

Walking/Running Track Rules

- ❖ For safety reasons, please DO NOT Stop while on the Track. If you need to rest, please do so in one of the corner areas.
- ❖ Walls and railings are NOT to be used as stretching aids.
- ❖ Corner areas may be used for stretching.
- ❖ Proper, clean footwear with rubber soles are required on the Track.



- ❖ NO food or drink on the Track.
- ❖ DO NOT carry anything that may obstruct another walker/runner or injure another patron.
- ❖ Use caution when entering and exiting the Track.
- ❖ Walk/Run only in the direction of the posted direction.
- ❖ Walkers use the inside lane. Walk no more than two abreast.
- ❖ Runners use middle lane and pass on the outside lane. **PLEASE NO** Sprinting.
- ❖ Strollers, carriages, in-skates, etc. are not allowed on the Track.

