

# #runrunrunleeds

Prepared by Dr Kai Syng Tan 2015 February 24 Tuesday

<http://goo.gl/3pVnCp>

# #runrunrunleeds

running with a twist (of art)

Mar12 Apr9 May14 Jun11 Jul9 Aug13 Sep10 every body welcome Oct1 Nov12 Dec10

meet 5:15pm at the steps of LEEDS ART GALLERY

**FREE - SIMPLY TURN UP.**  
Every second Thursday of the month.  
Distance: 5-10km.  
*Routes and themes curated by you\**  
\*You: From all walks of life.  
Curious? Grab Kai 0113 202 8121  
kaisyng.tan@leeds-art.ac.uk @kaisyngtan  
*Let's animate the city. Let's create an art movement.*  
A dynamic programme by Leeds College of Art in partnership with Leeds Art Gallery

LEEDS COLLEGE of ART 1846

RUN! RUN! RUN!

**RUN! RUN! RUN! Curate – lead – a run. Animate the City. Free of charge. Every body welcome. Let us create a new movement.**

#runrunrunleeds is a dynamic hands-on *and* feet-on programme created by [Leeds College of Art \(Principal Investigator Dr Kai Syng Tan, and Head of RUN! RUN! RUN! International Body for Running\)](#) run in partnership with [Leeds Art Gallery \(Curator Sarah Brown\)](#). This invigorating agenda of practice-related research activities explores the correlation between running and art, and more generally, movement / exercise / mobility and creativity. Situated within and beyond the artistic and academic worlds, these are exercises for the mind and body. Public- and world-facing, the programme is serious and rigorous as it is light-footed and light-hearted. Apart from the monthly runs curated by the participants, there are special interventions and innovations coinciding with major local, national and international sporting and cultural events such as Tour de Yorkshire or the British Art Show. These energising activities explore running in experimental formats such as performance, heritage tours and workshops, and discourses and debates – some run while participants are engaged in physical activity such as running, or cycling, or fencing et al.

Come come come. *Exercise with a twist (of art).* Join this *not* run-of-the-(tread)mill running club. Meet every second Thursday of the month, 17:15hrs, at the [steps of Leeds Art Gallery, The Headrow LS1 3AA Leeds](#). Coming up: Mar 12, Apr 9, May 14, Jun 11, Jul 9, Aug13, Sep 10, Oct 1 (note that this is the first, not second Thursday of the month), Nov 12, Dec 10. Each route (5-10km) is 'curated' by someone. Each 'curator' then nominates someone else. This 'someone' could be you. The theme is completely up to you.

Keen to curate? Questions? Grab Kai at +44 (0)113 2028121 or [email her at <kaisyng.tan@leeds-art.ac.uk>](mailto:kaisyng.tan@leeds-art.ac.uk). For more information, look up [kaisyngtan.com/portfolio/leeds](http://kaisyngtan.com/portfolio/leeds) #runrunrunleeds @kaisyngtan

#runrunrunleeds

running with a twist of art

every body welcome

every 2nd Thursday of the month

5:15pm meet at steps of LEEDS ART GALLERY

LEEDS COLLEGE of ART 1846

Leeds Art Gallery Welcome

***RUN! RUN! RUN! Curate – lead – a run. Animate the City. Free of charge. Every body welcome. Let us create a new movement.***

## **MEET:**

- Every second Thursday of the month, 17:15hrs at the [steps of Leeds Art Gallery, The Headrow LS1 3AA Leeds UK](#)

## **COMING UP:**

- SPRING 2015: Mar 12 (run by Kai), Apr 9, May 14
- SUMMER: Jun 11, Jul 9, Aug13
- FALL: Sep 10, Oct 1 (note that this is the first, not second Thursday of the month).
- WINTER: Nov 12, Dec 10.

## **WHAT:**

Exercise with a twist (of art). *Not* your run-of-the-(tread)mill monthly running club. Each route is 'curated' by someone. Each 'curator' then nominates someone else. This 'someone' could be you\*.

## **\*YOU:**

As participant. Or as 'curator' of route and theme of run. From all walks of life. With any experience in running / art.

