Indoor Track Policies:

1. The jogging direction changes daily. Please follow the posted direction.
2. The inside lane is designated for walking; outside lanes are designated for jogging/running.
3. Stretching is not allowed on the track. Please utilize the stretching/medicine ball area in the NW corner of the track.
4. Spikes, turf shoes, boots, sandals and open-toed shoes are not allowed.
5. Wheeled devices are not allowed on the track, with the exception of ADA designated assistance devices.