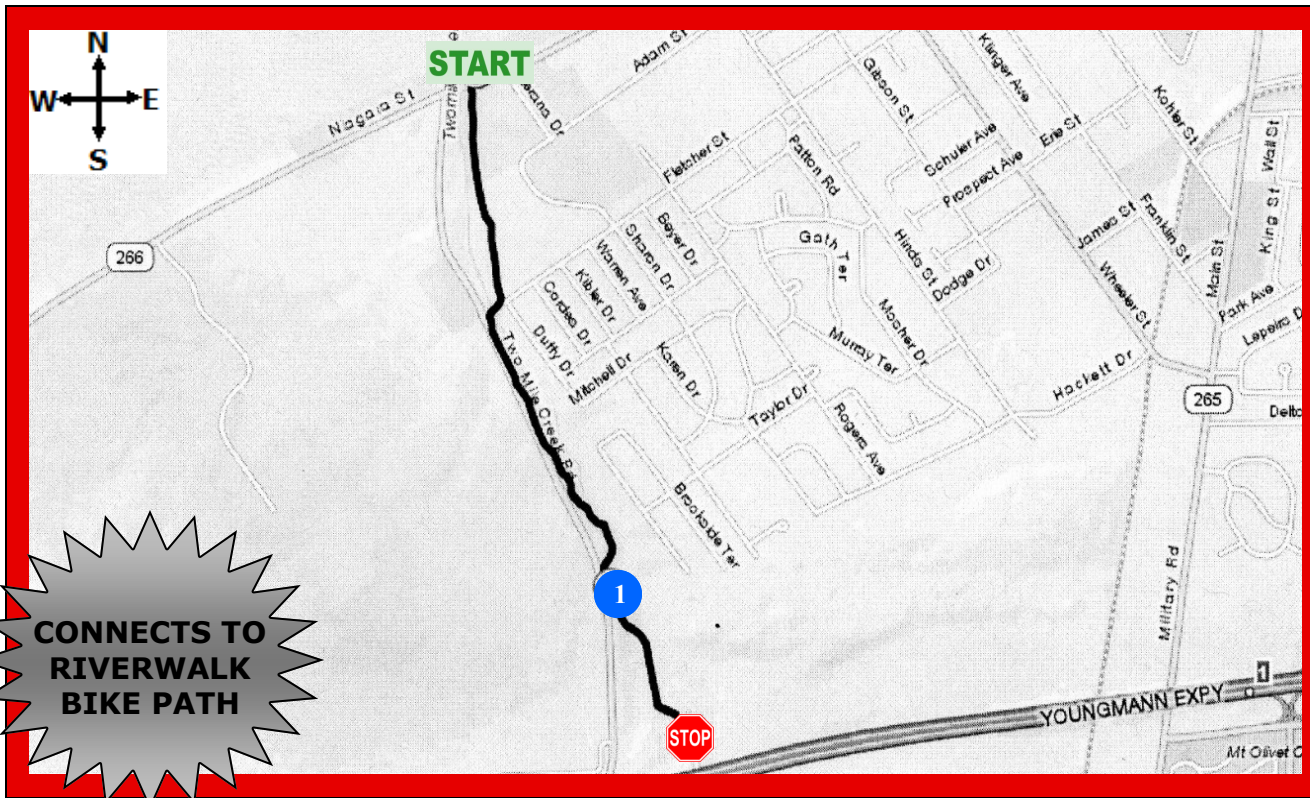


2 MILE CREEK BIKE PATH

Tonawanda, New York



DISTANCE
 One Way: 1.3 Miles
 Round Trip: 2.6 Miles

ELEVATION
 Maximum: 604 ft.
 Minimum: 574 ft.
 Overall Ascent: +36 ft.
 Overall Descent: -30 ft.
 Maximum Climb: < 3%

TRAIL INFORMATION
 Asphalt trail surface
 Can accommodate 2 way traffic
START at North East end of Isle View Park & **END** at East Park Drive

EXERCISE TIPS

- Drink plenty of water before, during & after exercise; also make sure you stretch properly before & after exercising
- Always exercise with a friend for safety & fun
- Do NOT wear earphones while biking & rollerblading outside; not only is it dangerous, but it is also against the law
- Remember to wear your helmet while biking & rollerblading; also wear wrist guards while rollerblading to avoid injury

CALORIES BURNED IN 30-MIN.

| Activity | Slow | Moderate | Fast |
|---------------|------|----------|------|
| Walking | 68 | 90 | 136 |
| Running | 217 | 299 | 381 |
| Biking | 163 | 217 | 272 |
| Rollerblading | 252 | 326 | 429 |

Choose types of physical activity that are appropriate for your current fitness level



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