

1. The running direction will be rotated regularly. The direction is posted by the electronic arrow above the track. Loitering on track is not permitted during periods of higher traffic.
2. Rubber soled, non-marking athletic shoes are required. No spiked shoes of any type will be allowed on the jogging track.
3. Inside lanes are reserved for faster traffic.
4. Outside lanes are for walkers and passing.
5. Walkers, two abreast must use the outside lane, and must yield to any runners.
6. Baby strollers are prohibited.
7. Stretching is allowed in designated areas only. Do not place shoes on any wall or window surface.
8. No spitting on the track. Children under the age of 18 are not allowed on the track after 5:00 pm Monday – Friday during the Academic Year.