

# COME RUN! RUN! RUN! WITH ME!



Co-create running-related artistic interventions with me. Let us embark on everyday/epic adventures of the body/mind exploring landscapes urban / historical / contemporary / digital / imaginary. Mobilise running as motif/metaphor/method to experience/interrogate/reimagine the city, the state, technology, conformity and rationality. Heighten your senses. Ride the runner's high. Activate running as a toolkit for creative thinking. Feel lighthearted. Cultivate foolhardiness. Be lightfooted. Mock stagnancy. Knock logocentrism. Block status quo. Play with your speed. Make 10,000 associations. Collage/clash/collide unexpected elements together. Movement as life. Use your digits (toes) to fight digital hallucination. Act silly. Be an Old Child/Lao Zi. Transform the city into a playground. Re-claim public space. Place your feet on the ground, head in the skies. Re-connect with self and others. Transform your body/mind in motion into a sight/site/stage of protest and autonomy. Be a Daoist gentle anarchist. Celebrate disability and difference. (Neuro) Diversity is strength. Be special. Be sweaty. Be seriously unserious. Apart/rip apart/hack into this (unstable) manifesto. Create your own path. Jump into no conclusion. Diverge. Expand. Venture out. Leap further. Change the world. Change your world. One step at a time. Let your imagination run riot. Let us start a new movement.

City Adventures, Running Heritage tours, Anti-Adult Masterclasses, Artist's Studio Running Visits, Pop-Up Museums, hybrid-monster Festivals, Performances, Conferences, Exhibitions, Fantasy Maps, Articles, Installations, Film, and many other interdisciplinary, versatile, participatory and not-run-of-the-(tread-)mill programmes!

**NO RUNNING EXPERIENCE NEEDED!**

**WE SWIM, WALK, SWIM, CYCLE, CRAWL AND JUMP (FOR JOY) TOO!**

## PARTNERS-IN-CRIME, FRIENDS, FUNDERS, COMMISSIONING BODIES



National Alliance for Museums, Health and Wellbeing (UCL)

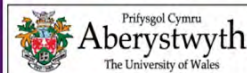


**Sport SINGAPORE**

**RSA**  
19th century enlightenment



Arts & Humanities Research Council



Univerza v Ljubljani Universitas Labacensis



University of Lethbridge



Anglia Ruskin University

**FALMOUTH UNIVERSITY**



The University of Sheffield.



**goodgym**

Royal Geographical Society with IBG

Advancing geography and geographical learning



**PhilBeat**  
Balance . Envision . Artistic . Timeless™

**Sri Chinmoy Centre**

**DOCUMENTA (13)**

**Place alliance**



'Kai is a leader in the UK who's made great impact in the arts and academic worlds in organising successful activities to open up running as a creative discourse.' — **Artist Professor Gregg Whelan. ANTI Festival. 2015.**

'... other conferences could take a leaf out of #r3fest's book.' — **Dr Alex Lockwood. The Guardian. 2014.**

'You leave me and my Camden colleagues with lots of ideas for the future.' — **Mr Peter Twist. Blue Badge Tour Guide Trainer. Retired Metropolitan Police Chief Superintendent 2014.**

'I really enjoyed it, and have come away very inspired.' — **Mr Devashishu Torpy. Sri Chimnoid Centre. 2014.**

'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.' — **Associate Professor Derek McCormack. Oxford University. 2014.**

'I really like your research and practice and believe that you're on to something.' — **Dr Martine Rouleau. UCL Art Museum. 2014.**

'Thank you for the opportunity to attend the Run Run Run workshop, which I really enjoyed! Thanks once again for a fascinating day!' — **Estie McLaurin, Participant Running-Creativity Workshop 2014.**

## ENGAGEMENT, CRITICAL ENGAGEMENT

'She was very friendly and informative and we very much enjoyed this insight into Bloomsbury life'. — **Chris Crowley. 2012. On Kai's guided tour, Bloomsbury Festival.**

'Kai has a global / international vision in art production and education' — **Professor Christophe Charles. Tokyo. Supervisor, Collaborator. 2005.**

