

# TRACK GUIDELINES

THPRD is committed to providing programs and facilities that are welcoming, safe, and comfortable for everyone. For appropriate behavior, please refer to the Drop-In Rules.

- Look both ways before entering the track.
- Walk/jog in today's track direction.
- Slow walkers/joggers must use the inside lane.
- Pass on the outside lane.
  - When passing, let others know you are doing so.
- Children under 5 years of age are not allowed to use the track unless they are in a stroller.
- Children 10 years and under must always be supervised by a parent or guardian (14 yrs+).
- Food, drinks, and gum are prohibited on the track. Water in a non-glass container is permitted.
- Strollers need to be single-file on the inside lane to allow room for people to pass.
- We have people of all ages and abilities that use the track. Please be courteous to everyone.
- The following is prohibited on the track:
  - Spitting
  - Open-toed shoes
  - Spectating
  - Photography and videotaping
  - Stretching (stretching is permitted in the corners)

We reserve the right to exclude individuals who do not follow the Drop-In Rules, Guidelines, and Code of Conduct.

**Track Distance:**

6 ½ laps on the inside lane = 1 mile  
6 laps on the outside lane = 1 mile  
1 lap is approximately 268 meters