



Collected Works for Performance

Hannah Nicklin

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Equations for a Moving Body will follow Hannah Nicklin as she trains for and attempts a full-distance triathlon, sometimes known as an 'Ironman', to attempt to tell the story of her relationship to her body through sport, training for and attempting a great feat of endurance, and the reasons we do these (frankly ridiculous) kinds of things. You can follow a blog specifically about the process of training for and making the show at ironman.hannahnicklin.com. It's the story about preparing mind and body for a 2.4k swim, 112 miles of cycling, then running a marathon. It is about how the thing that shocks people the most is when you tell them you're not allowed headphones. Just you, alone, body and mind, and the next moment. For 12 hours (or more). It's also a story about things like Hannah's friend who died, John. About the marathon she ran in his memory. It's about the reasons she swims, cycles, and runs.

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