



CITY OF
**Sterling
Heights**

WALKING / RUNNING TRACK

POLICIES AND RULES

- The track is unsupervised and use of the track is at your own risk. Know your limits and abilities.
- Please follow the designated lane direction for the day listed.
- Inside lane designated for walkers; outside lane designated for runners.
- Walkers/runners pass on the outside.
- Jogging strollers are allowed. No double wide strollers allowed.
- Children 12 and under are allowed on the track (with parent or designated guardian (18+)).
Patrons ages 13-17 can use the track without supervision but must follow all rules.
- Remain moving while on track. Note designated areas for breaks, stretching, and circuit training.
- Please refrain from walking/running no more than 2 individuals wide.
- Proper attire is required at all times. Shirts, shorts, pants, and soft soled, non-marking athletic shoes are required.
- Participants are asked to change into a separate, clean pair of shoes when using the track.
Muddy or dirty shoes are not permitted.
- The City of Sterling Heights recommends to keep all other clothing and shoes in lockers.
Please keep ALL valuables at home. The City of Sterling Heights is not responsible for any lost or stolen items.
- No food, gum, or open beverages allowed on the track. Beverages must be in a spill proof container with a secure lid.
- No spitting on track.
- Profanity and abusive language will not be tolerated.
- Any behavior deemed unacceptable by the Parks and Recreation Department staff will be addressed and may result in removal from the facility and/or termination of building use privileges.