

# Indoor Track Etiquette

*To help create a fun and safe environment for all patrons utilizing the indoor track, we ask that you please comply with the following:*

- **Both walking and running are permitted on the indoor track.**
- **The INSIDE LANE is designated for walkers. The OUTSIDE LANE is designated for runners. (Runners are to run in the opposite direction as walkers.)**
- **Only INDOOR FOOTWEAR is permitted to be worn on the indoor track.**
- **Spiked footwear is not permitted.**
- **Be attentive to walkers and runners as you enter the track to avoid collision.**
- **Clock-wise or counter clock-wise direction instructions MUST be followed during your walk or run. The direction is indicated at track entrance.**
- **Only two people are permitted to walk side-by-side. Please move to single file to allow other participants to pass when necessary.**
- **Keep moving while you are on the track. No unnecessary stops. If you need to adjust your clothing or footwear, please do so in the corners, off the designated track lanes.**
- **Warming up and stretching MUST take place OFF the track.**
- **Personal belongings (sport bags, coats, etc.) are not allowed on the track. Lockers are provided in the lower level changing room. Locks can be acquired at the front lobby reception area. We are not responsible for lost or stolen items.**
- **Children younger than 12 MUST be supervised by an adult.**
- **Food is prohibited.**
- **The track could be closed for special events.**
- **In case of an emergency, please call reception at 325-4302**

*“Walking is a daily experience and a lifetime journey.”*

*– Maxine Bigby Cunningham*