

RUNNING STAIRS

Exercise Facility Fall 2001

This project is an exercise facility where the weight of one's own body becomes the primary form of resistance. Circulation through the building is an exercise in itself. The building also acts as a passage between the city and the waterfront, which currently is disrupted by an active rail line. The building accommodates such gymnastic activities as swinging on parallel bars and tumbling over a vaulting horse. These exercises are analogies for the movement over the railway and between the polarities of shore and city.

- 1. Plans
- 2. Motion Studies, parallel bars and vaulting horse
- 3. Model
- 4. Perspective Study

Below: Elevation

