

Track Rules:

- Track rules and direction from facility staff must be adhered to at all times. Failure to comply may result in loss of privileges at this facility.
- Parents and/or coaches are reminded that they are responsible for the supervision of their children/players while in the facility. All children must be in the care of an adult at all times.
- Proper footwear must be worn while using the track. Acceptable footwear: indoor running shoes only. Boots, high heels, cleats, wet or dirty running shoes, flip flops, bare feet, socks or any other footwear in not permitted.
- Please be aware of patrons crossing the track in designated areas.
- Warm up/cool down/stretching must take place in designated areas only.
- Persons pushing a stroller may not push more than two (2) single strollers side by side. (Please remember to wipe the wheels on the stroller if they are wet)
- Do not jog more than two (2) side by side.
- Always pass on the outside lane.
- Do not stand within the lane markings on track.
- Glass, food, gum or drinks (exception: water in a plastic container) are not permitted on the track.
- No spitting or spouting water.
- No pets are permitted (service animals are exempt).
- No games such as ball hockey, rollerblading, skate-boarding, playing catch, tag, mini-sticks, roller shoes/heelys, etc., are permitted on the track.
- Please refrain from wearing any perfumes/colognes and other highly scented products.
- This track is intended for non-instructional use only. Please contact customer service to schedule instructional time.

Direction of Track:

- Monday, Wednesday, Friday and Sunday – Clockwise
- Tuesday, Thursday and Saturday – Counterclockwise

Lap Distances : 7 laps = 1km / 12 laps = 1 mile