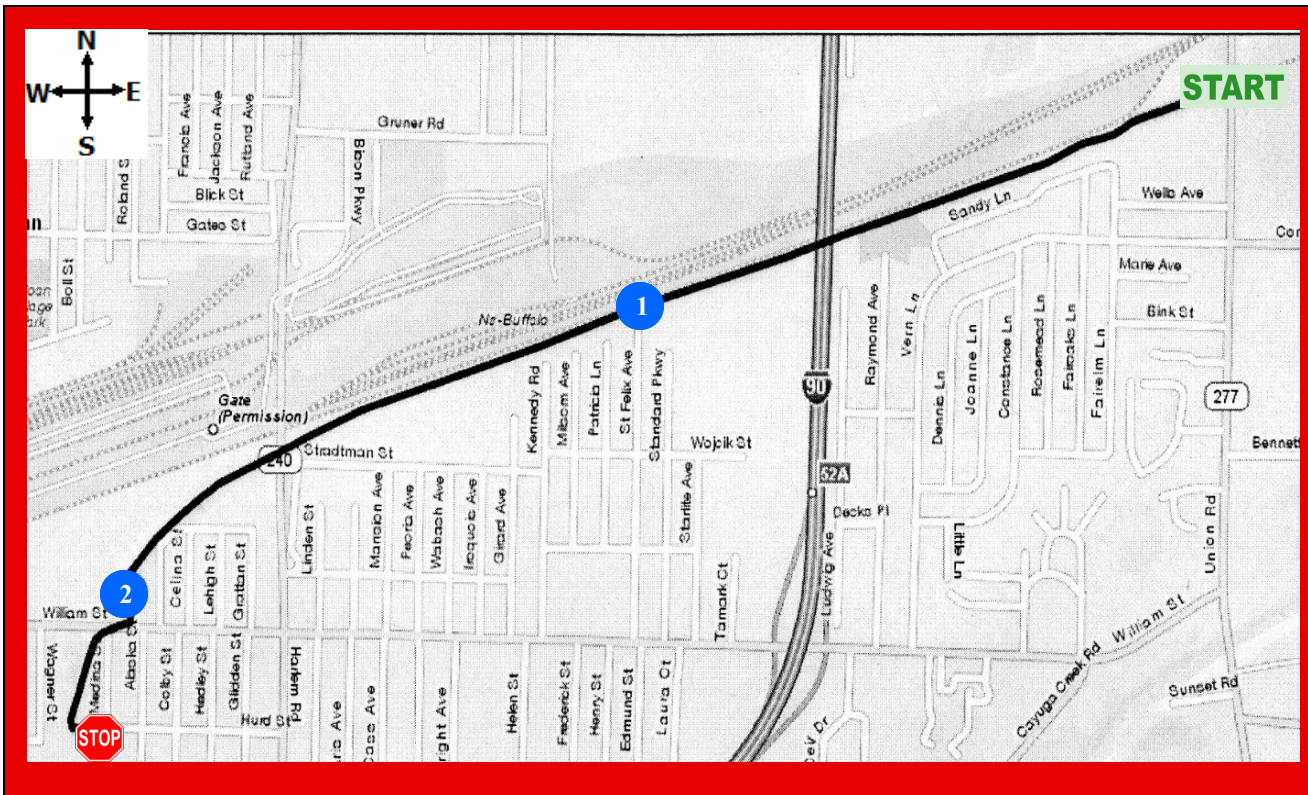


# CHEEKTOWAGA BIKE PATH

Cheektowaga, New York



**DISTANCE**  
 One Way: 2.3 Miles  
 Round Trip: 4.6 Miles

**ELEVATION**  
 Maximum: 643 ft.  
 Minimum: 604 ft.  
 Overall Ascent: +20 ft.  
 Overall Descent: -46 ft.  
 Maximum Climb: < 3%

**TRAIL INFORMATION**  
 Asphalt/concrete trail surface  
 Can accommodate 2 way traffic  
**STARTS** on Union Road  
 & **ENDS** on Medina Street

- 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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