



TRACK RULES AND REGULATIONS

- **Members must be 14 years and older to enter the Track. Children ages 13 years and under must be directly supervised and accompanied by an Adult Member 18 years and older at all times.**
- **Clean, dry, and closed toe shoes are required. Please visit the main lobby or locker rooms to change your shoes.**
- **The Track is designed for fitness use only. No speed work or sprinting allowed.**
- **Please be courteous when passing others. Walk/Run in the Right Lanes and pass on the Left Lanes.**
- **Strollers are NOT permitted on the Track.**
- **Spectating activities from the Track area is prohibited.**

**USE INSIDE LANES FOR WALKING AND
OUTSIDE LANES FOR RUNNING
12 LAPS = 1 MILE**

Facility Hours

Monday-Friday: 5:30 AM - 8:30 PM | Saturday-Sunday: 8:00 AM - 7:00 PM