

RUNNING TRACK

USAGE GUIDELINES

- › Running track may only be used by those ages 13 and older. Those under the age of 13 may use the running track only if directly accompanied by a parent.
- › Slower runners should give the faster runner the “right of way” by staying in the inside lane (against the railing).
- › Side-by-side walking or running should always be avoided.
- › Use caution when entering and exiting the track. Check behind you if you are going to pass someone.
- › Spectating or observing from the track is prohibited.
- › Please wear clean, non-marking shoes. Spikes and cleats are prohibited.
- › Talking on cell phones is prohibited.
- › Food and drink (other than water) is prohibited.

**ALL INDIVIDUALS USE THE TRACK
AT THEIR OWN RISK.**