



THE ENDURANCE PAINTINGS

SUMMER | 2018

THE ENDURANCE ART

The Endurance Paintings are made by the slow meticulous process of building the painting's surface brushstroke by brushstroke over time. Originating as a practice to cultivate self-discipline, the Endurance Paintings gradually evolved into a way of transforming creative energy into applicable skill.

The simple practice of applying paint to canvas over thousands of hours in tens of thousands of brushstrokes was a process of deep self-reflection that placed me on the road to becoming an Ultrarunner.

An ultrarunner is a runner who runs distances beyond the 26.2-mile marathon.

I'd never run before Endurance Painting; my background as an athlete was in the Martial Arts: wrestling, Brazilian jiu-jitsu, and Hapkido. It was Endurance Painting that supplied the method to prepare my mind to endure prolonged states of pain and tedium. Endurance Painting was the process that hardened a belief in myself and provided the pathway to successfully running ultramarathons.

On November 11th-12th, 2017, I ran 100 miles nonstop in under 24 hours through the streets of New York City, putting 2 years of dedicated physical and mental training to the test in the ultimate feat of endurance. I began at my Brooklyn studio and ended with my hands on the Metropolitan Museum of Art before my body collapsed and went into shock.

I'm thrilled to announce the upcoming Fall 2018 release of *The 100 Mile Run, The Art of Endurance*, a short film that tells the story of painting to run, and includes original animations that describe in vivid detail the internal experience of running 100 miles nonstop.

It was and continues to be of paramount importance to demonstrate the depth of this creative practice and the power behind each and every brushstroke. A strong relationship has emerged between running and painting, between miles and squares, paint and sweat. The art of Endurance Painting has become the foundational art of cultivating inner strength.

I sincerely hope you enjoy this summer catalogue featuring the latest Endurance Paintings and will follow up with details relating to the date and location of the film screening and upcoming exhibitions.

My very best,

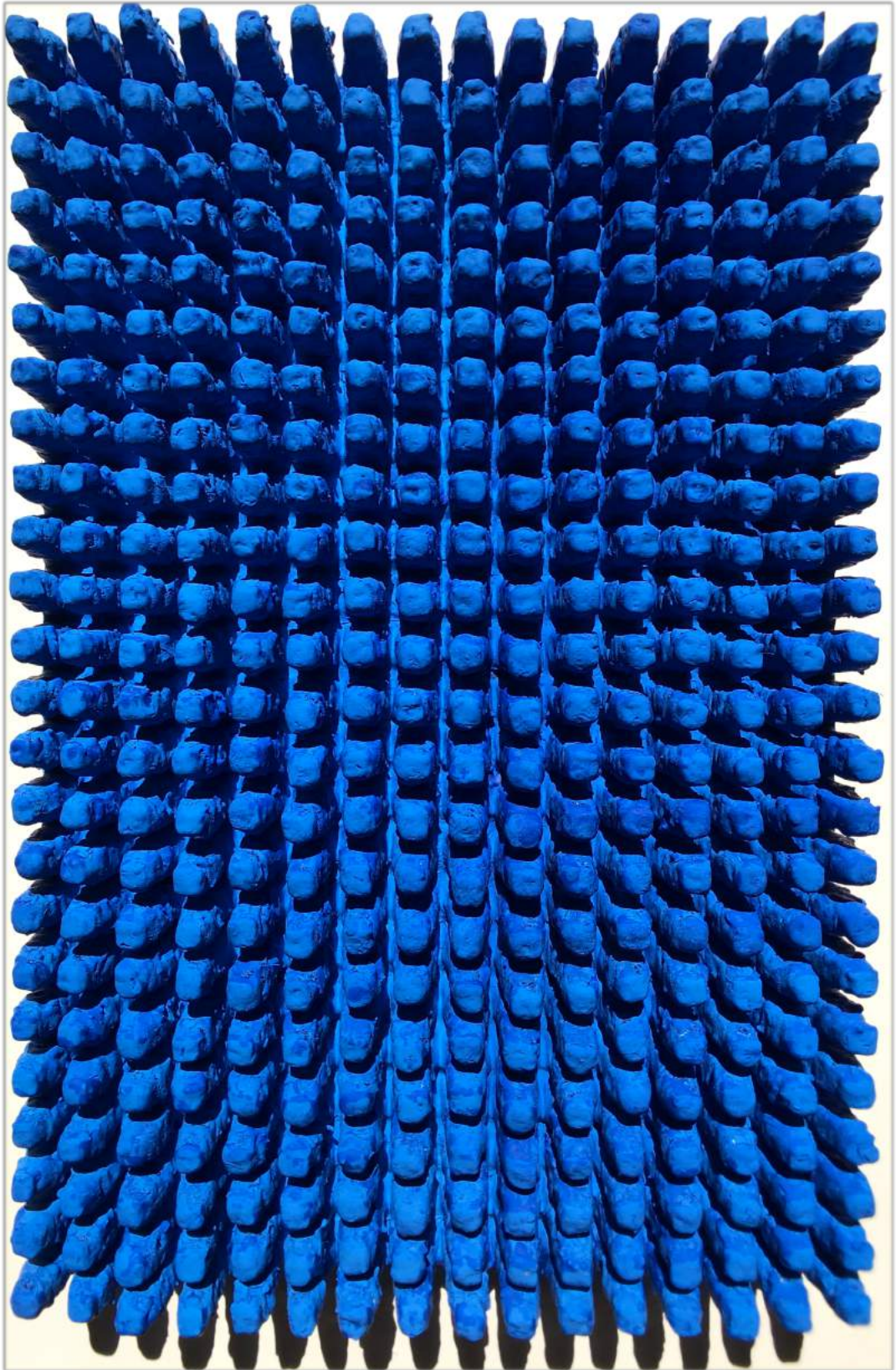
Ramsey Chahine



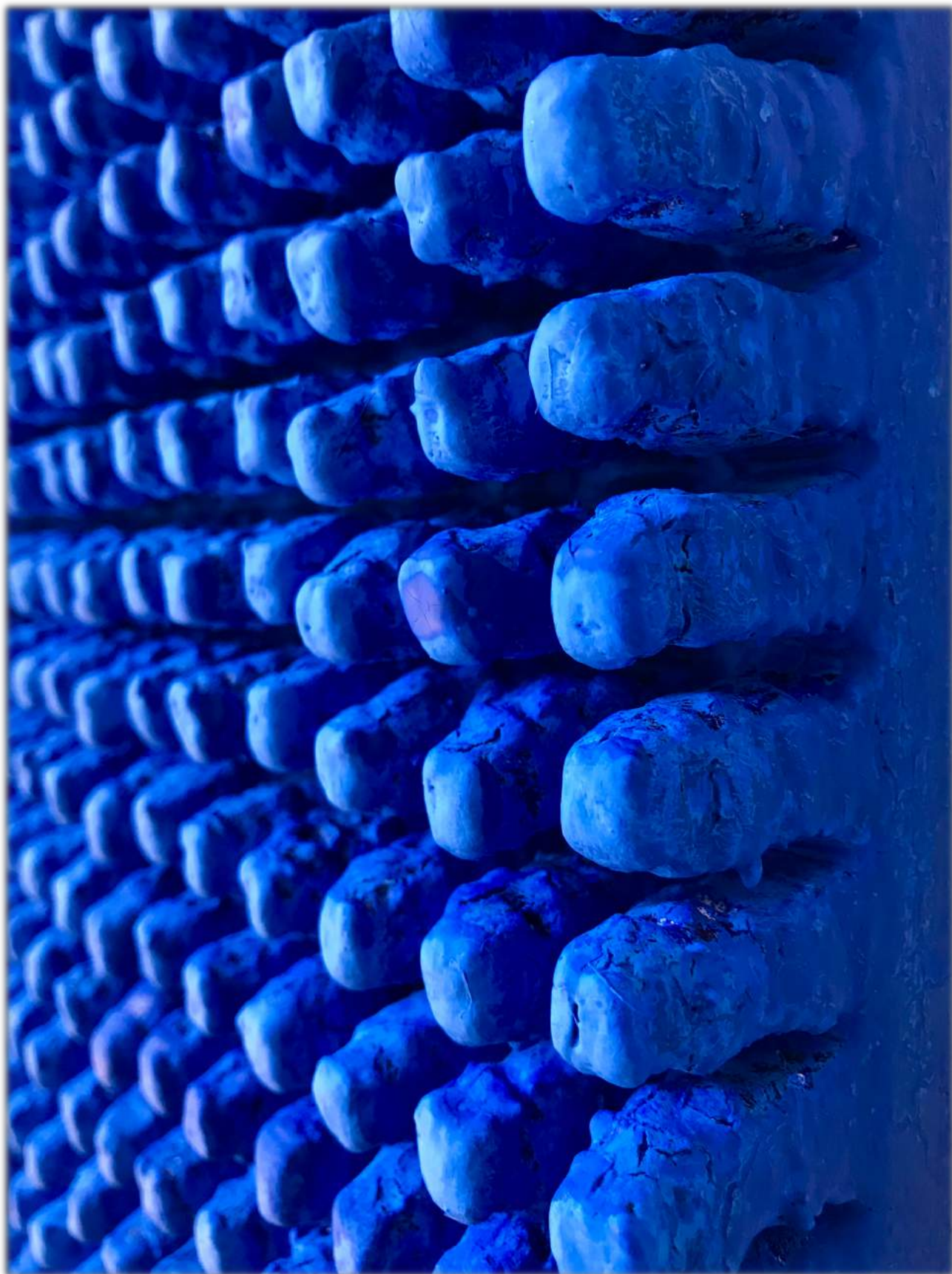
ENDURANCE PAINTING #4

COBALT BLUE

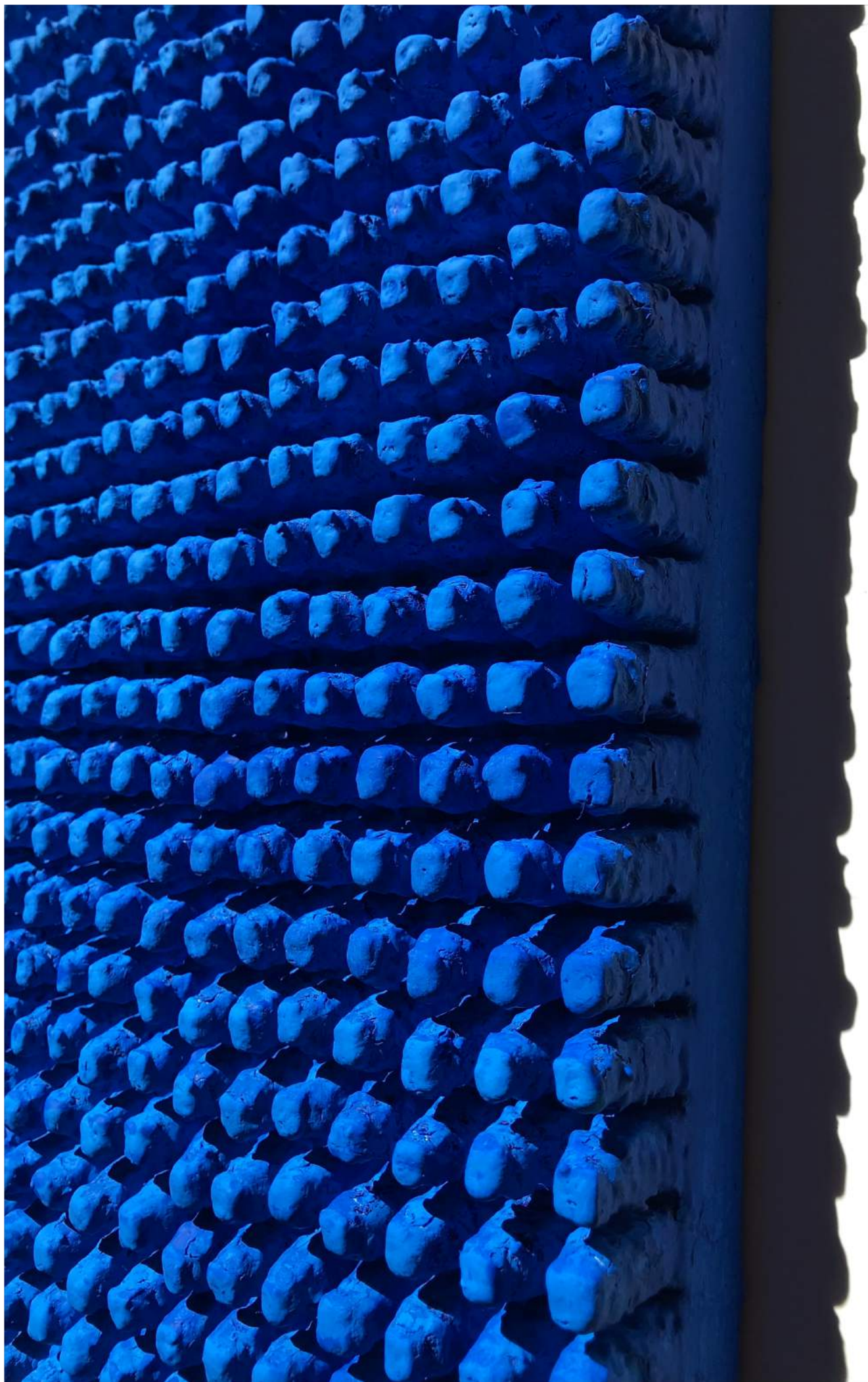
230 hours, 3,456 squares, 12lbs of paint



