

1. **Super Mario?** 5:11
2. **Stumbling and Fumbling** 5:37
3. **Song For a Summer Night** 5:32
4. **Fooling Around** 4:44
5. **No Exit!** 5:11
6. **Where The Songs Have No Name** 5:03
7. **Dønning** 5:27
8. **West Goes East** 4:54
9. **My Funny Quarantine** 3:13

Total Time 44:52

Runar Nørsett piano
Fredrik Sahlander bass
Tobias Øymo Solbakk drums

All compositions by Runar Nørsett
 All arrangements by Runar Nørsett, Fredrik Sahlander & Tobias Øymo Solbakk

Recorded October 2020 by Fredrik Sahlander and Tobias Øymo Solbakk at The University Of Agder, Norway
 Mixed November 2020 and mastered February 2021 by Roald Råsberg at Sanden Studio, Kristiansand, Norway
 Produced by Runar Nørsett, Fredrik Sahlander & Tobias Øymo Solbakk
 Executive producer Odd Gjelsnes
 Front cover photo by Oddvar Paulsen
 Cover design by design holtmann

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ISRC: NO2NJ2157

LOS 257-2



Runar Nørsett Trio

My Funny Quarantine

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I started playing the piano at the age of six, and in my teens, my dream was to study classical music and be a professional pianist. Somehow this didn't happen, and I ended up studying medicine instead. I now work as a medical doctor in Kristiansand, Norway, but I never stopped playing and writing music. My interests gradually changed from classical music to improvised music and jazz, and I played the piano in many different settings and with many different musicians Solbakk, wanted to join Fredrik and me in a trio. Solbakk has later earned a reputation as a magnificent drummer in a wide variety of styles, and he has played the drums in the metal bands «Inhsahn» and «In Vain» as well as in «Kubby», «Dualistic» and «Vian». The three of us started to work together in Spring 2017, and Runar Nørsett Trio was born.



Foto Øyvind Nypan

The trio rehearsed regularly the following months, and in January 2018 we held our first concert in Kristiansand. Our first album «From the Ashes» was released in 2019, and in October 2019 we performed for a sold-out venue at Kilden Theatre and Concert Hall, Kristiansand.

We started working on our second album early in 2020, and then suddenly everything changed. The coronavirus shut down almost everything, and even though Norway has managed well compared to many other countries, we had to put our activities as a trio on hold. I was still working as a medical doctor, but nonetheless, I continued to write music. Early in October 2020, Runar Nørsett Trio was born.



Foto Ingrid Holte

Runar Nørsett, February 2021.