

THE RUNNER

Created by: Lexine Samuels

LOGLINE:

A man fleeing an unseen force is forced to confront the truth: what's chasing him isn't behind him—it's him.

OVERVIEW:

The Runner is a psychological short film that explores self-sabotage, avoidance, and the internal cycles we struggle to break.

The story follows a man in constant motion, running through isolated, shifting environments, dim corridors, empty streets, and spaces that feel increasingly unstable. There is no dialogue. The tension is built through breath, movement, and the growing presence of something just out of reach behind him.

At first, the threat appears external, a figure pursuing him with relentless consistency. But as the chase continues, the world begins to distort. The environments feel less like physical locations and more like extensions of his internal state.

The closer the figure gets, the clearer the truth becomes. This is not a chase between two people.

It is a confrontation with the self.

As exhaustion sets in, the man reaches a breaking point. Instead of continuing to run, he stops. The moment shifts the entire dynamic. The figure no longer advances with the same force. The tension, once driven by movement, becomes internal and still. The resolution does not come from defeating or escaping the presence, but from recognizing it, and choosing not to engage with it in the same way.

He moves forward, not unchanged, but aware.

TONE & STYLE:

Minimalist and atmospheric, *The Runner* relies entirely on visual storytelling rather than dialogue. The pacing mirrors the psychology of anxiety—fast, repetitive, and escalating—before slowing into stillness at the moment of confrontation.

THEMES:

- Self-sabotage and avoidance
- Intrusive thought patterns
- The illusion of external conflict
- Breaking internal cycles through awareness

This isn't a story about being chased. It's a story about

realizing you've been running from yourself.