Acrylic and resin on canvas panel,
18 x 12 x 2.5 inches,
2018.



DETAIL

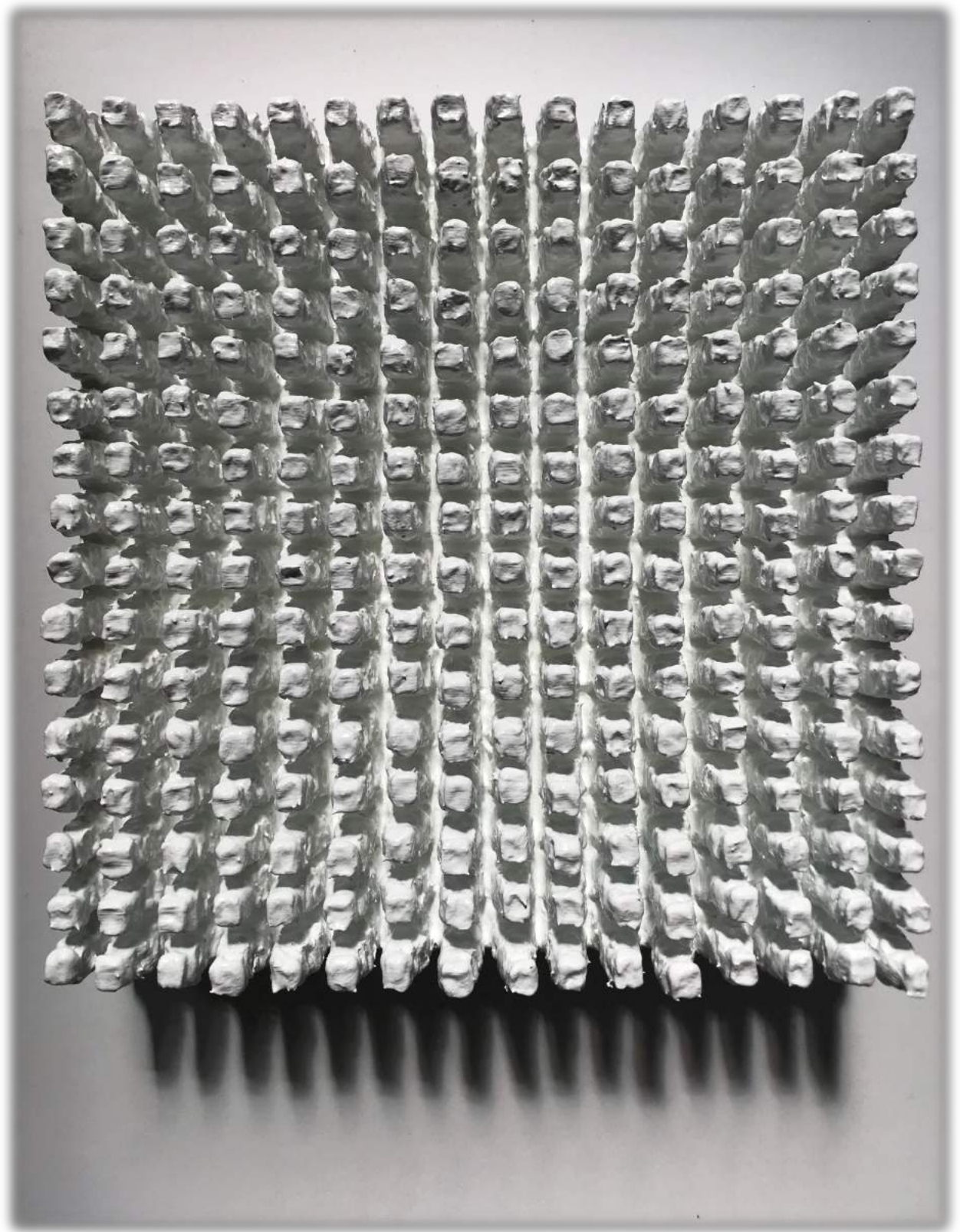


DETAIL

ENDURANCE PAINTING #5

MIXED WHITE

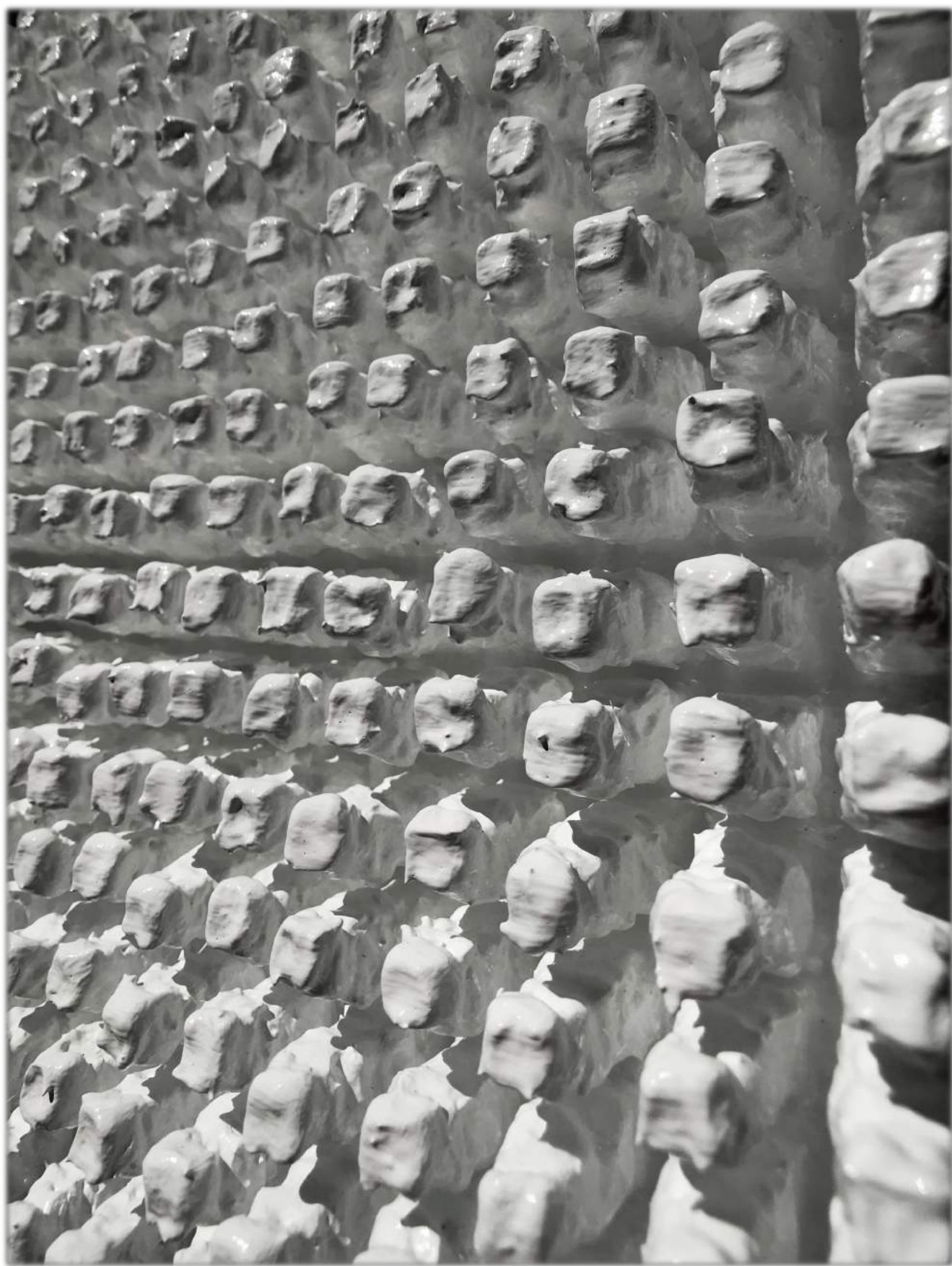
160 hours, 2,304 squares, 8lbs of paint



Acrylic and resin on canvas,
12 x 12 x 2.5 inches,
2018.