'She has the unusual distinction of being highly creative, intellectually able and positively self disciplined.' — **Artist Stuart Brisley. 1998.**

'Kai Syng Tan confronts her new social surrounding with the strategy of a research in progress that is an unusual mix of critical engagement, intellectual references and not to forget a very, very special way of engaging humour'. — **Biennale of Sydney Catalogue. 268-269.**

## ABLE, SPECIAL AND PROUD: 8TH ASEAN PARA GAMES OPENING AND CLOSING CEREMONIES 2015

'Spectacular.' — **Prime Minister Lee Hsien Loong. Singapore.**

'Your team have been most open-minded, thoughtful and accommodating to our suggestions and inputs in making the event a truly accessible one for our community.' — **Singapore Association for the Deaf.**

'You've created exceptional work in letting the status of our students with disabilities and let them soar to greater heights in an international platform.' — **Metta School (Special Education School). Singapore.**

## INNOVATIVE; RESPONSIVE; STAMINA (FOR THE LONG RUN)

'You are one of the most positive and energetic people I know!! Really inspiring to work with you!!' — **Elisa Itkonen. Curator. ANTI-Festival. 2015.**

'She rejoices in communication, and her guises are protean. Whether she is gathering, making or showing things, she is wholly engrossed'. — **House of World Cultures. Culturebase.net 2005.**

'Singaporean artist Kai Syng Tan, [is] known for her eclectic style and cheeky attitude to the art world [...]'. — **Sydney Herald Tribune. 2006.**

## ROBUST TRACK RECORD

'Kai is not only a talented artist but also a great scholar.' — **Cinema South International Film Festival. 2007.**

'Her works often reveal her sardonic humour but also a sharp intelligence which makes her a self reflexive, incisive artist of South East Asia now. [...] Being a versatile straddler between academician and practising artist demonstrates her agility in moving between different fields of knowledge as well as diverse disciplines. She has a wryness which stands her in good stead [...] she is a very talented interdisciplinary artist in search of a medium. She moves restlessly from one medium to another which is art of the joy of her work. She has proven herself to be immensely attractive to students who follow her classes with avid involvement, she can be an amazing source of inspiration'. — **Singapore International Festival Director Keng Sen Ong. 2009.**

## GUIDING THE NEXT GENERATION: MENTEES, EX-STUDENTS, YOUNGER COLLABORATORS

'You've taught me how to think.' — **Michael Larsson, collaborator, ex- student. Sweden 2015.**

'It was she who always listen student's voice and very eager to give everything whatever she knew. I was very lucky for meeting with such a kind teacher.' — **Nyi Lyn Seck, from Myanmar. 2005.**

'Without you I would not have been the person I am today.' — **Vassili Sibirius, from Sweden/Russia. 2011.**



## memory-jogging exercise

running-discourse

道 = 辶 + 首

**Cultural/heritage tours/  
pub-museums crawl**

A group of people, including children and adults, are walking through a park gate. In the background, a large white banner with colorful dots and the word 'Festival' is visible. To the right, another banner for 'ZUMBA' is partially seen. The scene is outdoors with trees and a fence in the background.

**multifaceted multidisciplinary festival for all**

First run: *RUN! RUN! RUN! International Festival of Running* #r3fest, Slade Research Centre. Pioneering event to scrutinise running as cultural discourse. Innovative format: something for everyone. Attracted academics, artists, public, non-runners, social enterprises and charities such as Goodaym and a meditation expert from the Sri Chinmoy Centre.

## Conference

Themes: exploring running+creativity + wellbeing; how cultural sector can contribute positive narratives on mental health and neurodiversity, etc.

## multimedia shows about and with (dis)ability

Example: Opening & Closing Ceremonies of the multimillion dollar Opening and Closing Ceremonies, 8th ASEAN Para Games 2015, the Paralympics for South East Asia. Praised by Prime Minister of Singapore as 'spectacular'.

