

I RUN

MUSIC OVERVIEW

DAYS	PAGE	TITLE	ACTION	SOUND
PRE-SET			Audience coming in Max standing on treadmill with headphones in ears + hoodie	Music as the audience enters. Setting the pace. Subtle/ electronic. Goes with later line “yes we can, we can conquer anything, anything” Or Song sung by you?
TRANSITION		Into DAY 0		Snap sound Powerful “Zooming in” Bass
DAY PLUS 1	7	I’m connected to Ellen through the run	First contact with Ellen	Ellen’s voice as an echo when he speaks? Potential underscore leading into: Slight ringing when speaking to Ellen/clicks?
TRANSITION		Into DAY PLUS 2		Snap – click Lighter
TRANSITION		Into DAY MINUS 801		Music/sound leading us into this memory. Slight echo of bum dance tune
DAY MINUS 801	12	Ellen dances a bum dance	First minus day First memory Ellen dances her bum dance HAPPY MEMORY	Does the music play on or stop here?
TRANSITION		Into DAY PLUS 6		Snap Harsh
DAY PLUS 6	13	The poet sees through me	Meeting the poet, can’t let go of the memory	Music – “Red Alert” Basement Jaxx Only rhythm – more abstract maybe, in the style of everything else?

DAY PLUS 11	14	All my emotions and grief pour out of me	Looking at Ellen's gravestone (Wishing he could run with it)	'We can be heroes' Bowie – Starts with slight melody (distorted?), distant – in his head? Grows into him singing On second verse 'I, I can be king' Bowie version blasts together with Max singing it
TRANSITION		Into DAY PLUS 17		'We can be heroes' cont.
TRANSITION		Into DAY MINUS 708		Music/sound leading us into this memory. Sound of Sweden (like picture) Calm, legato, beautiful (light, the light breeze, the water) Memory needs to be visceral
DAY MINUS 708	17	Our last summer before the illness	Holiday by a lake in Sweden HAPPY MEMORY	Music continues
TRANSITION				Sound snap out of memory (reality hits hard/smack on the face) Like beginning
DAY PLUS 26	17	I try to work		SOUND SNAP BETWEEN EACH DAY (same)
DAY PLUS 27	18	I try building Lego with Ellen's younger sister		SOUND
DAY PLUS 28	18	The photos haunt me	Looking at holiday photos from Sweden	SOUND
DAY PLUS 29	18	Run Eat Work	Cycle of a monotone day	SOUND
DAY PLUS 30	18	All over	Repetition of the days	SOUND
DAY PLUS 32	18	Black		SOUND
DAY PLUS 39	18	Run	The run is everything	SOUND
DAY PLUS 44	18	Night all over		SOUND
DAY PLUS 51	18	Getting through the day		SOUND
DAY PLUS 60	18	Black again		SOUND
DAY PLUS 67	19	All I do is run		SOUND
DAY PLUS 68	19	The run is my life		SOUND

DAY PLUS 69	19	I'm a zombie	Sleeping while I run	SOUND
DAY PLUS 71	19	I'm obsessed with the run	Running while I sleep	SOUND
DAY PLUS 72	19	She won't come back	Overwhelmed by the grief, have to get out	SOUND
DAY PLUS 74	19	Dead routine, but the run sends me to a place where Ellen exists	Going through the simple routine, then breaks free from it and runs into all the shit	"And off" – Music Is it the bum dance music again? Something similar?
TRANSITION		Into DAY MINUS 698		Music/sound leading us into this memory. Inspiration: 'Tomfoolery' Spongebob Quirky Funny Slow but childish Light
DAY MINUS 698	22	Ellen sees her Pippi paradise, her Nangijala	Pippi Land HAPPY MEMORY	Music as underscore?
TRANSITION		Into DAY PLUS 83		Sound snap out of memory (hard, fast, I can't think about her and death – pull myself up, push)
DAY PLUS 83	23	Pushing my body beyond its limit	Pushing the body, run amok?	Music – build. Horrible, uncomfortable – body is being pushed beyond limit Hidden microphones turned on? (by feet)
TRANSITION		DAY PLUS 83		Music (sprint) – continues as treadmill goes into incline microphone
TRANSITION		Into DAY MINUS 616		Sound leading us into this memory. Snap Into: Abstract ticking