DETAIL



DETAIL

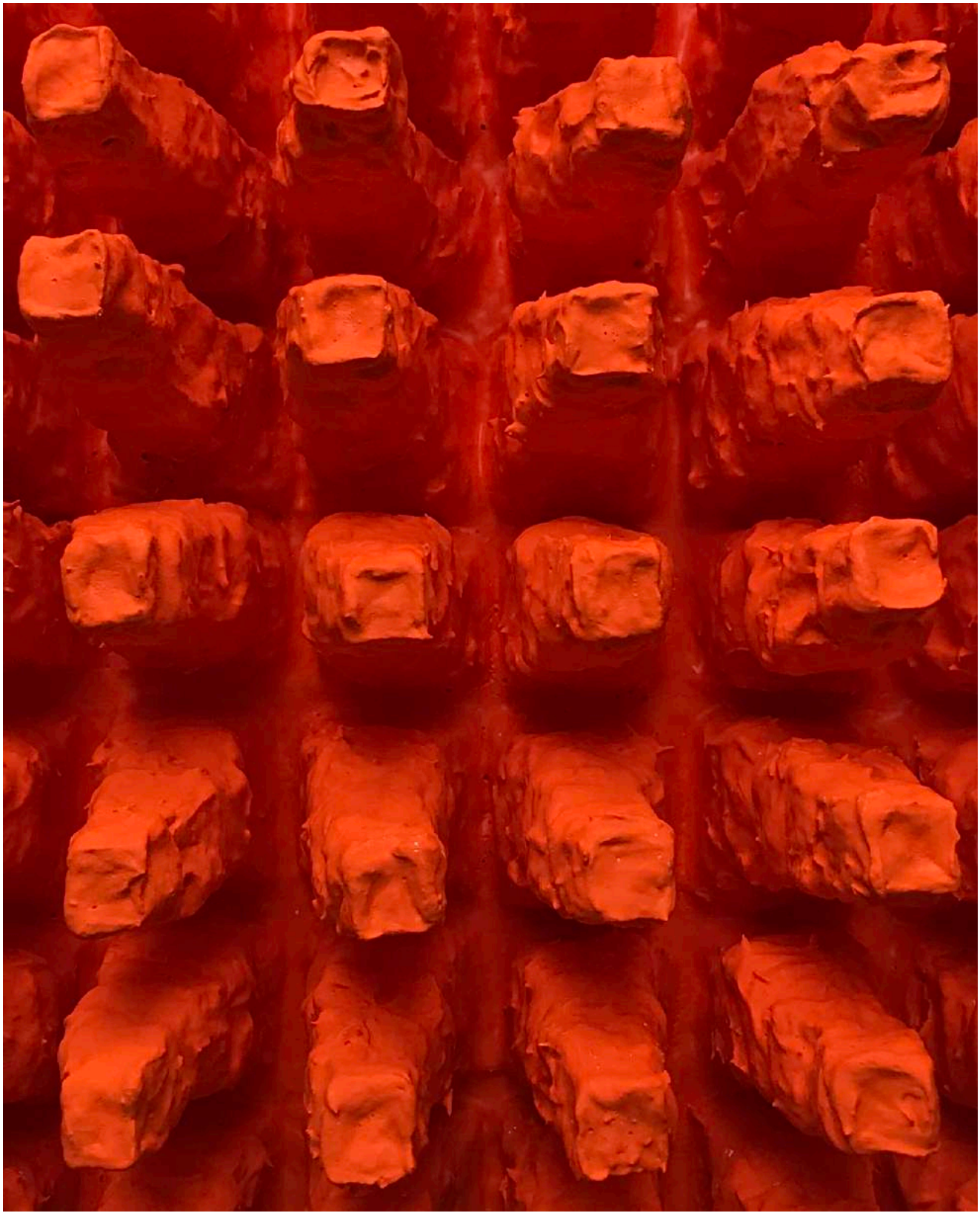
ENDURANCE PAINTING #7

CADMIUM ORANGE

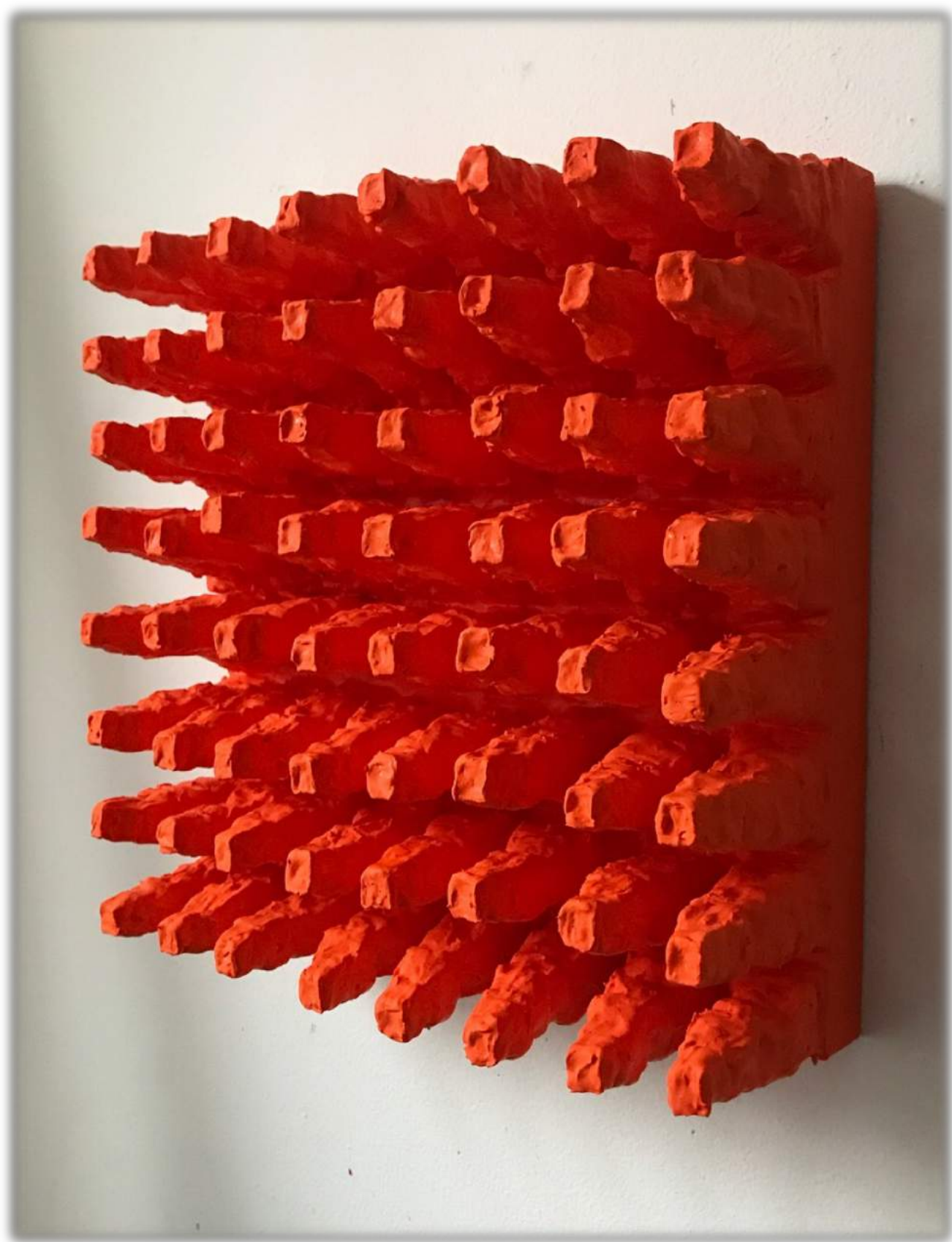
100 hours, 640 squares, 6lbs of paint



Acrylic and resin on panel,
10 x 10 x 4 inches,
2018.



DETAIL

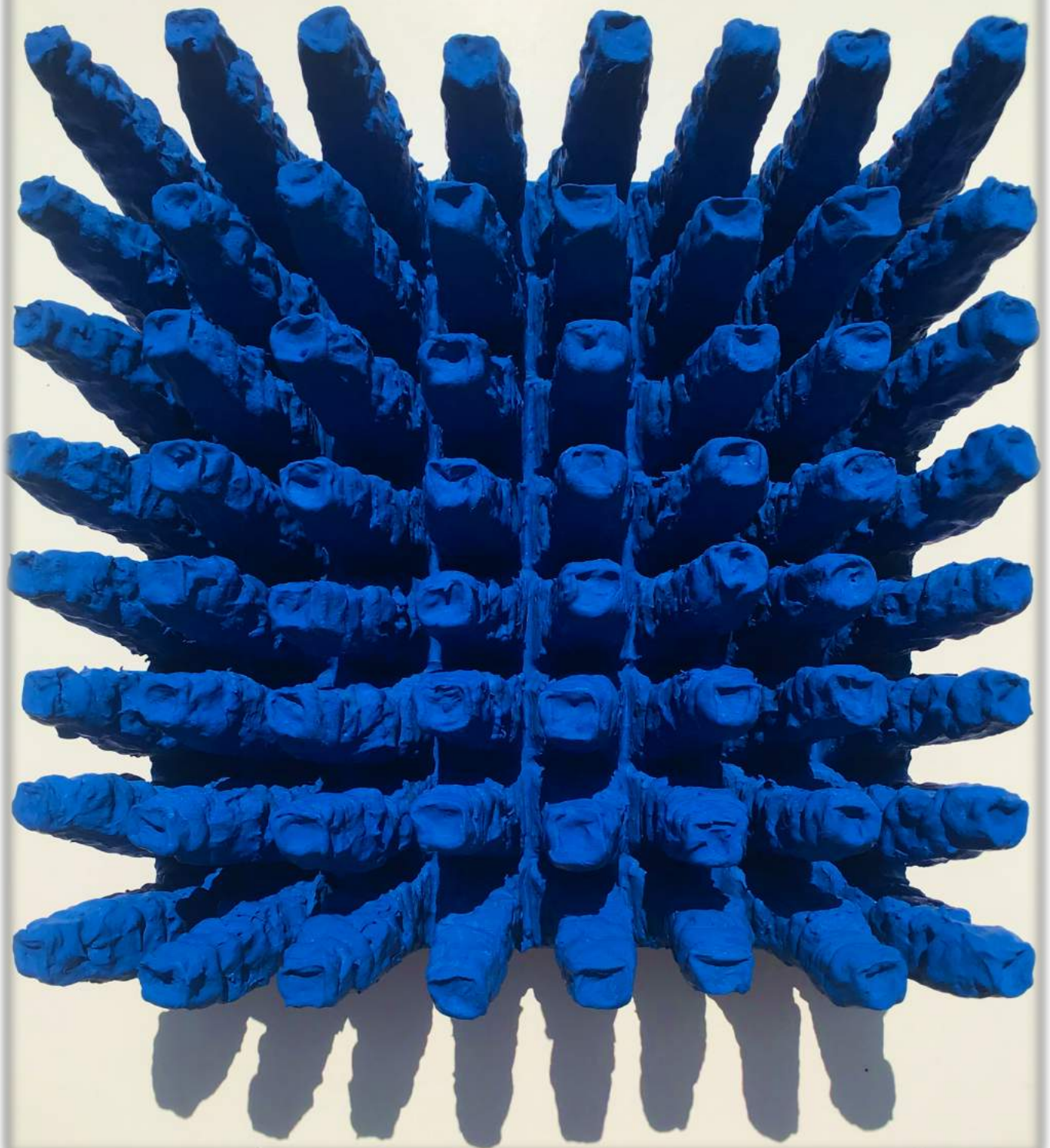


DETAIL

ENDURANCE PAINTING #13

ULTRA-BLUE

100 hours, 640 squares, 6lbs of paint



Acrylic and resin on panel,
10 x 10 x 4 inches,
2018.



