

Midco Track

INFORMATION & RULES

Welcome to the Midco Track. We are glad you are here! In order to ensure all guests may enjoy the track in a safe manner, we ask that everyone adhere to the following rules. Failure to do so may result in removal of guest from track and potentially facility itself.

- Track is available for use **during posted public hours**. If facility is in use for private rentals outside of these hours, track will not be available during these extended times. **Any closure of track during posted public hours** for a special event will be posted on our website and via signage outside of track entrance.
- Use of track is at guest's **own risk**. Please **report any injuries** to staff immediately.
- Use **caution** when **entering and exiting** the track.
- Strollers welcome.
- **No spectating or standing** on track unless specifically noted for special events.
- Watch for balls from turf area at all times.
- **NO BALLS** in track area.
- Shirts and shoes required.
- Proper footwear required. **No metal cleats, spikes, or screw in studs.**
- Absolutely **no glass** containers of any kind.
- Please **notify staff of all spills** immediately so we can thoroughly clean the court to prevent staining or damage.
- Youth ages **12 and under** must be accompanied by an adult.
- No gum or sunflower seeds.
- **No spitting.**
- We appreciate guests using personal music devices if headphones are also used.
- Please treat staff and guests with respect. **Fighting, profanity or other disrespectful behavior** will result in **immediate removal** from facility.
- Help us keep our building clean. Please throw away all trash in provided receptacles.
- The Fargo Park District is **not responsible** for lost or stolen items.

4.5

LAPS PER MILE



SUNDAY | TUESDAY | THURSDAY | SATURDAY



MONDAY | WEDNESDAY | FRIDAY

Slower traffic use inside lane. Faster traffic use outside lane.