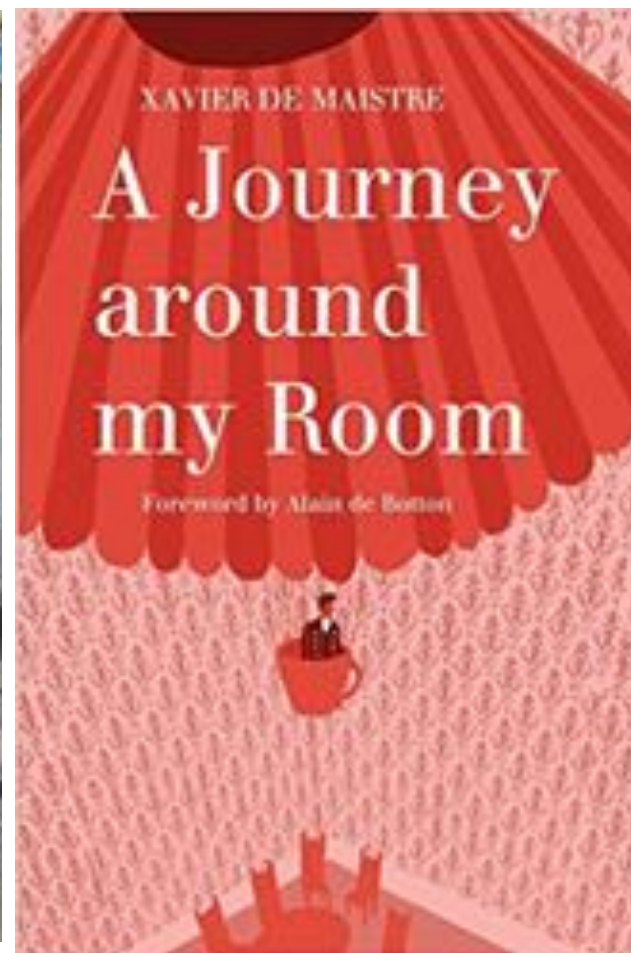
FEET ON ACTIVITY



Elisha Nochomovitz ran
42.2km/ 600 laps along 7
metre-long balcony.
Toulouse, France. Instagram:
les_athletes_francais
19 March 2020



The Oregon State
Penitentiary Running
Program. 5-10K races
since 1970's.
Quarter mile track
<http://www.wvroadrunners.org/penitentiary.pdf>



By Xavier De Maistre
(1763–1852) in 1790.
1825 sequel: *A Nocturnal
Expedition Around My
Room*

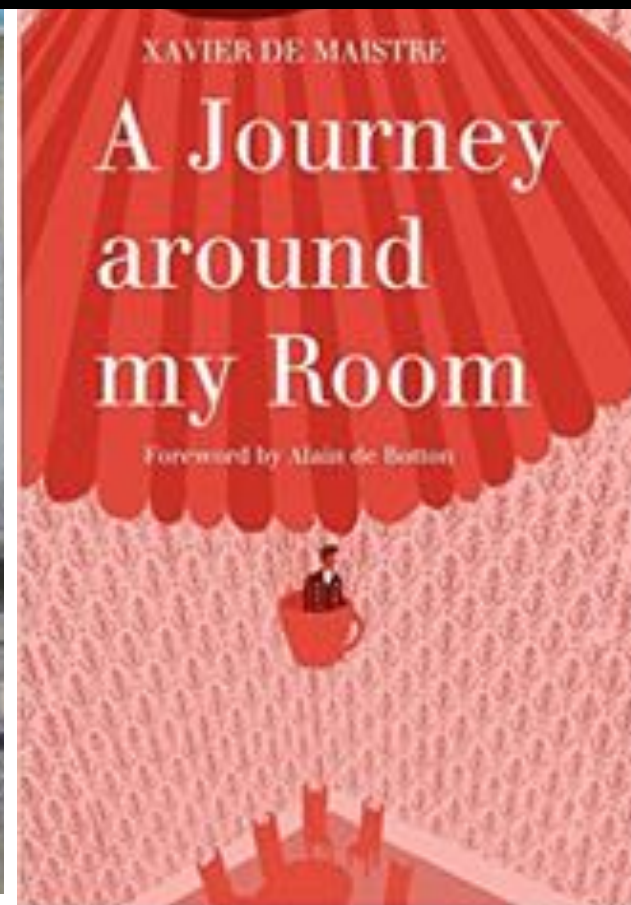
SOLITARY RUNNING: A DREAM WITH LEGS? *LET YOUR IMAGINATION RUN RIOT!*



Elisha Nochomovitz ran 42.2km/ 600 laps along 7 metre-long balcony. Toulouse, France. Instagram: les_athletes_francais 19 March 2020



The Oregon State Penitentiary Running Program. 5-10K races since 1970's. Quarter mile track <http://www.wvroadrunners.org/penitentiary.pdf>



By Xavier De Maistre (1763–1852) in 1790. 1825 sequel: *A Nocturnal Expedition Around My Room*

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