DETAIL

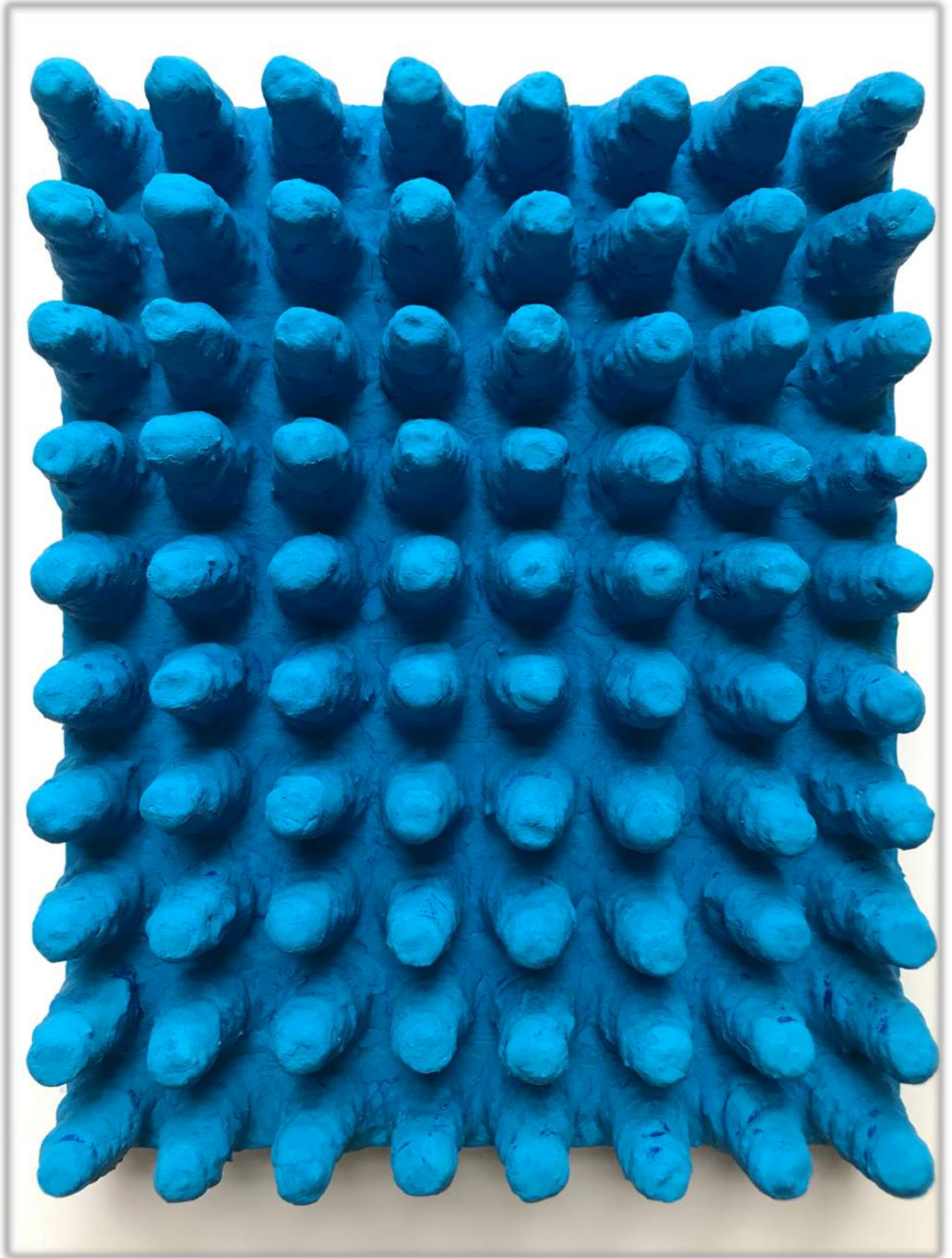


DETAIL

ENDURANCE PAINTING #9

MIXED BLUE

80 hours, 560 circles, 4lbs of paint



Acrylic and resin on panel,
10 x 8 x 2.5 inches,
2018.



DETAIL

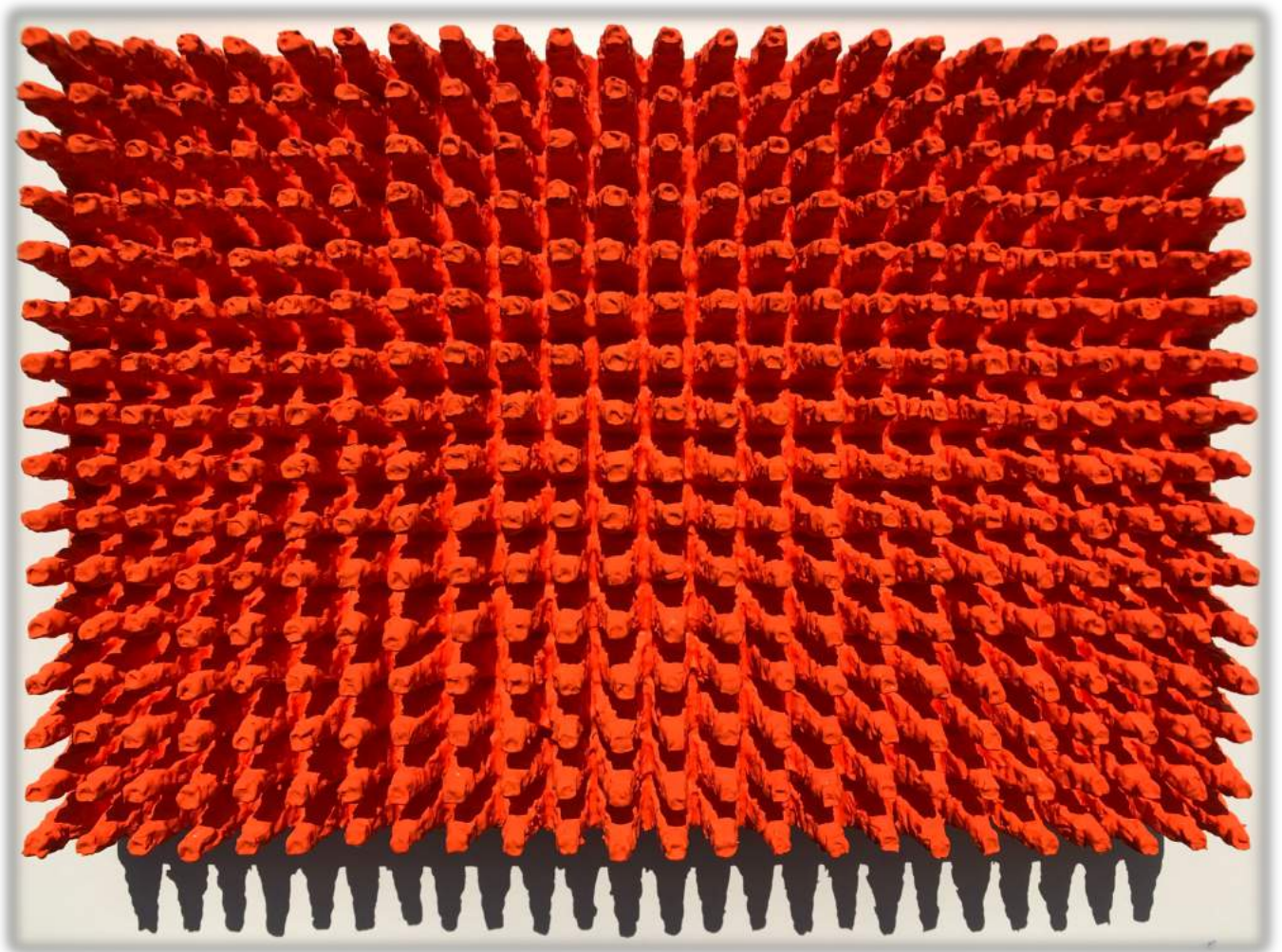


DETAIL

ENDURANCE PAINTING #8

CADMIUM ORANGE

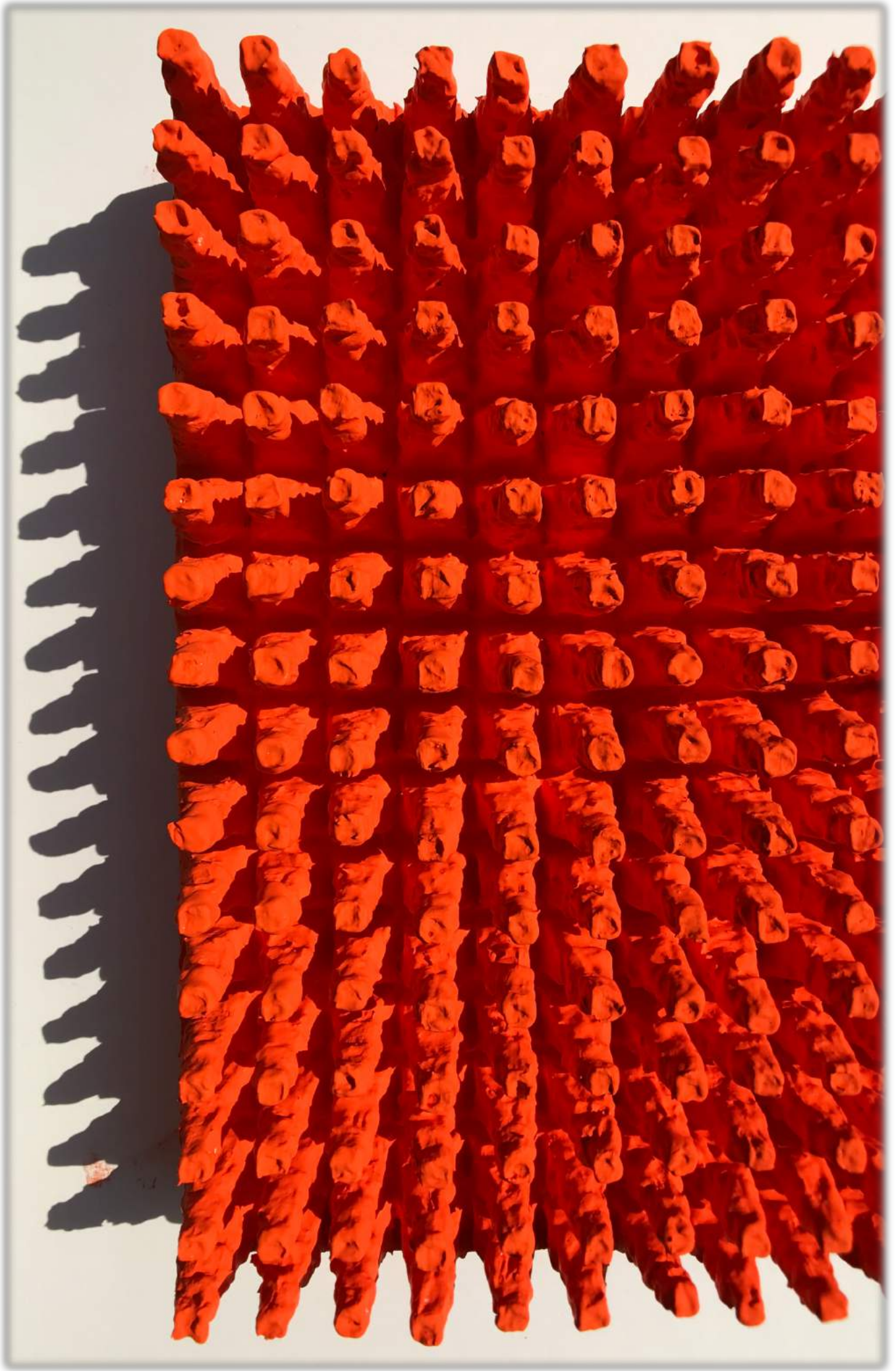
210 hours, 3,072 squares, 10lbs of paint



Acrylic and resin on panel,
12 x 18 x 3 inches,
2018.



