

# Indoor Track Rules of the Road

For everyone's enjoyment and safety, please follow the rules of walking etiquette:

- Walk on the right, pass on the left.
- Do not walk three or more abreast
- Keep moving at a steady pace.
- If you must stop, move to the side first.
- Watch out for small children or the elderly.
- Do not let headsets or cell phone distract you.
- If pushing a stroller, be aware of people walking around you.
- Respect mall property.

Pick up registration form in the mall management office.

# Know Before You Go -

## Is It Okay For Me To Walk?

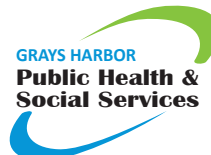
- 1) Do you have a health problem that makes exercise risky?      Yes       No
- 2) Do you often feel faint or have dizzy spells?      Yes       No
- 3) Do you have uncontrolled blood pressure?      Yes       No
- 4) Do you have bone or joint problems that could get worse if you exercise?      Yes       No
- 5) Are you over 50 years old and not used to a lot of exercise?      Yes       No

If you answered "YES" to any of these questions, check with your doctor before starting any form of exercise.

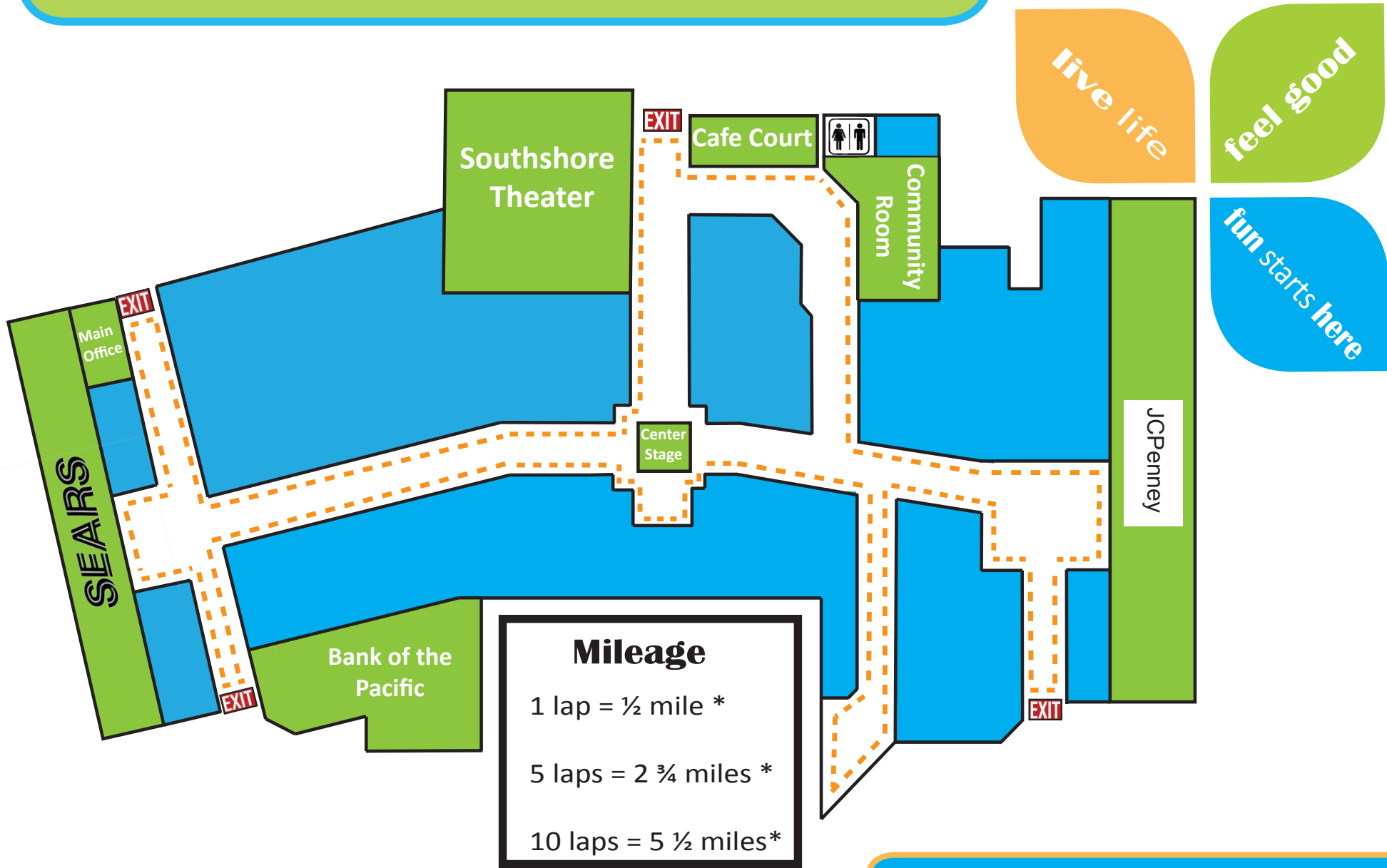
# GRAYS HARBOR INDOOR TRACK



**STEP**  
in the  
**RIGHT**  
direction!



# Indoor Track Course



**Mileage**  
1 lap = ½ mile \*  
5 laps = 2 ¾ miles \*  
10 laps = 5 ½ miles\*

\* Rounded to the nearest 1/4 mile - 1 lap = .565 miles