

New York City

SASSY

FitGirl



Throwback Thursday!

So when I run, the only images I take are of my views. I rarely do selfies (hate 'em) unless I'm racing.

Took this shot while running on the East Side River Park Promenade a few weeks ago. It's an art installation from Gus & Lina Ocamposilva called 'Dancers of the Wind'. It's supposed to express the passion, magic & movement of the human body. Besides being beautiful, I love what it represents. I think it's a great inspiration for runners.

It's also another reason to get out there and run. You experience and learn so much about your surroundings.

I think this installation might be going away at the end of the month. So If you run(or walk) in New York City, go check it out.

p.s. You'll see the most amazing waterfront and bridge views:)