



Welcome to the FirstOntario Centre's Walk/Run Program

Below are some important things to know prior to enjoying this program:

- Entry into the facility is through the main entrance on Bay Street - look for signage to direct you.
- Upon entry you will need to sign in at the check in desk and you will be required to leave your pass or a personal item as collateral.
- Please bring a pair of indoor shoes to change into to help keep our facility clean.
- There are no lockers available for use; however you are free to leave your bag at the check in desk.
- Washrooms for track users will be open on the concourse at section 118/119.
- There are no water fountains available at the facility so please bring your own water or you can purchase bottles from our various vending machines located throughout the concourse.
- Laps will be taken going counter clockwise with runners on the exterior side of the building and walkers on the interior side.
- Please always be aware of your surroundings as there may be event equipment located at various points around the concourse.
- There is no access through the curtains into the bowl to run the stairs or sit in the seats- we ask you respect this rule as it is set to help keep everyone safe.
- If you would like to sit down to rest or eat your lunch please feel free to use the King Club Bar located at section 115.
- For security purposes please do not exit out of the building through any door other than the main entrance at Bay Street.
- Be sure to make note of your number of laps to include on the sign in/out sheet to be eligible to win prizes.