



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

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

Track Details

Two Lanes

- Inside lane is for walkers. 12.5 laps (1 mile)
- Outside lane is for joggers/runners only. 11.5 laps (1 mile)

Lap Directions

- Monday, Tuesday, Friday, and Saturday, enter to the right when using the track.
- Wednesday, Thursday, and Sunday, enter to the left when using 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. Strollers and walkers are prohibited.

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 are not intended for full-body support.

Coat Racks

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

Lockers

A limited number of smaller lockers are available. Keys may be obtained at the service desk with a photo I.D.

Interested in more fitness opportunities?

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Full Fitness Center | Group Classes | Personal Training



1777 S. Blanchard St., Wheaton | 630.690.4880

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 others, look behind, to the side, and in front of you before passing so collisions can be avoided.
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 and shoes must be worn at all times.
7. **Shoes** – The only shoes allowed are gym shoes. Street shoes, sandals, 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 & Walkers** – Baby strollers and walkers 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/speakers 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.