DETAIL

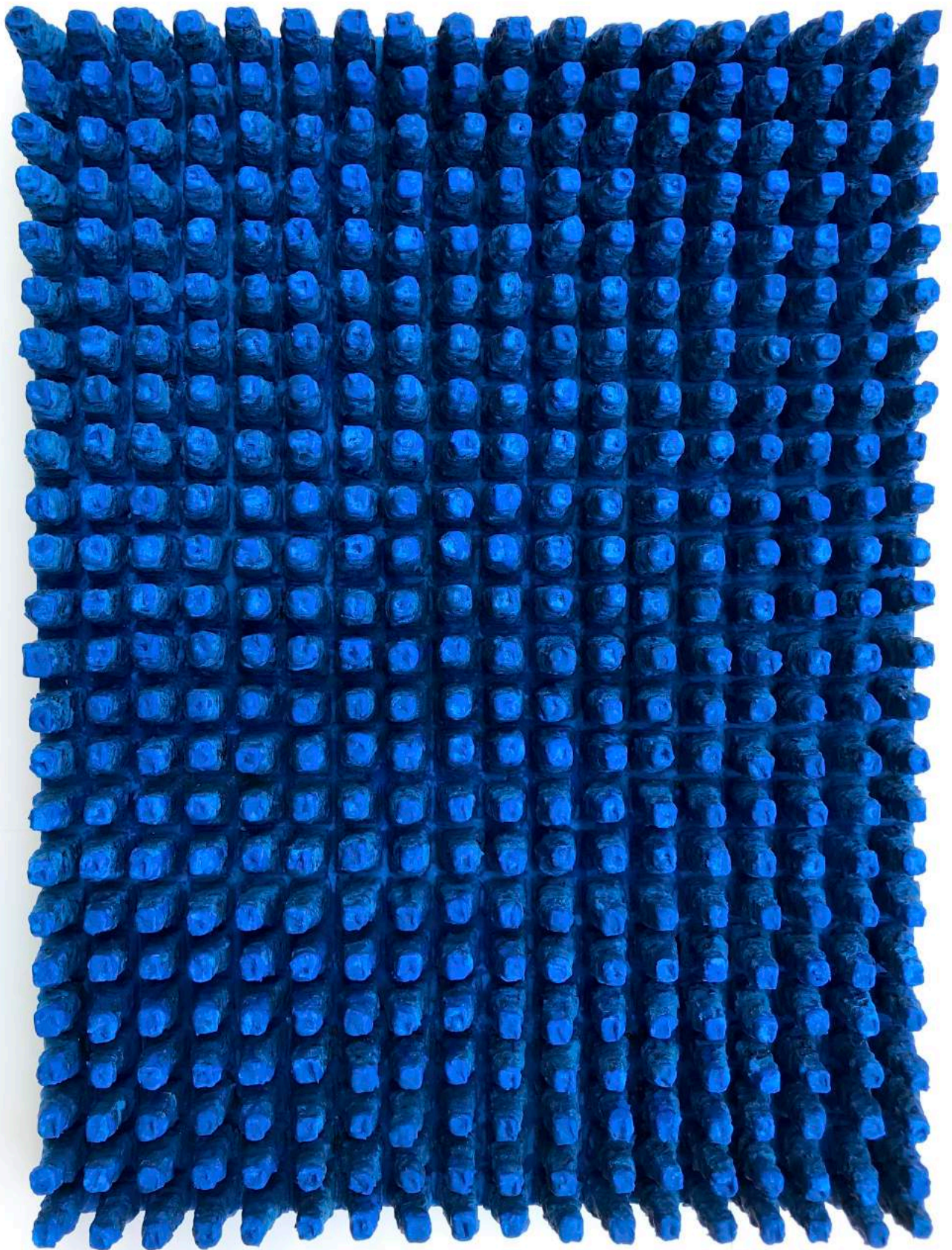


DETAIL

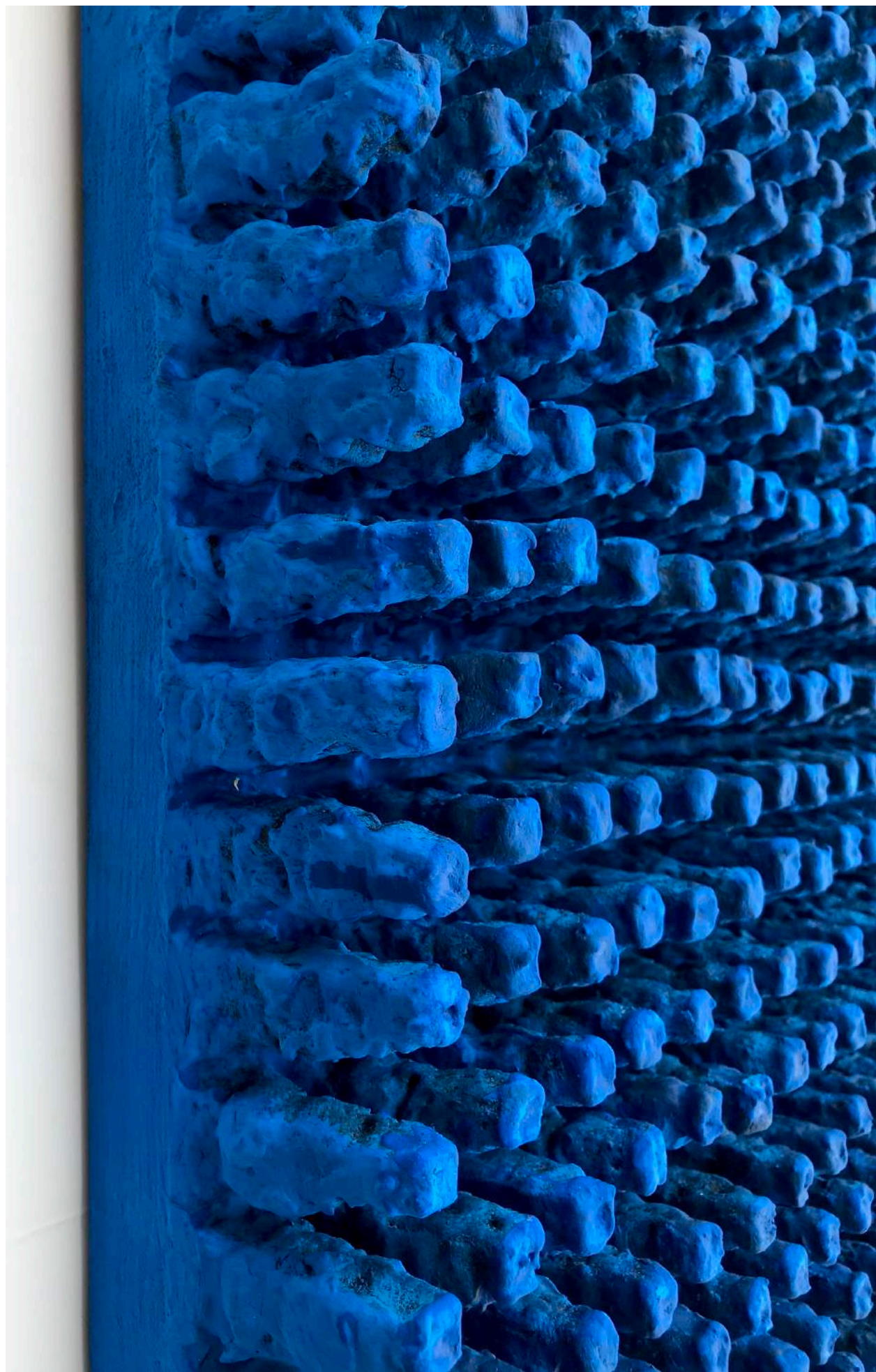
ENDURANCE PAINTING #10

MIXED BLUE

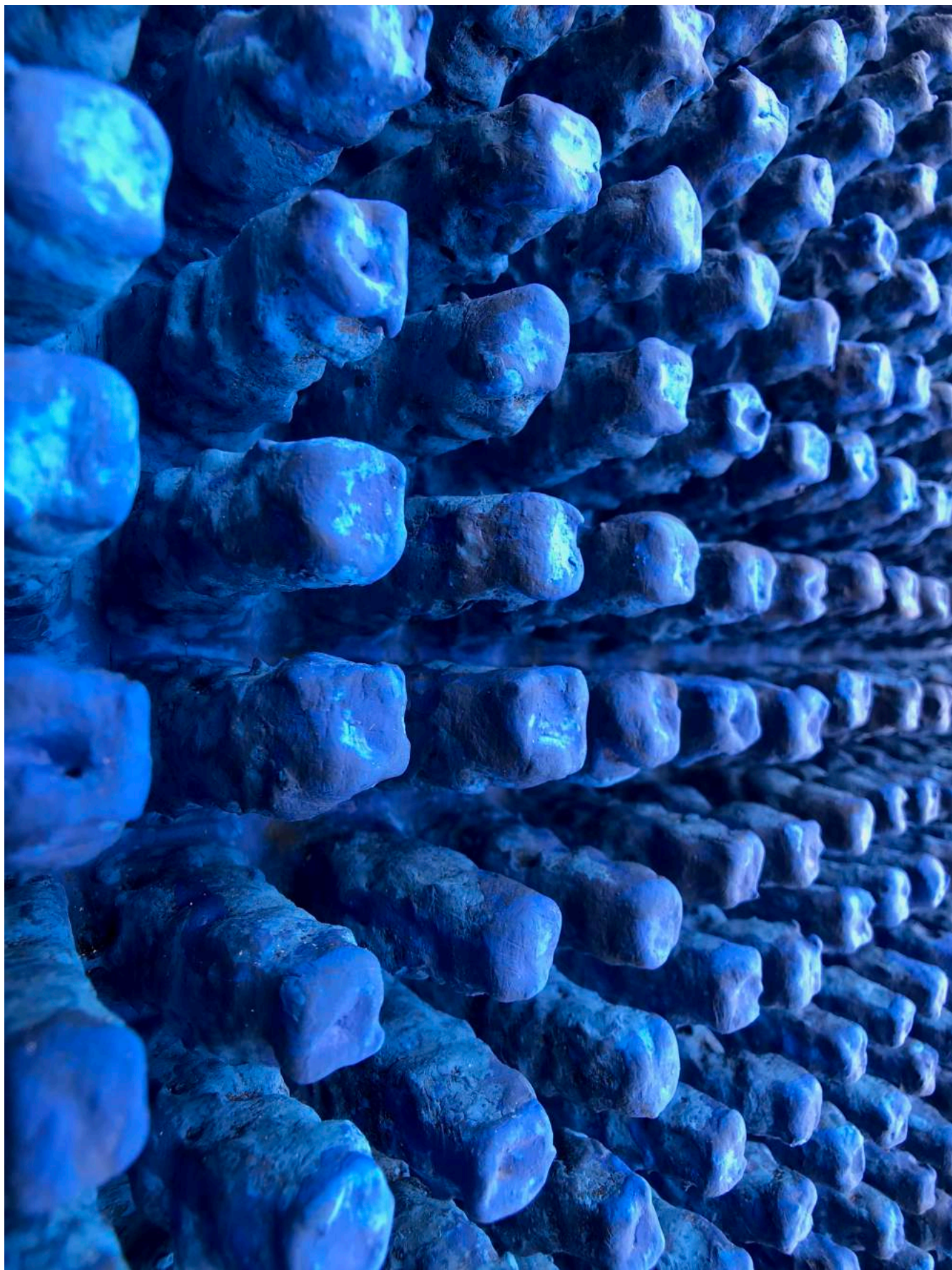
380 hours, 4,320 squares, 16lbs of paint



Acrylic and resin on canvas panel,
24 x 18 x 2.5 inches,
2018.