Vishnu had a serpent, Lord Krishna had his bull, Helio had his Battle of Britain, Stephen Hawking had his chair. Now we have high-tech (dys)service cats (suits) to enhance the lives of people without ADL. Transform your museum into a high-fashion runway show and premiere this wearable tech.

radical catwalk/catron  
show on runway +  
launch of  
(dvs)service cat(suit)

[illegible]

using museums' artefacts + new commissions to invent a new narrative of wellbeing



What could a contemporary, creative (hi)story of wellbeing look like? This is a program of object-based art practice-related research that aims to unearth, invent, and reclaim a critical and creative history of wellbeing.

women + urban running

A photograph showing a person hanging from a power line in front of a brick building. The person is positioned horizontally, suspended by their arms and torso from a single wire. The building behind them is made of red brick and has several windows with white frames. The scene is captured from a low angle, looking up at the person and the building.

With a group of women artists who work with/through running in their art and PhD work. Running as a tool for empowerment. Collaboration with running groups for homeless women. Pictured: sketch of running up a wall performance.

**COME! COME! COME! RUN WITH US**

- \* **March4, Wakefield:** RUN! RUN! RUN! (near Yorkshire Sculpture Park, also to mark International Women's Day.
- \* **Summer, Europe:** new interactive run-performance at international festival.
- \* **Summer, London:** interactive run-performance. On pain.
- \* **September, London:** Presenting new paper on a childlike approach to running, art-making and collaboration RGS-IBG 2016 Royal Geographical Society.
- \* **Weeklv. London:** Joos at Regent's Park.

Should I  
get up  
and join in  
the fun / run?



## performance-lecture

psychogeography + urban adventures

Example: February 29  
ROAM! ROAM! ROAM!  
Leeds. A walk along River  
Aire to share tales of the  
floods and to make new  
collage-map of Leeds.

exploring wellbeing with medics  
and arts/humanities scholars

JISCM@il  
running-cultures  
@iiscmail.ac.uk

With a team of senior academics from different disciplines,

## beyond running

Example: Tour de Yorkshire intervention. 14-mile cycle along Leeds-Liverpool canal followed by tour of private art collection and meal.



## ABOUT KAI

Dr Kai Syng Tan FRSA

Artist, Visual Director, Researcher, Consultant,  
Curator, Lecturer, Sightseer, Shapeshifter  
kai@kaisyngtan.com @kaisyngtan #runrunrunart

[Dr Kai Syng Tan FRSA PhD MA BA WC1 LS9 AFHEA ADHD ACDC MRSA R2D2](#) is an Artist, [Visual Director](#), Researcher, Consultant, Curator, Lecturer, Sightseer and Shape-Shifter. She has been described as 'not only a talented artist but also a great scholar' (Dr Erez Pery 2008), 'one of Singapore's foremost video artists' (*Contemporary Art in Singapore* 2007) and 'a media artist to look out for' (*Art It* 2005) who is 'known for her eclectic style and cheeky attitude to the art world' (*Sydney Morning Herald* 2006) with a 'sardonic humour but also a sharp intelligence which makes her a self-reflexive, incisive artist of South East Asia now' (*Singapore International Festival of Arts Director Keng Sen Ong* 2009).

Kai's 20-year international portfolio has been an investigation of the body and mind in motion as a motif/method/metaphor to articulate and impact the world around us. This vision and approach has been punched into shape by her training/work/life/lives in both the 'wild west' and 'far east' (PhD, Slade School of Fine Art; MA Distinction, Excellence Award, Musashino Art University; BA Fine Art 1st class honours Slade; School of Art Institute of Chicago). Kai activates mobilities such as running / [swimming](#) / [islandhopping](#) / [crawling](#) / [hula-hooping](#) / [drowning](#) as critical/creative modes of interrogation/intervention. Kai's works are (in)formed by the collaging/collision of a range of philosophies and practices from disparate disciplines/genres/cultures, and characterised by layering, wordplay, a day-glo palette and an unheroic/non-male/non-neurotypical perspective (given her [superpowers of ADHD, dyspraxia and dyslexia](#)). The wide range of media she works with/through include performance, installation, digital drawing, mapping, cine-essays and writing. Several have been interdisciplinary collaborations such as with choreographer Takao Kawaguchi, curator Rikrit Tiravanija, composer Professor Christophe Charles, creative director Philip Tan, butoh dancer Matsubara Toyo). Her works have toured 400 exhibitions/conferences/publications (such as [DOCUMENTA](#); Biennale of Sydney; transmediale; [Artangle Open100](#), [8th ASEAN Para Games](#), at locations such as ICA, Tokyo Wonder Site, [Dom Muzyki](#), MOMA and so on) in roughly 50 cities, and Kai has been billed with the likes of Yayoi Kusama and Song Dong. Awards and accolades include the [San Francisco International Film Festival Golden Gate Award](#), [Young Artist Award](#), [Japan Foundation artist-in-residency award](#). In addition, a few of her artworks are in private and public collections such as Museum of London, Fukuoka Art Museum, [United Overseas Bank](#) and [Leeds College of Art](#). Her [large-scale permanent video installation](#), which can be seen daily at a underground train station in the Arts and Heritage district, [has been voted a top artwork by a newspaper \(Today\)](#).

