

RUN! RUN! RUN!

An exercise in memory-jogging
with Dr Kai Syng Tan

WAR SAW

Follow step-by-step guide.
Run your own exercise.
Tweet your own annotated maps.



#runrunrunart @kaisyngtan



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kaisyngtan.com/portfolio/
memory-jogging



RUN! RUN! RUN WARSAW is a 5-minute exercise exploring place memory, subjectivity and running — via running. It asks: How does running function as a catalyst to transform what we know about, or how we experience, interpret, or remember a place (such as the historically rich and complex Warsaw)?

5 EASY STEPS IN 5-MINUTES

- ➔ 0-1st minute: **Stretch** and warm up. Hear a rundown of how this works.
- ➔ 1st-2nd minute: Jog. Take turns to complete the sentence '**Here is...**' — shout out your answer. Tweet snapshots.
- ➔ 2nd-3rd minute: Jog back via the same route. Take turns to complete the sentence '**Here was ...**' — shout out your answer.
- ➔ 3rd-4th minute: **Re-call** and **mark on given map** what you said at which location on the map, and what your co-runners said, where.
- ➔ 4th-5th minute: **Share** findings. **Tweet** maps and images. **Stretch** to warm down.

RUNDOWN

Running through a part of Lazienki Park — Warsaw's largest and grandest — participants shout out words and perform what sounds like a street poetry collage of sorts. The words may be what the runners have read or heard about a place, their first-hand experiences of it (prior to or during the run), or whatever words that come to their minds as they encounter sights en route. **Upon completion of the run, participants annotate on maps the words that have been used by themselves and co-runners — or what they can recall — at specific spots of the run. Each generic Google-map becomes specific and subjective, a unique documentation of the participant's personal experience of the city at a particular moment in time, as well as another (historic) artefact and snapshot of the city.** The annotated maps are displayed on Monday March 2 at the Private View of *Now Then Warsaw* at the Centre For Contemporary Art. The maps as well as documentation pictures are also tweeted and archived (forever?) in the digital sphere **#runrunrunart**.

NOW THEN, WARSAW

RUN! RUN! RUN! Warsaw is a response to *Now Then Warsaw!*, which is the name of the Artist-In-Residency programme by 15 artists and designers from Leeds College of Art UK undertaken at the Centre For Contemporary Art in the Ujazdowski Castle in Warsaw, Poland, February 26 - March 3 2015. The title refers to how the group focuses on the historical complexity and specificity of Warsaw, as well as how we are extending a warm handshake to our Polish colleagues, given that 'Now, Then' is a form of a friendly greeting in Yorkshire.

RUN YOUR OWN VARIATIONS

- ➔ Replace 'here' with 'Łazienki Park', 'Warsaw', 'Where Kieslowski worked/died/was born', 'Poland', 'Eastern Europe', 'Europe', 'The Continent', 'This street', 'This town', 'This city', 'A historically-layered and complex city', 'A young/new city', 'This country', 'The world', 'This Planet', 'Our Universe', 'Life', etc.
- ➔ **Replace 'is' with 'seems', 'feels', 'smells', 'sounds', 'tastes', etc.**
- ➔ Pay attention to (or consciously block out) what you see/feel/smell/hear en route.
- ➔ **Pay attention to (or ignore) your breathing, gait, ease/difficulty with which to run/talk, and personal space, and with (dis)respect to your co-runners.**
- ➔ Pay attention to (or ignore) how the passers-by respond to you as you perform this exercise.
- ➔ **Play with your speed as an individual or as a group. Play with your speed within a run.**
- ➔ Play with your route. Return via a different path, or a different distance. Get sidetracked.
- ➔ **Play with the volume of your voice. Scream. Whisper so that you're hardly audible.**
- ➔ Play with your answers. Lie. Mis-hear what is said. Respond to / refute what is said.
- ➔ **Scale the exercise up or down. Perform alone, or with 5 people, or with 5000 people.**
- ➔ Make the workout last 50 seconds or 50 minutes. Stretch it out into a 5-hour marathon.
- ➔ **Do not take turns. Create a cacophony. Leave varying gaps of silence between answers.**
- ➔ Repeat the same exercise on the same day, or on 5th day of your visit, or on the 500th day of your stay, or 50th year of living here. How do your responses, recollection, perception and running ability vary?
- ➔ **Repeat the same exercise using other modes of movement such as walking, skipping, cycling, crawling, swimming, climbing, etc. Compare ease of speech, words you use etc.**
- ➔ Play with a range of outputs. Use a historical map. Make a map individually/together. Get local school children/people of an old folks' home to make a large map. Everyone could draw on the same map. Record the run on video/audio. Cut up/slow down/speed up the audio clips. Mismatch audio and visual clips. Write a reflective essay about the exercise. Write a journal article. Chat about the exercise with war veterans from different sides. Perform another run to evaluate the exercise.
- ➔ **Collaborate with social scientists, physicians, personal trainers, policy-makers, urban planners, historians et al and modify the exercise.**

