



RUN/WALK TRACK

FALL/WINTER/SPRING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00 AM	Open							5:00 AM
6:00 AM	5:00am to 8:30 am	OPEN TO	WALKERS AND AGE 12 AND OLDER.	RUNNERS				6:00 AM
7:00 AM						6:00am to 10:00am OPEN TO WALKERS AND RUNNERS		7:00 AM
8:00 AM								8:00 AM
9:00 AM	8:30 am to 9:30am	WALKING	ONLY!!!!	Age 12 and older			6:00am to 5:45pm	9:00 AM
10:00 AM	9:30am to 1:15pm	OPEN TO	WALKERS AND AGE 12 AND OLDER.	RUNNERS			OPEN/FAMILY	10:00 AM
11:00 AM						10:00am to 5:45pm OPEN/FAMILY	Children ages 5 to 11 may Use the track With their PARENTS	11:00 AM
12:00 PM								12:00 PM
1:00 PM						Children ages 5 to 11 may Use the track With their PARENTS		1:00 PM
2:00 PM	1:15pm to 2:15 pm	WALKING	ONLY!!!	Age 12 and older		Use the track With their PARENTS		2:00 PM
3:00 PM	2:15pm to 6:30pm	OPEN TO	WALKERS AND AGE 12 AND OLDER.	RUNNERS				3:00 PM
4:00 PM								4:00 PM
5:00 PM								5:00 PM
6:00 PM						5:45pm	5:45pm	6:00 PM
7:00 PM	6:30pm	6:30pm	6:30pm	6:30pm	6:30pm			7:00 PM
8:00 PM	6:30PM TO CLOSE	OPEN/FAMILY	Children ages 5 to 11 may use The track with Parents.	OPEN/FAMILY	OPEN/FAMILY			8:00 PM
9:00 PM	9:45pm	9:45pm	9:45pm	9:45pm	8:45pm			9:00 PM
10:00 PM	For safety	precautions	children age 4	and younger	will not be	permitted on	the track	10:00 PM