## **ROUTE:**

- Where, what about are completely up to the curator of the month.
- The warming-up and cooling-down sessions will be led by curators. These are also the moments where the curator could say a few / a lot of / no words, to frame the run.
- Examples: 'This is my favourite Sunday run route'; 'Let's check out the area where the new Westfield will be built and chat about what this means to the local community'; 'Pick a partner and debate about the pros and cons of neo-liberalism during the run'; 'In this run, no talking is allowed, and every third step please clap', etc.
- The run can be as long/short, as hard/gentle as each curator prefers.
- It can be 5-10km, and last up to 60 minutes. Participants are free to join or take off midway.

## **RUN BY:**

RUN! RUN! RUN! LEEDS is created by [Leeds College of Art \(Principal Investigator Dr Kai Syng Tan, and Head of RUN! RUN! RUN! International Body for Running\)](#) and run in partnership with [Leeds Art Gallery \(Curator Sarah Brown\)](#).

**WEBSITE:** Address: [kaisyngtan.com/portfolio/leeds](http://kaisyngtan.com/portfolio/leeds) Short address: <http://goo.gl/3pVnCp>

**TWITTER:** [#runrunrunleeds](#) [@kaisyngtan](#)

**CONTACT:** Call Kai at +44 (0)113 2028121 or [email her at <kaisyngtan@leeds-art.ac.uk>](mailto:kaisyngtan@leeds-art.ac.uk).

## **FINE PRINT:**

When you take part in any #runrunrunleeds activity,

- You agree to be responsible for your own health (and that of your dependents whom you bring along). You agree to hold neither the artists nor the organisers responsible should you get injured during or after the run. Please exercise caution when exercising. Please stop running immediately if you are feeling unwell. There is no health expert accompanying the #runrunrunleeds events.
- You allow us to document the event and to use the material for publicity related to #runrunrunleeds and other RUN! RUN! RUN! events. Forms of documentation include but are not limited to photography, video, tweeting and blogging.

- You may wish to bring along water to rehydrate yourself, and a jumper to keep yourself warm.
- Can children take part? #runrunrunleeds follows in the footsteps of the well-run parkrun in advising participants about children participation: 'Yes, we love to see happy children taking part and they are welcome to join us at our inclusive parkrun events. Please note that all under 11s must be accompanied by a parent or guardian throughout the run', and 'We should make clear that the governing body (UK Athletics) say children aged under 13 should not take part in any road race of distance greater than 4km. However, provided younger children are not put under any undue pressure to perform by teachers, coaches, parents or guardians they may take part for fun.'
- In the event of bad weather, we may cancel the event or perform an anti-rain (or snow, or sleet) dance.

## **A SPECIAL INTERVENTION / INNOVATION TO CELEBRATE TOUR DE YORKSHIRE: CYCLE! CYCLE! CYCLE!**

Curated by Leeds College of Art Head Librarian Chris Graham.

2015 April 18 Saturday 10am

Meet at Leeds station Aire Street entrance (near AMT cafe) with your bicycles.

Free of charge. Limited to 15 persons. Book now. Call Kai at +44 (0)113 2028121 or email her at <kaisyng.tan@leeds-art.ac.uk>.

'When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking.' — Arthur Conan Doyle, Scientific American, 1896.

It is not just the Sherlock Holmes author who grasps the power and beauty of applying our body to physical exercise and, in particular, riding a bicycle. For Kraftwerk, the 'Fathers of Electronic Music' (Le Funk 2010), cycling is the perfect expression of the philosophy of man and machine working in union to negotiate time and space (Brown 2009). Turner Prize winner artist Grayson Perry also regularly goes for long-distance rides in the countryside during weekends (Tan 2012).

Cycle! Cycle! Cycle! is a unique cycling activity with a twist (of art, and gastronomy). Chris Graham, the well-loved and well-respected Head Librarian of Leeds College of Art as well as art collector and chef will lead us on this special event to celebrate the Tour De Yorkshire. We will cycle along the Leeds-Liverpool canal from Leeds to Saltaire (approximately 14miles), followed by tour of Chris's private art collection in Chris's listed house, over food that he has prepared. It will be a scrumptious treat for the eyes, body and mind.

