

Cottonwood Meadows Running Track Etiquette & Rules

Distance	Grey Inside Lane 446 ft or 136 m	1st inside Red Lane 463 ft or 141 m	2nd Red Lane 482 ft or 147 m	Outside Lane 500 ft or 152 m
1 km	7.4 laps	7.1 laps	6.8 laps	6.6 laps
3 km	22.2 laps	21.3 laps	20.4 laps	19.8 laps
5 km	37 laps	35.5 laps	34 laps	33 laps
10 km	74 laps	71 laps	68 laps	66 laps

The Cottonwood Meadows Running Track is a 152m, 4 lane track located on the 3rd floor of the Abbey Centre overlooking the Field House below, and is part of your membership or daily admission.

Ideal for those cold wintery and wet summer days, the track gives you perfect shelter from the elements while the soft cushiony running surface helps protect your joints.

The area around the track is ideal for stretching and includes a great abdominal area with decline benches, a flat bench and abdominal bench as well as access to the Bosu ball, medicine balls, toners and exercise balls to really develop those abdominal muscles. There are also mats for stretching and floor exercises.

On the opposite corner of the track you can take a spin on our spin cycles when no classes are scheduled.

There is lots of space and different options for everyone to keep your exercise routine fresh and fun.

Please note:
Strollers are allowed on the Running Track between 9 am and 5 pm.

While using the track, please use proper track etiquette:

- Lane use is SINGLE FILE only
- Right of way is given to faster users by calling "PASS" to slower users, when the faster user will pass on the INSIDE.
- Slower users must keep to the outside lanes of the track
- Youth 12 - 17 years of age are only permitted on the track after completing a Fitness Centre Orientation. 12 - 13 year olds must be in close proximity of their supervisor.
- Children 6 - 11 years of age are not permitted on the track.
- Parents can access the track with small children 0 - 5 years of age provided the children remain in their strollers.
- Only non-marking indoor running shoes are permitted on the track.
- Strollers, walking aids, wheelchairs and other personal assistance devices must be free of dirt and debris before accessing the track.
- No food or beverages (except plastic water bottles) are permitted.

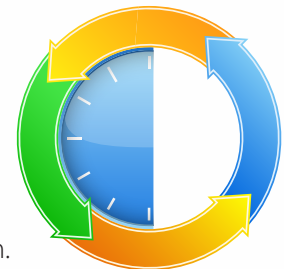


Track Direction Changes

Track direction changes at half hour intervals.



Top of the hour proceed in a **clock-wise** direction.



Bottom of the hour in a **counter-clockwise** direction.