

Chapter 1 : rya training almanac | eBay

The Total Runner's Almanac - 3 is a comprehensive logbook and training primer. Building on the earlier, highly successful and standard-setting almanacs, it is light weight and "pared down to the bones" a flexible year-long training companion.

Almanac H C-B Curated by: Almanac h C-B features a remounted exhibition and reprinted book originally commissioned by the Stills Division of the National Film Board of Canada in Organised by Vancouver artists Jack Dale and Michael de Courcy, fifteen West Coast artists were invited to produce photographic booklets that were then compiled into an anthology. The book itself was conceived as an exhibition and became the content of a touring exhibition "a multimedia version of the book, complete with walls painted greyscale. This self-referential project highlights the processes of print production and the mass media circulation of print culture. Concurrently, Presentation House Gallery is organising a related exhibition of photographs, film, mixed media works and ephemera that features Almanac artists. More information about the exhibition: The reprinted book is available for purchase in the gallery and online. Paperback with a cardboard box. Edition of , pages. Events Saturday, November 28, 1: Fifteen West Coast artists, filmmakers and writers"many using cameras for the first time"were invited to produce photographic bookworks that were disseminated individually and compiled into one publication that Presentation House Gallery has reprinted. The vibrant interdisciplinary art scene on the West Coast embraced newly accessible camera technology, like a Portapak video camera that arrived in Vancouver in the late s, and the democratic promise of disseminating art via mass communication. The book is conceived as an exhibition and the remounted Almanac installation shown at the Vancouver Art Gallery in is a three-dimensional version of the production of the book, complete with walls painted greyscale. The Almanac project is highly self-referential and upends conventional hierarchies through witty and inventive approaches to making art. The BC Almanac has proven to be prescient, anticipating the zine and digital image cultures of today, and the renewed experimental ethos of artist book production. From to , de Courcy was an active member of the Intermedia Society, which he documented extensively. His practice encompasses photography and video, printing and publishing, online projects and public artworks. Almanac h C-B exhibition was one of his first shows. Since then, his multimedia works and photographs have been exhibited across North America and Europe, and currently can be seen at the Vancouver Art Gallery. She has presented numerous exhibitions on contemporary photography at the Canadian Museum of Contemporary Photography and National Gallery. Michael Morris is a painter, photographer, video and performance artist and curator. A key figure of the West Coast art scene, he created mail-art networks and collaborated as Image Bank with Vincent Trasov, and co-founded the Western Front in His experimental work is often media based, and involved with developing networks, collaborations and new art activity. Monday, November 23, 7: To bring to light this forgotten event in the history of West Coast media art, Presentation House Gallery has reprinted the anthology and remounted the exhibition, along with works from the period by artists featured in the book. Not all the films were made in the year the book was published, but all are representative of the vibrant multidisciplinary art scene of the West Coast as it embraced the expressive potential of newly accessible camera technologies. Almanac h C-B, re-printed publication Installation view, B. Almanac h C-B, publication pages Installation view, B. Instant Photo Information Outtakes, c. Michael Morris, Props, N. Additional research material and documents Research material and documents Vincent Trasov, Disneyland Burning, and Guggenheim on Fire, Timothy Porter, - Jack Dale, Cubed Woman 3 a-b, Judith Eglington, Living Creatures series, c. Almanac H C-B B. Presentation House Gallery is also remounting the accompanying exhibition that was conceived as an immersive, multimedia version of the book. The project highlights the experimental ethos of artist book production as alternatives to gallery exhibitions during that period, as well as radical new approaches to the circulation of print culture through mass media. Executive producer in Ottawa: West Coast producers and designers:

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The second edition of The Total Runner's Almanac is a comprehensive page logbook and training manual. Building on the earlier, highly successful and standard-setting runner's and triathlon almanacs, it is light weight and "pared down to the bones" a flexible yearlong training companion.

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Castilleja's Tevah Gevelber finished second in the girls Division V race at the Stanford Invitational with a time of , a personal best by more than a minute and a half.