

Sargent Family Community Center

Walking Track Information & Rules

1. Prior to use, please sign-in at front desk.
2. Consult your physician before starting any exercise program.
3. The walking track is available for use Monday-Friday 6:00 AM – 9:00 PM and on weekends 8:00 AM – 5:00 PM, unless otherwise noted for special events.
4. Walk in the direction noted for each day. Tuesday, Thursday & Saturday: Clockwise. Monday, Wednesday, Friday & Sunday: Counter Clockwise.
5. Track Distance: Inside lane: 14.5 laps = 1 mile. Outside lane: 13 laps = 1 mile.
6. Clean, dry, non-marking sneakers are required. No street shoes or bare feet are allowed at any time. It is recommended users change shoes in the locker room prior to entering track.
7. Strollers are permitted, granted they have clean, dry wheels. The facility *does* have a stroller available for use.
8. Water only allowed. No tobacco, food, chewing gum, other beverages, glass bottles or cans allowed. Plastic water bottles are permitted.
9. Use caution when entering and exiting the walking track/gymnasium.
10. Walkers use the inside lanes while runners use the outside lanes. No more than two across. No stopping on the track.
11. Youth in grades 2nd and under must be accompanied by an adult.
12. No foul language.
13. Shirts are required at all times.
14. Please report any injuries that take place while at the community center.
15. The Presque Isle Recreation Department reserves the right to revoke privileges if rules are not followed.