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Premiere: 2015 February 27 10:45hrs

Warsaw Centre for Contemporary Art

Jazdów 2, 00-001 Poland

RELATED QUESTIONS

- ✦ How could running function as a form of a *work-out* for participants to *work through* ways to engage with the histories of a place?
- ✦ How does running help trigger memories and associative thinking (in this case expressed through words)?
- ✦ How does running take place, *make* place, and *make* meaning?
- ✦ How does running function as a metaphor for how a place changes, how our understanding of history itself is not fixed, and how our relationships to a place is ever-shifting?
- ✦ How may participants engage in a hands-on (and feet-on) exercise, with their feet on the ground, and become active agents (and not passive bystanders, or only reading about a place from glossy guide books), and respond to a place by *animating* it, generating their own map/maps and their own history/histories of the place?
- ✦ Running *in* a place, can we also metaphorically *run* it and feel a sense of ownership of it?

RUN! RUN! RUN!

The RUN! RUN! RUN! International Body for Research investigates and promotes the ways in which running can be activated as an artistic and social app that may enable us to re-imagine the way we engage with the world. This ethos itself is montaged by way of scampering through and picking and mixing a dizzying and delicious assortment of practices and theories. **They include, as demonstrated by RUN! RUN! RUN! Warsaw, the ancient Chinese philosophy and practice of Daoism (mapping; 'world as body, body as world'; spontaneity; playfulness; real-life application); Situationist International (psychogeographical games); the philosophy of associative thinking and runner's high (poetic association; exuberance); art (rhythm, repetition, themes and variation in Bach, Beckett and Warsaw film auteur Krzysztof Kieslowski et al). RUN! RUN! RUN! runs a wide range of cross-disciplinary, practice-related research activities. Situated within and beyond the artistic and academic worlds, these exercises are public- and world-facing, serious, rigorous and disruptiv, as they are light-footed, light-hearted, useless and plain bonkers. The first was the RUN! RUN! RUN! International Festival of Running 1.0 (Summer 2014, Slade Research Centre) which was a runaway success that was covered in the *Guardian*. Two projects were shortlisted in the Artangel Open 100 and Great North Run Moving Images Commission (2014), while different manifestations have been seen in more than 80 public events nationally and internationally since 2010. The branches of RUN! RUN! RUN! are in Leeds, London, Cardiff and Singapore, while Research Associates and Advisory Board members include senior academics and community experts.**

RUN BY

RUN! RUN! RUN! pulls together the work of a few of the 'forerunners' in the field of scholars and artists who study running as an arts and humanities subject. The research institute is founded and run by artist Dr Kai Syng Tan (FRSA, Leeds College of Art). An artist, curator, researcher, lecturer, advisor with a 20-year international portfolio, Kai completed her PhD at the Slade School of Fine Art as a UCL Scholar. The Co-Director is social scientist Dr Alan Latham (UCL Geography), who is a walking or rather running encyclopaedia of running. Alan's work on running has been reported in the *Independent*. He is now writing a book on the history of aerobic exercise.