Kai is currently [Research Fellow at Leeds College of Art](#), Fellow of the Royal Society of the Arts, and a Peer Reviewer of the Arts and Humanities Research Council. Last December (2015), she had a successful run as Visual Director and Communications Director for the opening and closing ceremonies of the [8th ASEAN Para Games, the paralympics for South East Asia](#).

## ABOUT RUN! RUN! RUN!



The RUN! RUN! RUN! International Body for Research investigates running as a creative and critical toolkit and runs a wide repertoire of interdisciplinary, practice-related research activities. **Situated within and beyond the artistic and academic worlds**, these exercises are public- and world-facing, rigorous as they are light-footed, light-hearted and bonkers. **Of particular significance was the RUN! RUN! RUN! International Festival of Running 1.0** (Summer 2014, Slade Research Centre) which was a runaway success covered in the **Guardian newspaper**, and have since inspired and helped to kickstart other running-centred research efforts. **RUN! RUN! RUN! projects have been commissioned and enjoyed nationally and internationally** including Centre for Contemporary Arts (Warsaw, Poland), Association of American Geographers Annual Meeting (Chicago, USA) and Anti Festival (Kuopio, Finland). 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. **The Body was founded by Dr Kai Syng Tan**. Her Co-Director is social scientist Dr Alan Latham (UCL Geography).

Founder, Director: RUN! RUN! RUN! International Body for Research Website: [www.kaisyngtan.com](http://www.kaisyngtan.com) Profile: [www.kaisyngtan.com/life-on-the-run](http://www.kaisyngtan.com/life-on-the-run)

Visual Director, Communications Director, 8th ASEAN Para Games Opening and Closing Ceremony (2015)

<http://kaisyngtan.com/portfolio/2015-para-games>

<https://www.aseanparagames2015.com/news/feature-stories/2015/11/showcase-of-different-abilities-and-talents>

Consultant, international creative company Philbeat [philbeat.com](http://philbeat.com)

Director, Curator, RUN! RUN! RUN! International Festival of Running (2014)

<http://www.theguardian.com/lifeandstyle/the-running-blog/2014/jun/30/running-academia-intellectual-aspect-pounding-pavements> (Guardian review)

Research Fellow, Leeds College of Art Research: <http://www.leeds-art.ac.uk/about-us/staff/staff/dr-kai-syng-tan/>

Publications: <https://leeds-art.academia.edu/KaiSyngTan/>

Founding member, Running Cultures Research Group About: <http://kaisyngtan.com/portfolio/group/>

JISCmail list <https://www.jiscmail.ac.uk/cgi-bin/webadmin?A0=RUNNING-CULTURES>

Commissioned Artist, permanent public video commission (since 2009) <http://www.youtube.com/watch?v=htb3yRpUEKQ>

### Interviews

Leonardo Electronic Almanac new media exhibition & interview (2011) <http://www.leoalmanac.org/lea-new-media-exhibition-interview-with-kai-syng-tan/>

House of World Cultures Interview (2005) [www.culturebase.net/artist.php23740](http://www.culturebase.net/artist.php23740)

## LINKS