DETAIL



DETAIL

ENDURANCE PAINTING #11

TITANIUM WHITE

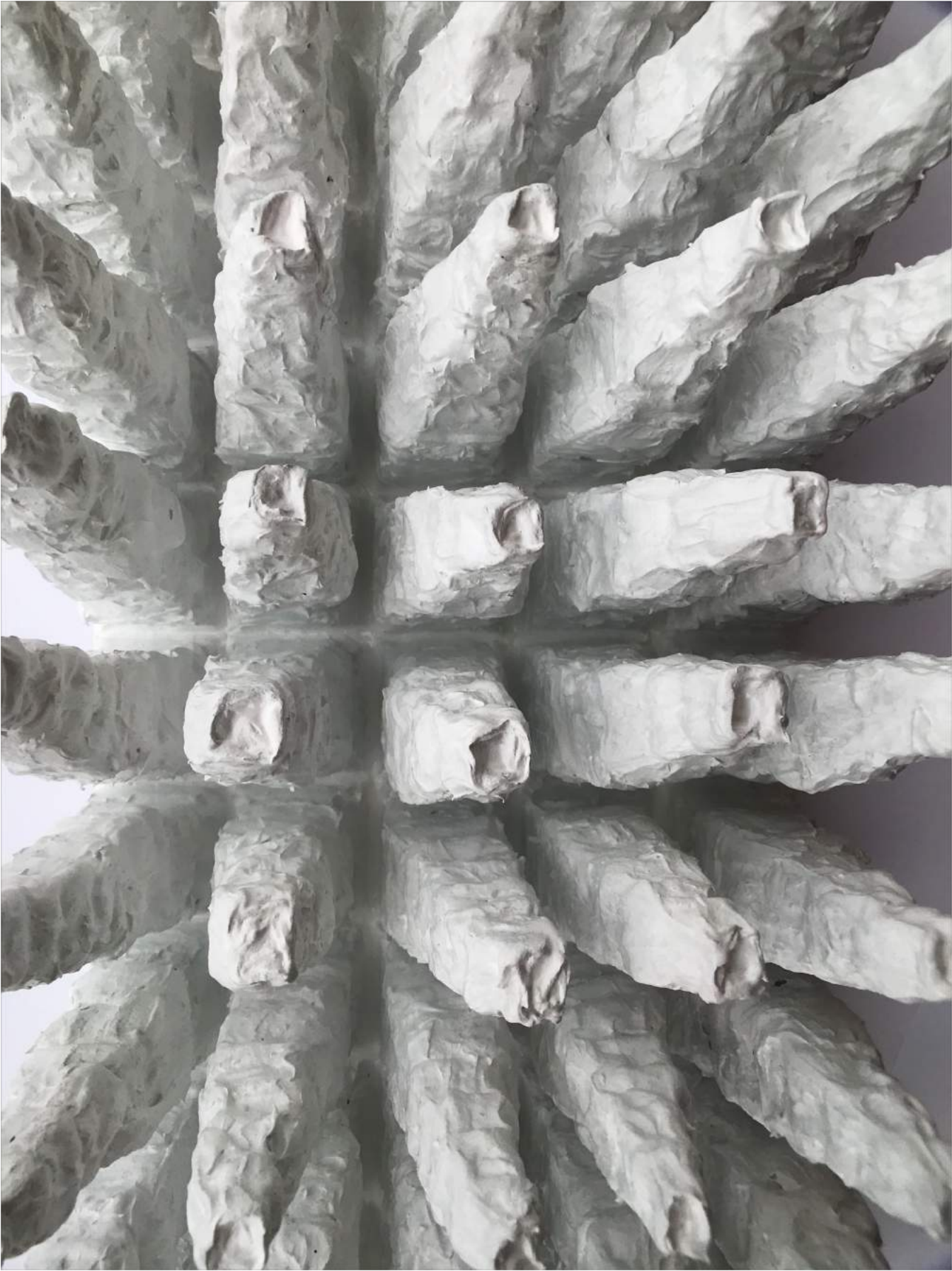
260 hours, 2,640 squares, 20lbs of paint



Acrylic and resin on panel,
22 x 10 x 5 inches,
2018.



DETAIL



DETAIL



DETAIL

ENDURANCE PAINTING #14

LIGHT CERULEAN

100 hours, 640 squares, 6lbs of paint



Acrylic and resin on panel,
10 x 10 x 4 inches,
2018.

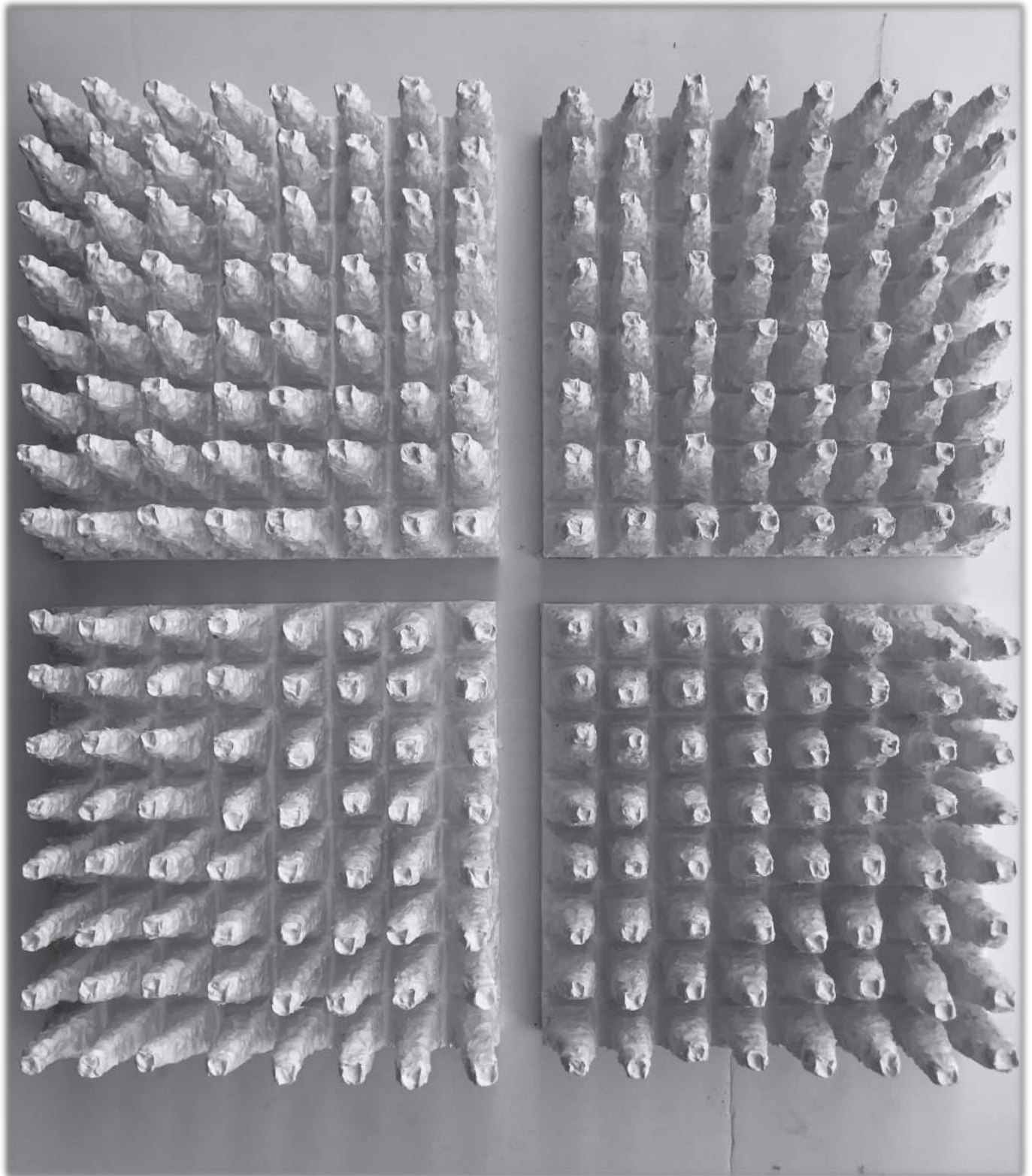


DETAIL

ENDURANCE PAINTING #12

TITANIUM QUADRIPTYCH

320 hours, 3,600 squares, 24lbs of paint



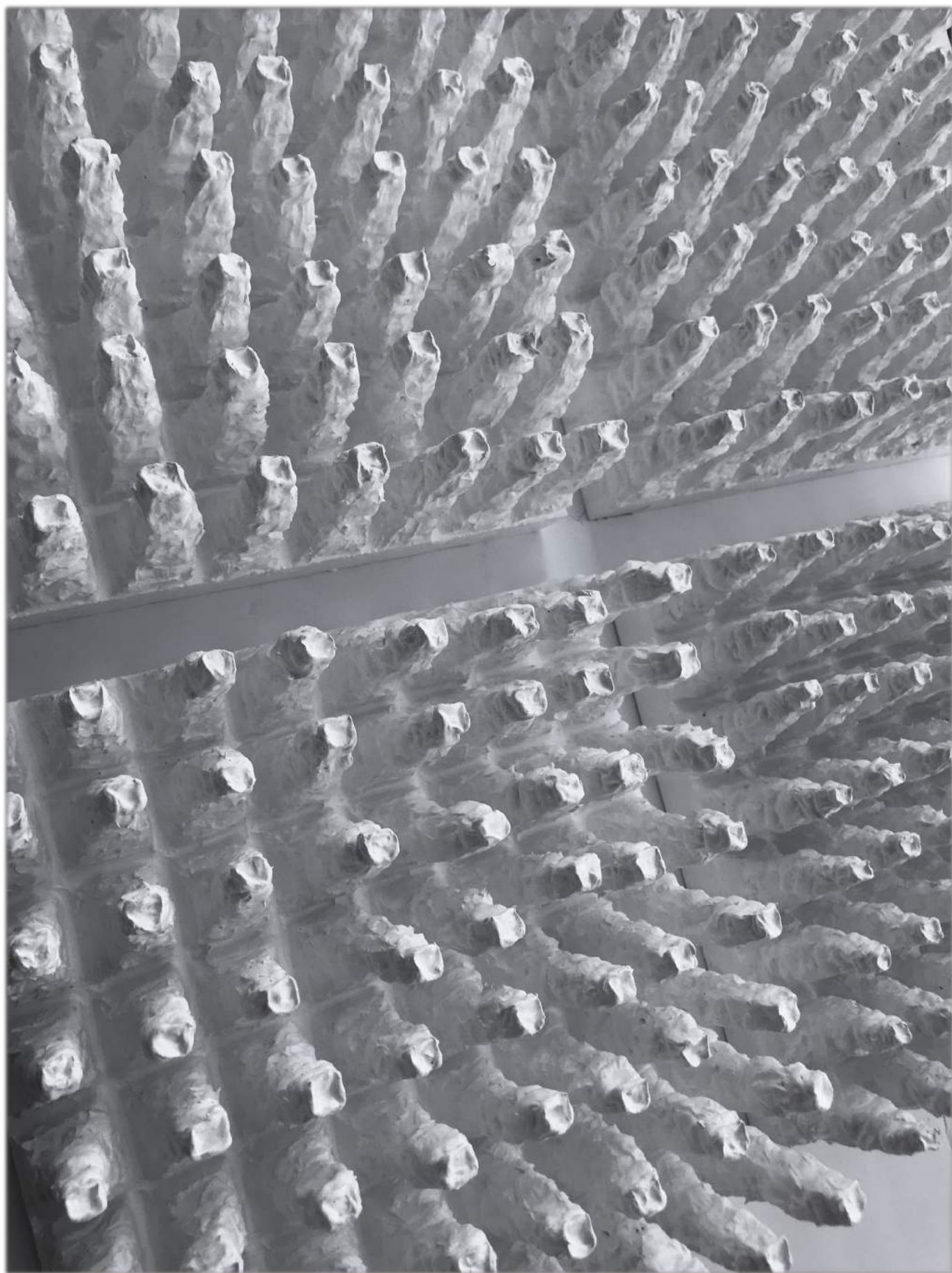
Acrylic and resin on 4 panels,
21 x 21 x 3.75 inches,
2018.



