



Coomes Recreation Center
Indoor Walking/Running Track
Guidelines

1. All patrons must check in with front desk before use of the track.
2. Runners and fast walkers should use the outer section of the track.
3. Runner and fast walkers should be courteous when passing others.
4. The track is not to be utilized for viewing activities in the gymnasium.
5. Children under 14 must be accompanied by a parent or guardian.
6. Children must stay with parents/guardians while using the track.
7. Please do not climb or sit on the railing.
8. No food or beverages are allowed on the track.
9. Avoid collisions by being aware of your surroundings.
10. Please follow daily directional arrows.