Participants are advised to wear a helmet and high-vis top. People without a bicycle may wish to make their own arrangement to rent one from Cycle Point located near the Station. <http://www.bikeandgo.co.uk>

## **WHAT IS #runrunrunleeds?**

- #runrunrunleeds is an invigorating programme of practice-related research activities exploring the correlation between running and art, and more generally, movement / exercise / mobility and creativity.
- Situated within and beyond the artistic and academic worlds, these are exercises for the mind and body. Public- and world-facing, the programme is serious and rigorous as it is light-footed and light-hearted.
- The over-arching research question of #runrunrunleeds is: 'Through the investigation with Leeds Art Gallery on the correlation between art and running, movement and creativity, and what are the ways Leeds College of Art can connect with and generate impact in the local, national and international communities?'
- Apart from the monthly curated runs, there are special interventions and innovations coinciding with major sporting and cultural events in the city, nation and worldwide such as Tour de Yorkshire or the British Art Show. These energising activities explore running in experimental formats such as performance, heritage tours and workshops, and discourses and debates – some run while participants are engaged in physical activity such as running, or cycling, or fencing et al.

- The Principle Investigator of the project is Dr Kai Syng Tan, while the co-Investigator is Dr Dan Robinson.

## WHAT IS RUN! RUN! RUN!

- #runrunrunleeds is a branch of the [RUN! RUN! RUN! International Body of Research](#), a research institute run by Kai and Dr Alan Latham (Geography, University College London).
- RUN! RUN! RUN! investigates running as a playful creative, social and thinking technology. It 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 disruptive — as they are light-footed, light-hearted, useless and plain bonkers.
- RUN! RUN! RUN! Branches are in Leeds, London, Cardiff and Singapore. There are currently a total of 10 Advisory Board members and Research Associates.
- RUN! RUN! RUN! is leading the emerging area of study that explores running as an arts and humanities subject (instead of traditional fields of Sport Science). Its inaugural event was the International Festival of Running 1.0, which was held at the Slade Research Centre in Summer 2014. <[kaisyngtan.com/portfolio/festival](http://kaisyngtan.com/portfolio/festival)> Apart from papers, there were live performances, films, artworks, running tours and workshops. It was a runaway success that was reported in the Guardian. <<http://goo.gl/1qJRGV>> Feedback include:

'After going to this kind of event I'll find it even more difficult to summon up the enthusiasm for a more conventional academic conference'. - Dr Derek McCormack, Oxford Geography, 2014

'I really enjoyed it, and have come away very inspired.' - Mr Devashishu Torpy, Sri Chimnoy Centre, 2014

'Possibly the best conference ever?' – Sarah Pett on Twitter, SOAS, 2014

- RUN! RUN! RUN! pulls together Alan's research on running, which he has worked on since 2008, and that of Kai, which she has worked for the past 5 years (and on the correlation between art and movement since 1994). Kai's Fine Art PhD, on *The Physical and Poetic Processes of Running*, was undertaken at the Slade School of Fine Art as a UCL scholar (2009-2013). Kai's other running-centred work are drawing acclaim from the art and academic worlds, too. Two projects were shortlisted in the Artangel Open 100 and Great North Run Moving Images Commission (2014), while a research proposal was shortlisted for the UCL Centre for Humanities Interdisciplinary Research Projects (CHIRP, directed by Professor Lisa Jardine). Different manifestations of the work has been seen in more than 90 public events, including at dOCUMENTA 13 in 2012.

## THE EVOLUTION OF #runrunrunleeds

- #runrunrunleeds was born in September 2014 when Kai became a Research Fellow at Leeds College of Art.
- From September 2014 – February 2015, #runrunrunleeds ran as a monthly run and research lunch programme, held every last Wednesday of the month.
- Apart from running, activities may include reading, discussion, film screening, as well as other physical activities including swimming, fencing, rowing, cycling, and kung-fu.
- One of the aims of #runrunrunleeds was to demonstrate that research can be inclusive, fun and not intimidating, and not just 'thinky thinky' (words used by a colleague). With 'running' as a starting point, the intention was to reach out to people who are already interested in sports and physical activity. Given running's broad appeal, we may engage both academic and non-academic staff members, students, friends and foes. In addition, through this framework, we hope to begin lively discourses with colleagues who are already researching movement in their work. At the same time, we wish to invite those who may not have been keen in running or physical activities as such, but are curious about how we can appropriate or activate running within an art context.
- With running as a starting point/catalyst, we have, thus far, traversed the territories of
  - swimming (and how it structures life and art, with [artist Mick Welbourn, who is also Print Workshop Manager](#) at Leeds College of Art)



- social dancing (and gender dynamics, with artist David Collins, who is also Visual Communications Senior Lecturer);
- loitering (and the female gaze, with artist Helen Clarke, Photography Lecturer);
- mindfulness (versus people-centred therapy, with Ann Trusson, Student Welfare Officer. With the presence of Leeds artists Invisible Flock, the talk provoked several other strands of discussions, including that of mindfulness in our technology-saturated age).