DETAIL



DETAIL



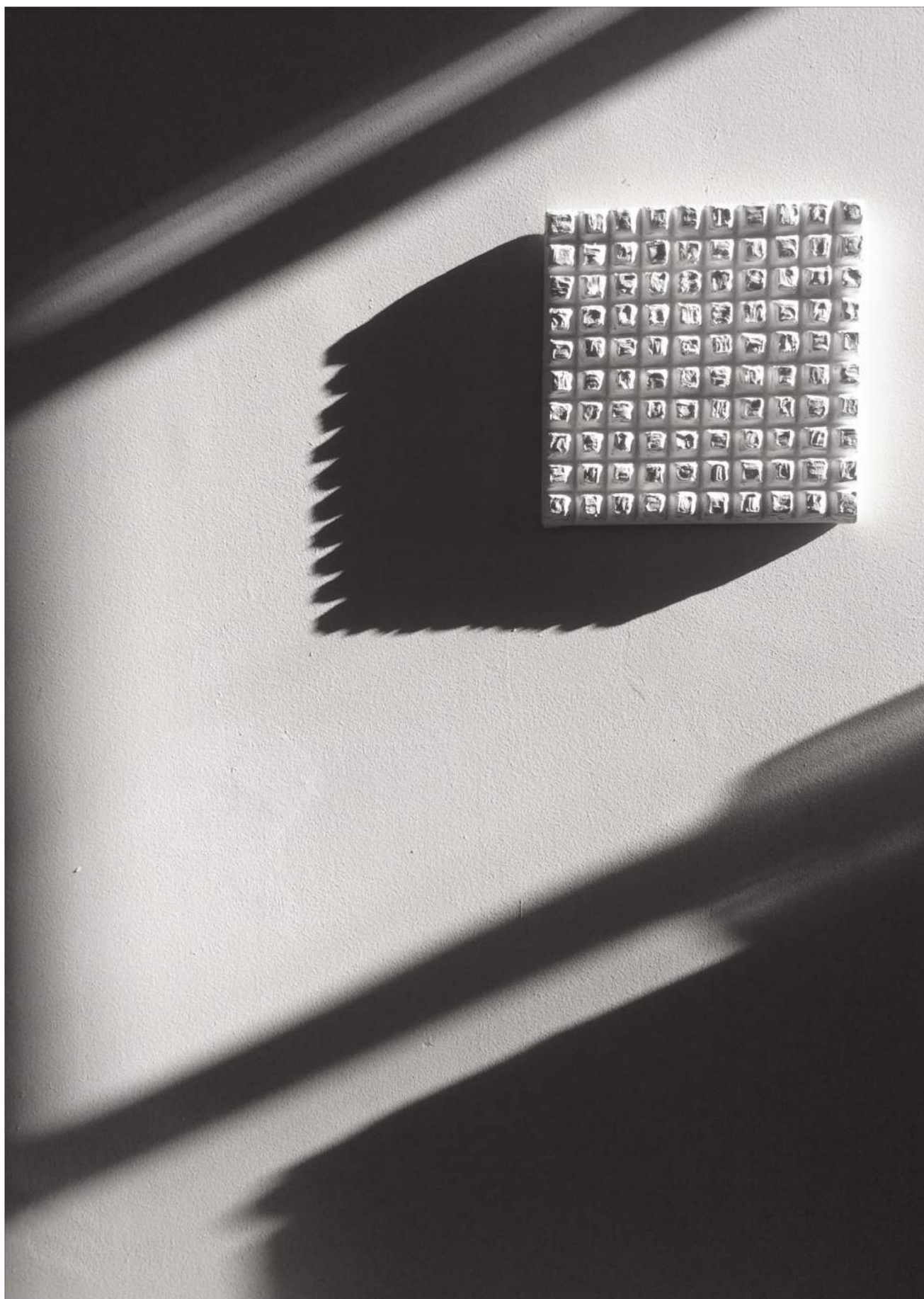
DETAIL

ENDURANCE PAINTING #3

100 hours, 600 squares, 4lbs of paint



Acrylic and oil on canvas,
10 x 10 x 1.5 inches,
2016.

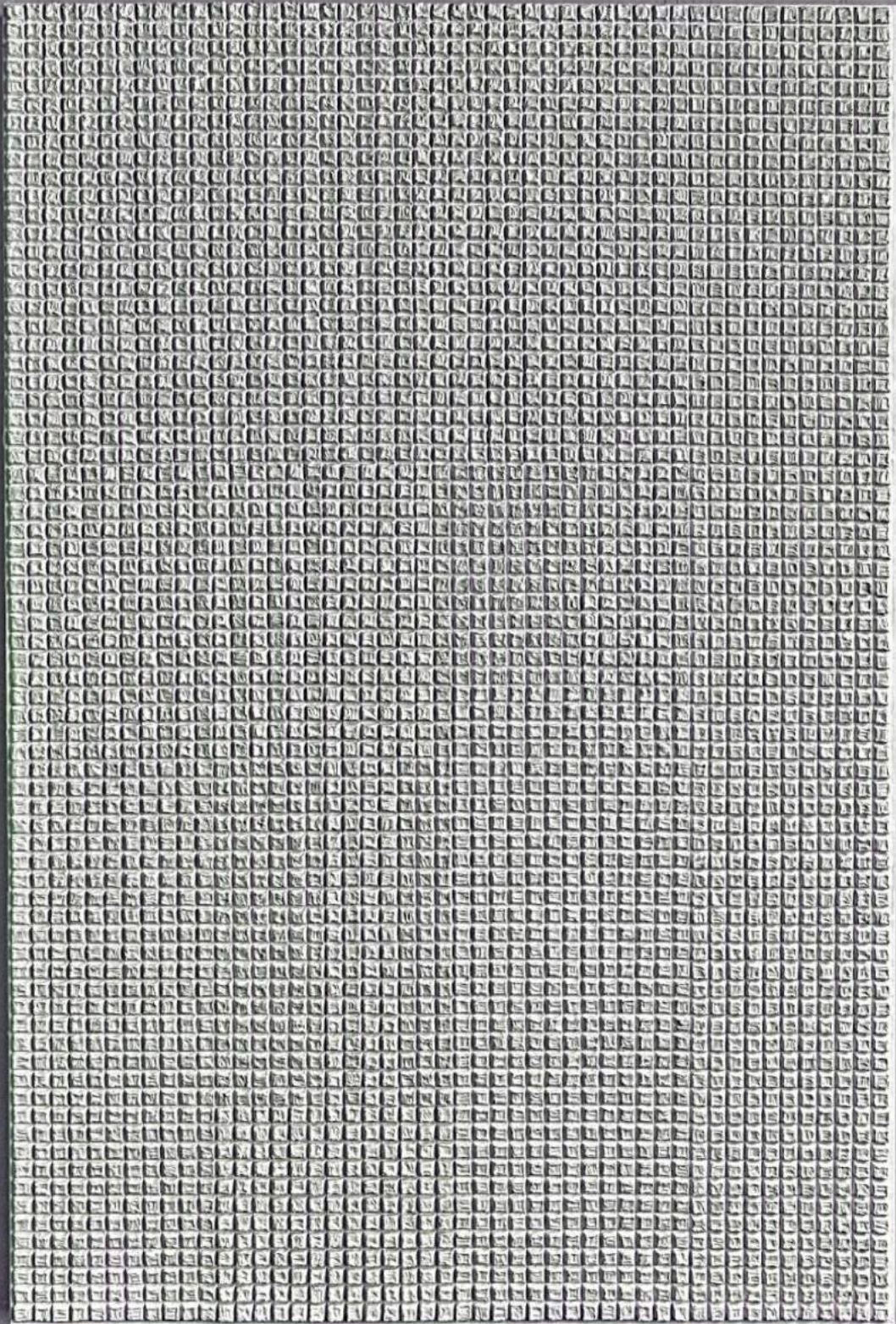


BEHIND THE SURFACE

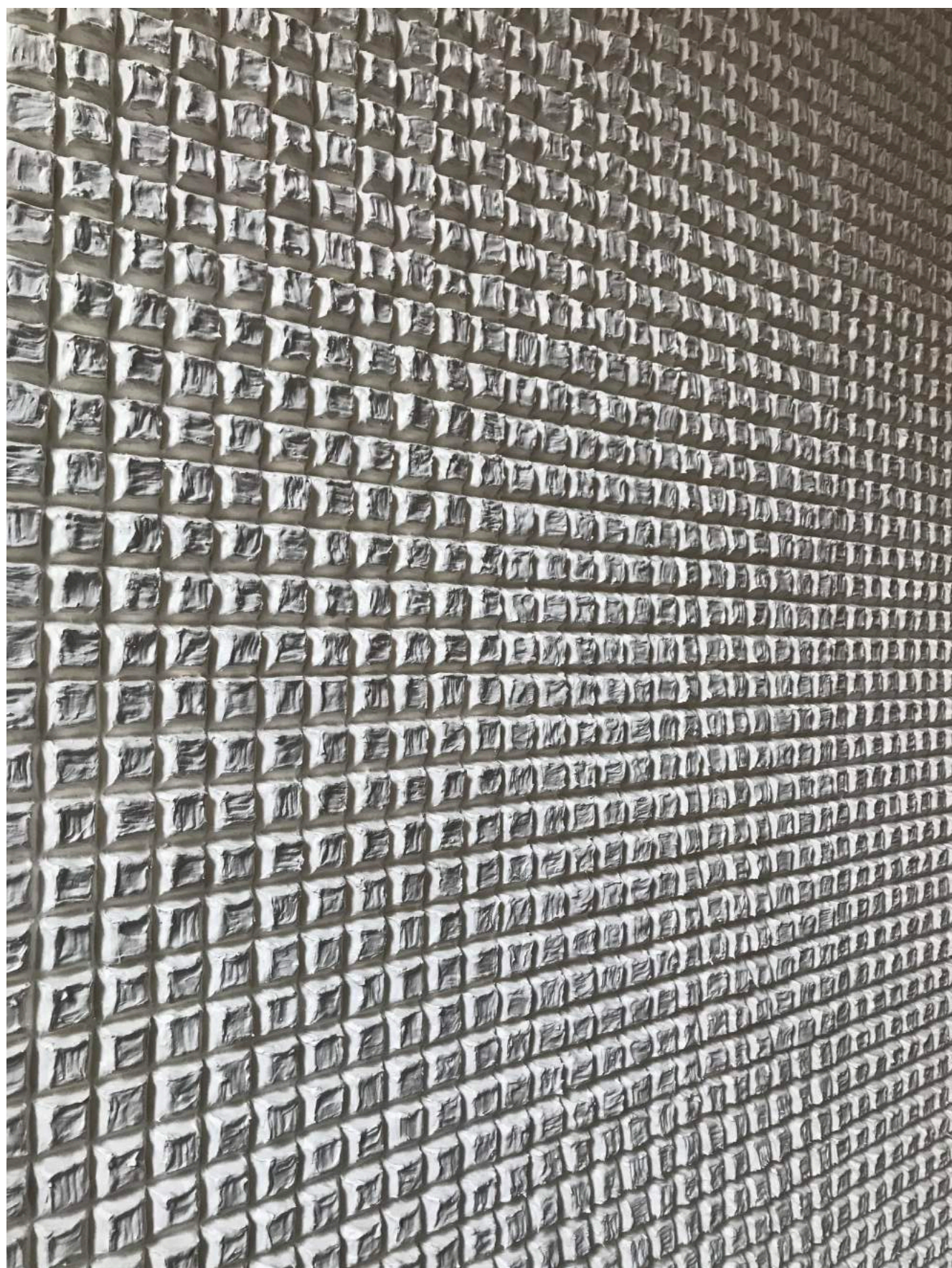
Painted in 2016 at the very beginning stages of this practice, Endurance Painting #3 is actually the first completed painting in this body of work. While in the midst of working the larger 88lb painting, #3 provided full realization to the impasto application of paint, how it held to the canvas, and what visual effects it would create. This painting, a special bite-size prototype, was key in the development of the Endurance Painting practice.

