



# wheaton park district **COMMUNITY CENTER INDOOR TRACK GUIDE**

## **Goal & Philosophy**

Our goal is to provide each participant with a pleasurable experience in a safe and healthy environment. Patrons should be able to use the track at their convenience, free of charge.

## **Track Amenities**

### **Three Lanes**

- Inside lane is for walkers. 12 3/4 laps (1 mile)
- Middle lane is for joggers. 12 laps (1 mile)
- Outside lane is for runners. 11 1/4 laps (1 mile)

### **Lap Directions**

- Monday, Tuesday, Friday, and Saturday, run to the right when entering the track.
- Wednesday, Thursday, and Sunday, run to the left when entering the track.

## **Hours of Operation**

Monday-Friday, 5A-10P | Saturday, 7A-7P | Sunday, 8A-6P  
*Holiday hours may vary.*

## **Track Users**

You must be at least 14 years of age to use the track. Children 13 and under must be accompanied by an adult.

## **Warm-Up Section**

Located at the entrance to the track area. Consists of a large mat, mirrors, and stretching bars. Mats are for stretching and sitting; please do not stand on the mats. The bars are for stretching activities and light support. They're not meant for full-body support.

## **Coat Racks**

Coat racks are provided. Additional coat hooks are available in the hall.

Interested in more fitness opportunities?  
Visit Parks Plus Fitness Center on the lower level.



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[wheatonparkdistrict.com](http://wheatonparkdistrict.com)

# additional information

This guide is designed to acquaint you with track information and etiquette guidelines.

## Temperature

The indoor track is set at 68 degrees year-round. Due to outdoor weather changes, the temperature may fluctuate. It's a good idea to bring or wear shorts under your jogging suit in case you become too warm.

## Track Etiquette

1. Be aware of the safety of participants around you.
2. Be courteous to fellow participants when using the track.
3. **Crossover/Passing in the Lanes** – Beware of people crossing over lanes and passing. Remember, for your safety as well as other participants' safety, look behind, to the side, and in front of you before passing so collisions can be avoided. Be courteous and let fellow participants know you're ready to pass them by saying "Passing to your right" or "Passing to your left." This helps them move to the inside of their lane.
4. **Two people abreast per lane maximum.** Passing must be done in single file. When being passed, you must move single file and go to the inside of your lane.
5. **Entering/Exiting the Track** Look in both directions before entering or exiting the track. For those on the track, watch for participants entering and exiting the track.
6. **Dress Code** – Shirts must be worn at all times.
7. **Shoes** – The only shoes allowed are gym shoes. Street shoes, boots, etc., are not permitted.
8. **Children** – Children 13 and under must be accompanied by an adult. This means the child must either use the track with an adult or must be supervised by an adult in the warm-up area. This is for your child's safety.
9. **Food and/or Drink** – Food and/or drink are not permitted in the track area due to health and safety reasons.
10. **Baby Strollers** – Baby strollers are not permitted. They cause a safety hazard when passing.
11. **Music** – Personal radios, iPods, or music players with headphones are welcomed but no other radios are permitted.
12. **Spectators** – The track area is strictly for participants; spectators are not permitted.
13. **Language** – Participants should refrain from using abusive or foul language at all times. **Note:** If track etiquette is not followed, the participant causing the infraction will be informed of proper use. Action will be taken if inappropriate behavior continues.
14. **Cell Phones** – Out of respect for all participants, we ask you to please turn off your phone (or keep it on vibrate) while using the track. Should you need to take a phone call, please respond to it outside the track.