## DOWNLOAD IMAGES

- Banner high res [http://kaisyngtan.com/wp-content/uploads/2015/02/runrunrunleeds\\_banner\\_large.jpg](http://kaisyngtan.com/wp-content/uploads/2015/02/runrunrunleeds_banner_large.jpg)
- Banner low res [http://kaisyngtan.com/wp-content/uploads/2015/02/runrunrunleeds\\_banner.jpg](http://kaisyngtan.com/wp-content/uploads/2015/02/runrunrunleeds_banner.jpg)
- Button high res [http://kaisyngtan.com/wp-content/uploads/2015/02/runrunrunleeds\\_button\\_large.jpg](http://kaisyngtan.com/wp-content/uploads/2015/02/runrunrunleeds_button_large.jpg)
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## WHY RUNNING MATTERS (TO DENIZENS OF THE ART WORLD)

- The same way artists and art writers have long been inspired by walking, RUN! RUN! RUN! aims to introduce running as material, process, subject method and approach to the art world.
- Running has critical mass. More than 2 million people in England run regularly (BBC 2014).
- One of the aims of RUN! RUN! RUN! LEEDS is to open up how artists can respond to discussions about wellbeing, health, body, etc (artists and designers already 'use' their bodies in different ways; this is an encouragement of another way of engagement with body/mind that may add value to their practice and approach)
- To show that apart from making great art, and achieving excellence in teaching and research, that LCA is engaged in physical activities that may in turn energise and inspire our work in the art studio or office in direct and indirect ways;
- Such a 'campaign' is consistent with national policy and what leading institutions are focusing on (eg UCL high-profile 'Grand Challenges' on Wellbeing; QMUL Emotional Wellbeing research project; Government's Cycle to Work scheme et al)
- Recent developments re-affirm the relevance and importance of this area of research.
  - A report was launched in April 2014 by a cross-party group of politicians, which sets out clear recommendations to tackle the growing physical inactivity epidemic in the UK. The All-Party Commission on Physical Activity report offers recommendations and solutions to help get us back on track. <<http://activitycommission.com>>
  - Nike, Sustrans and the Design Council are on board too, with a campaign named Active by Design, which aims to embed activity into people's everyday lives. [http://www.designcouncil.org.uk/news-opinion/why-it-pays-be-active-city?utm\\_source=Design%20Council%20Newsletter&utm\\_campaign=1b5701886c-Pinged42\\_26\\_06\\_2014&utm\\_medium=email&utm\\_term=0\\_a2748d9827-1b5701886c-67439749](http://www.designcouncil.org.uk/news-opinion/why-it-pays-be-active-city?utm_source=Design%20Council%20Newsletter&utm_campaign=1b5701886c-Pinged42_26_06_2014&utm_medium=email&utm_term=0_a2748d9827-1b5701886c-67439749)
  - Many HE and art institutions have a wellbeing agenda. Dr Helen Chatterjee et al at University College London has developed a museum wellbeing toolkit. [http://www.ucl.ac.uk/museums/research/touch/museumwellbeingmeasures/wellbeing-measures/UCL\\_Museum\\_Wellbeing\\_Measures\\_Toolkit\\_Sept2013.pdf](http://www.ucl.ac.uk/museums/research/touch/museumwellbeingmeasures/wellbeing-measures/UCL_Museum_Wellbeing_Measures_Toolkit_Sept2013.pdf)
  - In November 2014, a large-scale conference was held in London. Sports In Society was attended by public health workers and policy makers. <<http://www.sportsinsociety.co.uk/event-home>>

## ABOUT PRINCIPAL INVESTIGATOR Dr KAI SYNG TAN

<<http://kaisyngtan.com/portfolio/life-on-the-run/>>

Dr Kai Syng Tan (FRSA, AFHEA) is an artist, curator, educator, researcher and advisor with a 20-year international portfolio. Kai currently works as a Research Fellow at Leeds College of Art. She is the Founder, Director and Artistic Director of the RUN! RUN! RUN! International Body For Research.

