Being Entwined:
Exploring Experiences of Trail Running

Josey Field, Dr. Cassandra Phoenix and Prof. Tim Coles

PechaKucha
20 x 20
slides   seconds

UNIVERSITY OF
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E·S·R·C
ECONOMIC
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RESEARCH
COUNCIL

Exe-
Axe

Salcombe
Marathon — Marlborough

Festival
10km.

Grizzly

Spain

Trail
running

| January | February | March | April | May | June | July | August | September | October | November | December |

Outdoor Activity and Me

Slight of Hand
- Bodies Appearing and Disappearing
- Closeness – Melting into One
- Spirituality/Freedom
- Challenge Norms
- Bodily Regulation
- Trust and Resilience

Pressure
- Excommunicating
- Enjoyable
- Intense Training
- Indoors
- Beyond Body

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Nature and Me

Being Materially Moved
- Weather dependency of their activity
- Expecting the unexpected

Being Affectually Moved
- Deterritorialisation
- Opening
- Opening – 'kinetic empathy'/'affect' ?

Affordances
- Soft Ground
- Low impact
- Less population
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Sensing Motion

"In everyday life I don't feel the need to go [sharp intake of breath] a lot, but I actually quite like having full lungs and feeling like they are being used. I don't know I sound nuts. I don't know I just think it's really important to get everything really pumping..." (Frenella, Trail Runner, Aged 28)

"...you're just your completely zoned out and you cant even really remember where your running... when I started running I just I thought 'well it will keep me active...' I didn't realise how much I can get out of it, how much it can satisfy me on like a on all different kinds of [erm] not just a physical plane but sort of a mental plane..." (Agricola, Trail Runner, Aged 28)

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Sensing Motion

"…you run very much to how you feel because you're running on your own, and when you run on your own you don't, I think you don't realise it but you do, if you're feeling tired you automatically just run at a different speed (Edith, Trail Runner, Aged 27)

"…running around. sort of [erm] the natural environment, you, it doesn't, its just space. It doesn't demand anything of you, you don't have to [pause] erm [pause] its kind of, its all the same, its, its, its, not all the same, its not, not every you know, not every tree is the same. But it is just a tree, and its, you don't it has no identity as such… (Agricola, Trail Runner, Aged 28)

Becoming Harmonised

"Well it [off road running] just feels like, you well, we are part of nature, but I think we kind of take ourselves out of it [nature] so often, so if you are out there on your own in the woods with wildlife it feels like you, its hard to explain, like you are part of that atmosphere experience…" (Sebile, Trail Runner, Aged 28)

…place in particular is really cool, and I … point is where you come round a …and then you see this kind of little island thing. I have no idea what its called but I always call it Jurassic Park, and I absolutely love it just the most remote weird little island…" (Balin, Trail Runner, Aged 22)

Becoming Harmonised

"…it's so unexpected, the terrain, you never know how many ups and downs you are going to have to go through, what the weather conditions are going to be like… (Sebile, Trail Runner, Aged 28)

"I have just been sent a few pictures by my friends of huge bits of the coast going into the sea and near Sidmouth. There is a massive section that has gone into the sea so I don't know what will happen [**Interviewer**: how does that make you feel?] it makes me quite sad, but its natural. So in a way I am not entirely sure how much can be done about it. There is nothing, you can't really stabilize the whole cliff and if the cliff is meant to be going back into the sea then maybe that's where it should go. I feel sad for people who lose you know loved ones and stuff, but its just one of those things isn't it, accidents happen…" (Frenella, Trail Runner Aged 28)

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Reflexive Forethought

Through engagement with outdoor activities, participants developed an extremely sophisticated embodied understanding of both the natural and social world. A pedagogy that helped them to positively frame their individual life journeys and balance existential anxiety.

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- Material World – Dislodging

- Near and the Far (Involvement and Detachment)

- Exploration of Ontic Being - Networking

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Confusion!!!!!!

thank you & any questions?

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