Wildermuth Track Policies

1. The track direction changes daily. Counter-clockwise on the even days of the month and clockwise on the odd days of the month. All joggers are to follow the same direction.

   One lap equals 857 feet. One mile equals 6 laps plus 138 feet.

   The speed lane assignments are as follows:
   Inside Lane/Running - Middle Lane/Jogging - Outside Lane/Walking

2. The courtesy rule of passing is recommended. A jogger should say, “Passing on your left or right,” and look behind to make sure no other runners are coming before making a pass.

3. Participants using the track should be alert for balls and players crossing the track.

4. Strollers are not permitted on the track.

**General**

1. In the event of an injury or accident seek assistance from an on-site Recreational Sports employee.

2. Do not spit on the floor or in the garbage cans. A receptacle is available next to the water fountains.

**STATEMENT OF RESPONSIBILITY**

Neither Indiana University nor Campus Recreational Sports accepts any responsibility for ill health or injury sustained while participating in any of the programs. No medical or ambulance expense incurred by a participant will be paid by Campus Recreational Sports or by the University. Participation is on a voluntary basis. It is recommended that all participants undergo a prior physical examination and carry some form of health and injury insurance. If an injury does occur, it should be reported to the nearest Recreational Sports staff member. In the event that blood is involved in an injury, that person cannot continue to participate until the wound is properly cleaned and dressed, any clothing with blood should be removed.