Kai has been called 'one of Singapore's foremost video artists' (Dr Eugene Tan 2007), and 'a media artist to look out for' (Johan Pijnappel 2005) with a 'sardonic humour but also a sharp intelligence which makes her a self-reflexive, incisive artist of South East Asia now' (Keng Sen Ong 2009). Since 1997, she has been commissioned/invited to exhibit in more than 400 shows worldwide (DOCUMENTA, Guangzhou Triennale, transmediale, Biennale of Sydney, YIDFF; ICA, New York Film Anthology at MOMA, ZKM, Moscow's Dom Muzyki, Centre Georges Pompidou, British Short Film Festival at Empire Leicester Square et al). Along the way, she picked up a couple of awards (1999 San Francisco International Film Festival Golden Gate Merit Award; The Young Artist Award; Japan Foundation Artist-in-Residency Award; Excellence Award as London Ambassador during the London Olympics 2012), curated (Singapore's performance in the 27th South East Asian Games Closing Ceremony, Cinema South Festival, Delhi International Film Festival), taught/wrote curricula/visited/examined (RCA; LCC; ANU; SIM University; LASALLE College of the Arts), opined/advised (School of the Arts, National Arts Council; Media Development Authority) and volunteered (GLA, Bloomsbury Festival).

Kai completed her PhD at the Slade School of Fine Art as a UCL scholar. She also has an MA with Distinction and Excellence Award in Imaging Arts and Science from Tokyo's Musashino Art University as a Japanese Chambers of Commerce and Industry Scholar (2005), as well as a BA 1st class honours in Fine Art from the Slade as Singapore's first Shell-National Arts Council Scholar (1998). Kai has completed a few races including the London Virgin Marathon 2011. Upon coming in first for her age group in a recent Park Run (Leeds Hyde Park, 27 December 2014), she suffered from shin splint and has since been out of action.

## ABOUT CO-INVESTIGATOR Dr DAN ROBINSON

<<http://www.leeds-art.ac.uk/research/crossing-borders-cluster/>>

<<http://crossingborders-lca.blogspot.co.uk>>

Dan is an artist and lecturer working with images, texts, objects and events – often collaborating with specific sites and organisations. His projects include Mud Office (2005-present, with Charlie Jeffery) and Thinking Space for the North (2005-2008, with Bryan Davies and Grizedale Arts). He makes and presents work with/in a variety of cultural spaces: locally, internationally and online. Recent projects have involved working in nature reserves in Nottinghamshire and France; a gallery and observatory in Nice; the Hyde Park Picture House, Leeds and with UK-European art school exchange workshops. Dan's practice-based PhD entitled *The Noise of Fiction: site, score, document* (University of Leeds / AHRC scholarship, 2009) was on site-specific art practice as dialogue. Dan is a Senior Lecturer, where he leads the BA (Hons) Fine Art - Media strand and the Crossing Borders research cluster.

Example projects: include: 1) Mud Office (2005 – ongoing) is a collaboration between Dan Robinson (Leeds) and Charlie Jeffery (Paris). The way they work and the things they produce, result from the specific contexts they are invited to work in and the resources that can be found there. Their previous work has involved establishing a temporary cafeteria, manufacturing furniture, making architectural interventions, forming a band and turning a hunt cabin into a broadcast studio. 2) Thinking Space for the North (2005 – 2008) was a project with Bryan Davies and Grizedale Arts to intervene in the renovation, imagination and re-use of Low Parkamoor, a remote and previously derelict farmhouse in the Lake District. The farm was handed back to Grizedale Arts in August 2008 as a multi-functional residency and project space. The interior 'Thinking Space' parlour and project website now function as resources to explore ideas about the site's identity and narrative.

## ABOUT RESEARCH AT LEEDS COLLEGE OF ART

<<http://www.leeds-art.ac.uk/research/>>

Within the context of Leeds College of Art research is investigating; rediscovering or making a new contribution to knowledge in a chosen specialist field of study/practice that is open for scrutiny through peer review. Scholarly activity is defined as surveying existing developments in the researchers' field, these developments may be practiced- based or technical as well as academic or theoretical; acquiring knowledge in order to keep up to date with developments in a specific area. Scholarship is similar to Continuous Professional Development (CPD) but more involved and focuses on a particular area of field of work, it may involve a number of different activities and goes beyond what is strictly necessary to do 'the job'. The Head of Research is Samantha Broadhead.