

TRACK RULES

- 1. Follow assigned lanes for walkers/runners.**
- 2. Use of track for those 12 years and older only.**
- 3. No more than 2 people abreast, be aware of those behind you.**
- 4. Food and beverage other than water is prohibited.**
- 5. Athletic shoes are required at all times.**
- 6. Strollers and walkers may be used with permission from the front desk.**
- 7. Spectators are not allowed on the track.**
- 8. Use discretion when conducting a sprinting, interval, or group training workout.**