

The Hour Record Game

The *Hour Record* for bicycle is about to ride as long distance as possible in one hour on a velodrome. An hour record attempt demands performing on the edge of physical and mental capacity, and in order to beat the record the athlete has to prepare for months and years. As a simulacrum for such an attempt, as of 15th December 2015 at the A-Venue in Gothenburg, the composer, improviser, and in this case cyclist, Per Anders Nilsson challenged himself to cycle on an indoor trainer for 60 minutes at his lactate threshold: an average heart rate of 180 bpm. Video snippets from previous “real” attempts, as well as his heart bpm was displayed and used in the live electronic music that accompanied the event. Nilsson succeeded to meet his challenge, averaging 181 bpm during 60 minutes. As a voice-over to a video documentary of the event, the author shares memories and reflections from the performance, interspersed with quotes from previous and present hour record holders, as well as theoretical perspectives on subject matter. The video displayed is an edited version of the whole performance, approx. 12 minutes. Video: Erik Jeppsson; music: Palle Dahlstedt and Olle Petersson; other voice over: Gino Robair.

Biography

Per Anders Nilsson (1954) PhD. /Professor, Improvising electronic musician and electroacoustic composer. Studied saxophone and electroacoustic music from 1981-87 at the School of Music at University of Gothenburg. In 2011, he finished his PhD thesis *A Field of Possibilities: Designing and Playing Digital Musical Instruments*. Was commissioned with the acousmatic piece *La gamme voiture XM* by GRM in Paris 1999. Has been played at several ICMC conferences as well as participating at NIME. Nilsson has also performed with improv musicians such as Evan Parker, Eddie Prévost, and John Tilbury in addition playing with his regularly groups duo pantoMorf and Natural Artefacts.

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