

Track Etiquette & Rules

While using the Track, please use proper track etiquette:

- Lane passing: allow space for people to pass
- Only non-marking indoor running shoes are permitted on the track.
- Spikes are prohibited and use will result in fines and suspension from facility.
- **Children ages 6-14**
 - Access to the track is available during all hours of operation and children must be in close proximity to their supervisor while on the track. Ratio is max 2 children to 1 supervisor.
- **Children ages 0-5**
 - Access to the track is available between 9:00 AM and 4:00 PM, Monday through Friday, and children must always remain in stroller or carrier.
- Strollers are allowed on the track between 9:00 AM and 4:00 PM daily.
- Strollers, walking aids, wheelchairs and other personal assistance devices must be free of debris before accessing the track.
- No food or beverages (except water bottles) are permitted.