

RIT workouts for GVH Members

GVH team workouts move indoors to RIT, beginning in January through about the middle of March. All GVH members may join RIT to use the Student Life facilities (tracks, pool, weight room, etc.) for a 3-month fee of \$110. RIT has the GVH membership list so you just need to say you are with GVH (you don't need an additional sponsor). ODP members - make sure you get a receipt so you can be reimbursed accordingly (100% Tier 1/ 50% Tier II). If you are new to the RIT winter practices, you need to visit the Hale-Andrews Student Life Center Main Office which is open on Tuesday until 6:30 pm. New folks will have to go to the office to get a picture taken, etc. However, if you have a prior membership and card you may call the Office and renew over the phone with a credit card. The office phone number is 475-2620.

If you are a guest of GVH, you can be sponsored by any GVH member with RIT Facilities membership. Members can sponsor up to 3 individuals per day. It's \$7 for guests, each visit.

Parking: Most of us park in Lot D on RIT Campus after 5pm. Follow the [link](#) for more information to parking and maps.

If you have any questions, contact [Coach Reif](#).

More details from RIT:

Office hours are:

Mon, Thurs, Fri	9am-4pm
Tues, Wed	9am-6:30pm

Elevated Jogging Track Rules:

Shirt and shoes required. Only clean, non-marking soles permitted.

Spikes or cleats are prohibited.

Spitting on the track is prohibited.

Food and gum are prohibited.

Sitting, climbing or leaning on safety rails is prohibited.

For your safety, follow these directional rules:

- Mon., Wed., Fri., Sun. = clockwise
- Tues., Thurs., Sat. = counterclockwise

Walkers use the inside lane.

Do not walk/run 2 or 3 across lanes.

Running in groups of more than 10 is prohibited.

Spectating from the track is prohibited.

Gordon Field House Arena Floor Rules:

Shirt and shoes are required at all times.

Food and gum are prohibited on main floor.

Spitting on the floor is strictly prohibited.

Metal spikes are prohibited on the main floor.

Hitting, kicking or throwing objects against the bleachers is prohibited.

Hitting, kicking or throwing objects should occur inside the curtained areas.

Observe all emergency exit signage.

RIT is not responsible for lost or stolen items.

Non-compliant individuals may be asked to leave the facility or have privileges suspended.