DAY MINUS 616	24	Ellen's blood count is uncommonly low	First BAD memory First test at the GP. Temporary doctor, Ellen plays with bricks. BAD MEMORY	Abstract ticking – Faint but an annoying, increasingly unnerving sound
TRANSITION		Into DAY PLUS 94		Flatline tone: Short ringing, then out
		Into DAY PLUS 98 (half marathon)		Sound Powerful
DAY PLUS 98	28	Doubt The Vulture hits at the half marathon	Running the half marathon HALF MARATHON	Music Sound
TRANSITION		Into DAY MINUS 567		Sound leading us into this memory. Slight ringing
DAY MINUS 567	32	Ellen has leukemia	The conversation room. BAD MEMORY	Sound (very subtle) throughout – then complete silence “Ellen has leukemia” (timed on Qlab)
TRANSITION		Into DAY PLUS 107 (grief support group)		Sound snap Light
TRANSITION		Into DAY MINUS 428		Sound leading us into this memory. Slight ringing/tickling. Uncomfortable. The fear and confusion
DAY MINUS 428	35	Hospital panic – Ellen can't breathe	In and out of hospital. Oxygen flasks, face mask, anesthetic, induced coma. She's stable. For now. BAD MEMORY	Sound cont.
TRANSITION		Into DAY MINUS 398		Sound Flatline tone again?
DAY MINUS 398	36	It's not out of my hands	Ellen's lungs are getting more damaged. Proving himself to the audience.	Does flatline tone continue

			BAD MEMORY	
		Into DAY MINUS 366 (wheelchair/cemetery)		Music leading us into memory Slow Calm but sad Into cemetery (think light, the flower trees, Ellen in a wheelchair) Subtle
DAY MINUS 366	38	Ellen wants to go for a walk	Walk to graveyard with Ellen SAD MEMORY	Sound cont. underscore? Microphone – whispering into the treadmill as Ellen
TRANSITION				Music: Eric Clapton “Tears in Heaven” suddenly plays
DAY PLUS 190	40	There are no tears in heaven	Gets annoyed by the simplicity of Tears in Heaven. Into mantra to avoid the darkness	Music: Eric Clapton “Tears in Heaven” Does it get slightly distorted? Inside his head? – can’t get this shit out of my head! (can’t run away from it)
DAY PLUS 245	40	I sink down into the ground, no one’s coming to save me	Visiting Ellen’s grave	Sound Uncomfortable, slow, stuck in earth Sinking
TRANSITION				Sound snap Light
TRANSITION				Sound leading us into this memory. Slight ringing/ticking tempo
DAY MINUS 219	43	50/50	Told there’s a 50/50 chance Ellen will make it BAD MEMORY	Ticking, walking up and down 50/50
TRANSITION		Into DAY PLUS 319 (light as a feather)		Sound flatline
TRANSITION		Into DAY MINUS 134		Sound leading us into this memory. Good memory, floaty
DAY MINUS 134	44	The girl floating with a balloon in her hand	Ellen draws at the hospital. SAD MEMORY	Sound cont.
TRANSITION		Into DAY PLUS 365 (anniversary)		Sound snap Violent/powerful
TRANSITION		Into DAY PLUS 456		Sound carrying through this? Echo of him?
TRANSITION		Into DAY MINUS 102		Sound leading us into this memory.

				Faint Ringing
DAY MINUS 102	47	There's no more we can do now	The conversation with the consultant. Two screens with pictures of Ellen's lungs. Ellen's illness has worsened. Nothing more to be done. BAD MEMORY	Ringing dies down
TRANSITION		VOID Into DAY PLUS 478		VOID Ringing?
DAY PLUS 483	48	A sore in my leg gets worse and worse	Running through the graveyard. Animal imagery. An injury is coming up.	Sound – build (cracking/rustling?) The sound of the animal imagery: foreboding, rotten, crawling, hard beetle, insects inside = body decomposing/breaking down/saying stop
TRANSITION		ILL		Sound glitch (clicking/twitching)
DAY PLUS 543	49	Ill from running	Lying at home with fever	Sound glitch
TRANSITION		Into DAY MINUS 13		Sound leading us into this memory. Good memory Something nice for Ellen, calm
DAY MINUS 13	51	You're so silly, of course I'm not going to die	Ellen's friend tells Ellen she's going to die. SAD MEMORY	
TRANSITION				Sound snap – nice? Longer?
DAY PLUS 624	52	Tribute to Ellen in Morocco	Family holiday in Morocco. Alice learns to swim. They write Ellen's name in the sand. It rains.	Sound?
TRANSITION		Ellen can't breathe/marathon		Snap – same for each

DAY PLUS 750	54	I'm a front runner	RUNNING THE MARATHON Running through everything	Sound?
TRANSITION	55	Run to find Ellen.	Run to find Ellen. ELLEN IS IN THE ROOM SOMEWHERE	Sound/music Sad. String? Ellen is there, we see her, but he doesn't. Element of hope. Cuts out but not too abrupt.
				Music as audience leaves