88 LBS., THE ENDURANCE PAINTING

3,000 hours, 20,736 squares, 88lbs of paint

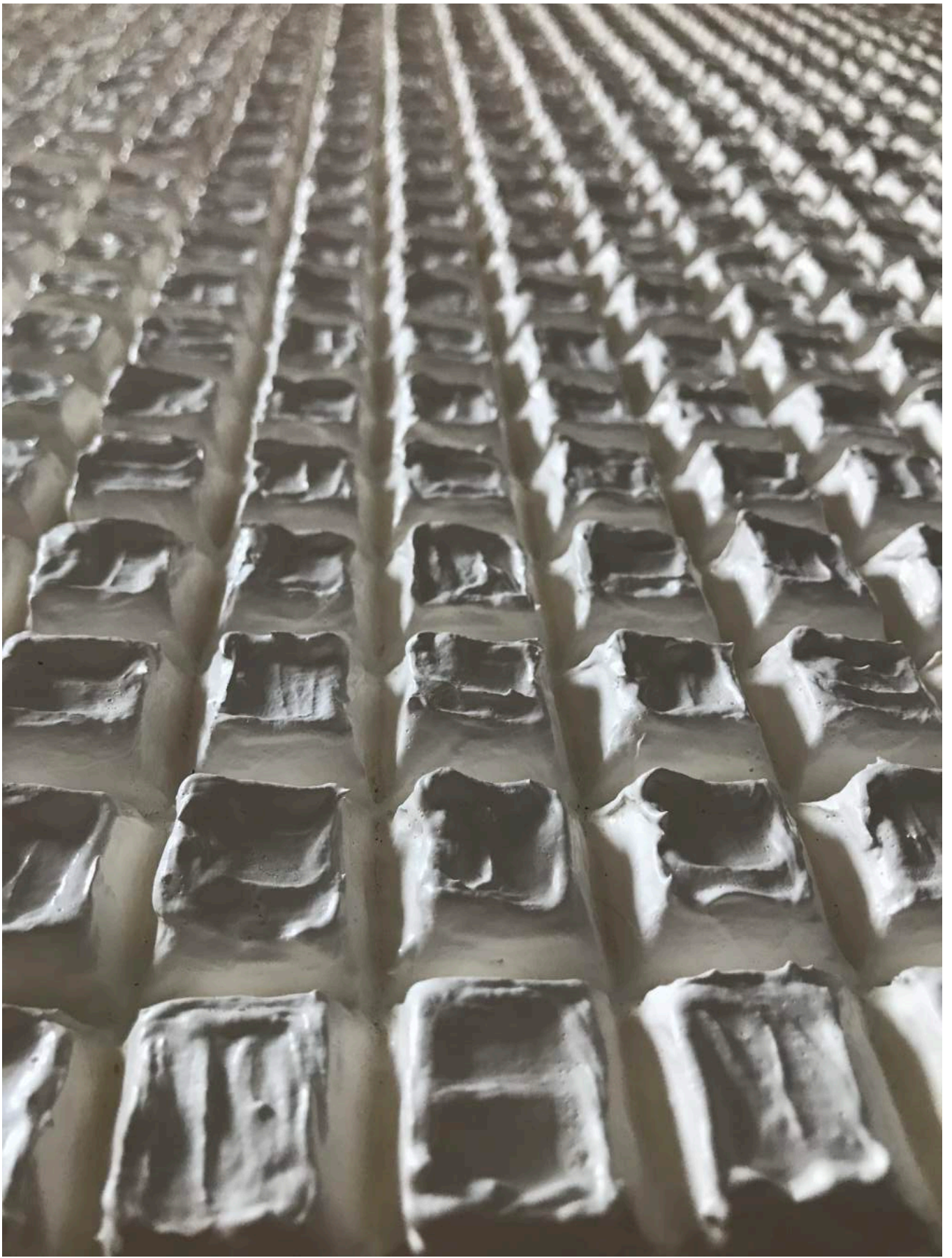


Acrylic and oil on linen over panel,
72 x 48 x 2.5 inches,
2016.

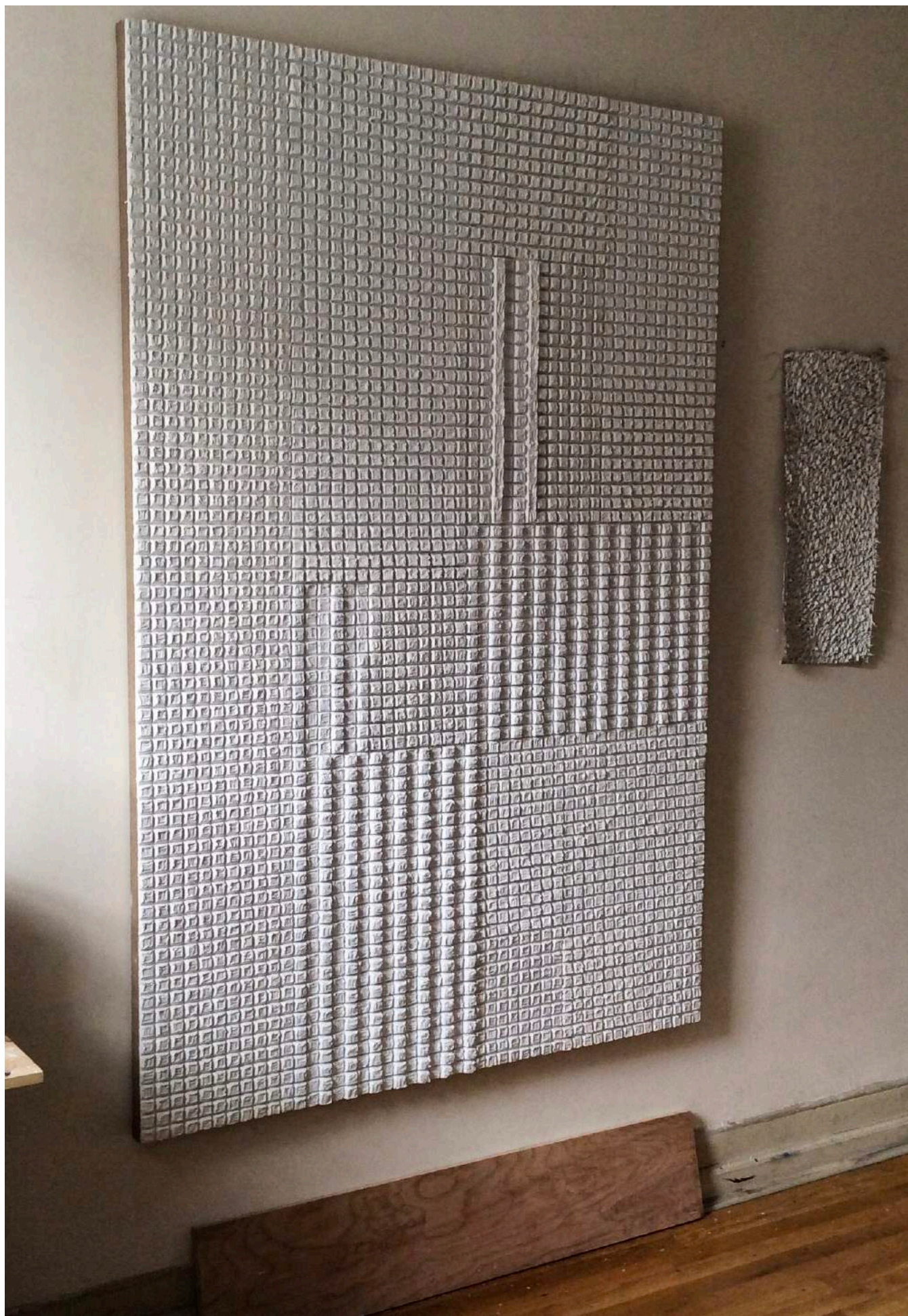


BEHIND THE SURFACE

Painted over the course of a full year working 10-12 hours a day, nearly every day, 88lbs, *The Endurance Painting* is the seminal artwork which launched this endurance project, inspired The 100 Mile Run, and laid the foundation for this practice. The surface, a grid of 3,456 squares each painted in 6 layers with thin brushstrokes, amassed 88lbs of paint in 20,736 repeated applications.



DETAIL

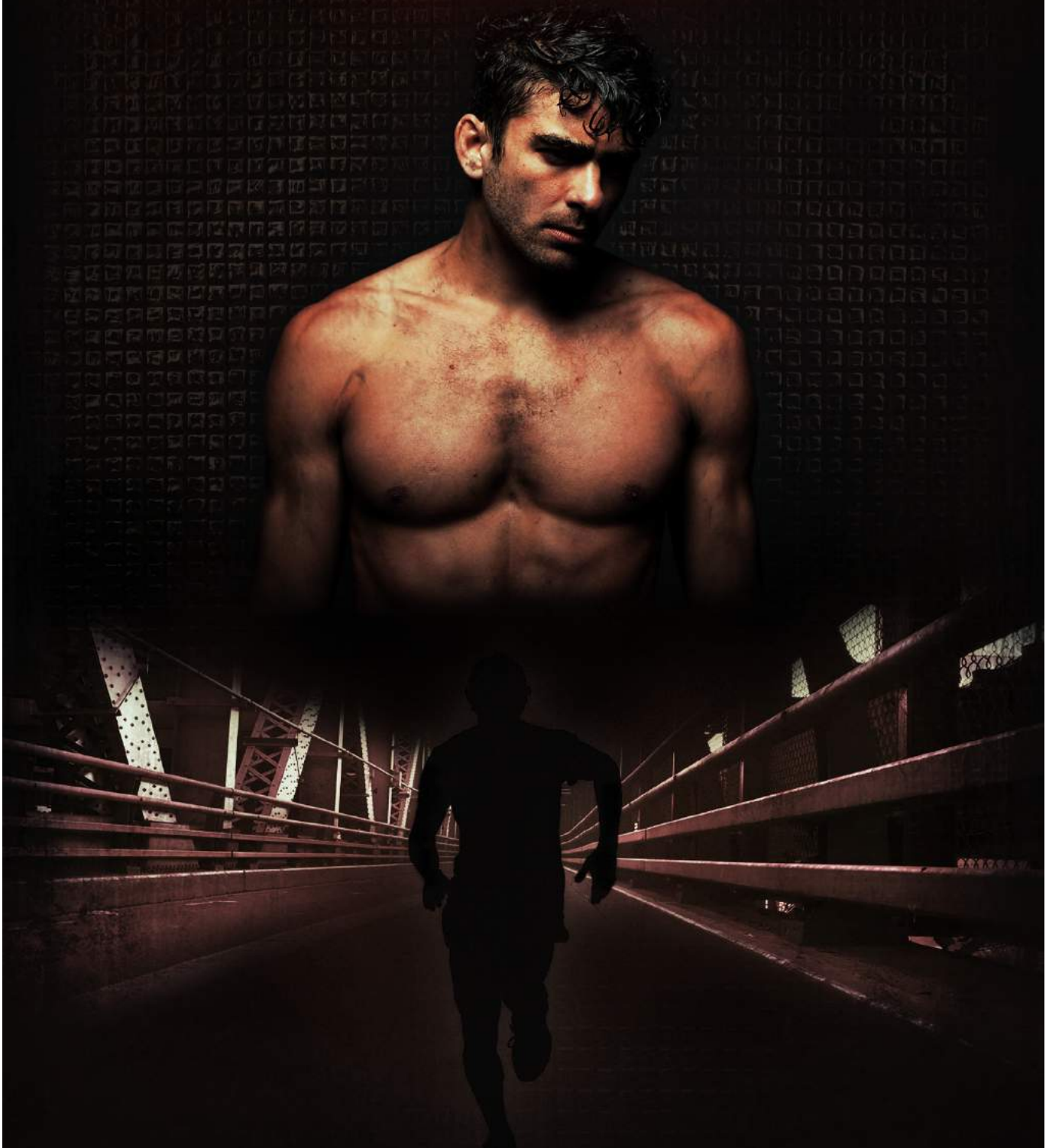


IN PROGRESS VIEW

RAMSEY CHAHINE

THE 100 MILE RUN

THE ART OF ENDURANCE



Still Photography by Michael Sharkey

Design by C. Ryan Mcvinney

Motion Graphics by Brian Landisman

Produced by Brock Harris, C. Ryan Mcvinney, and Ramsey Chahine

Directed by Brock Harris





In the Studio

