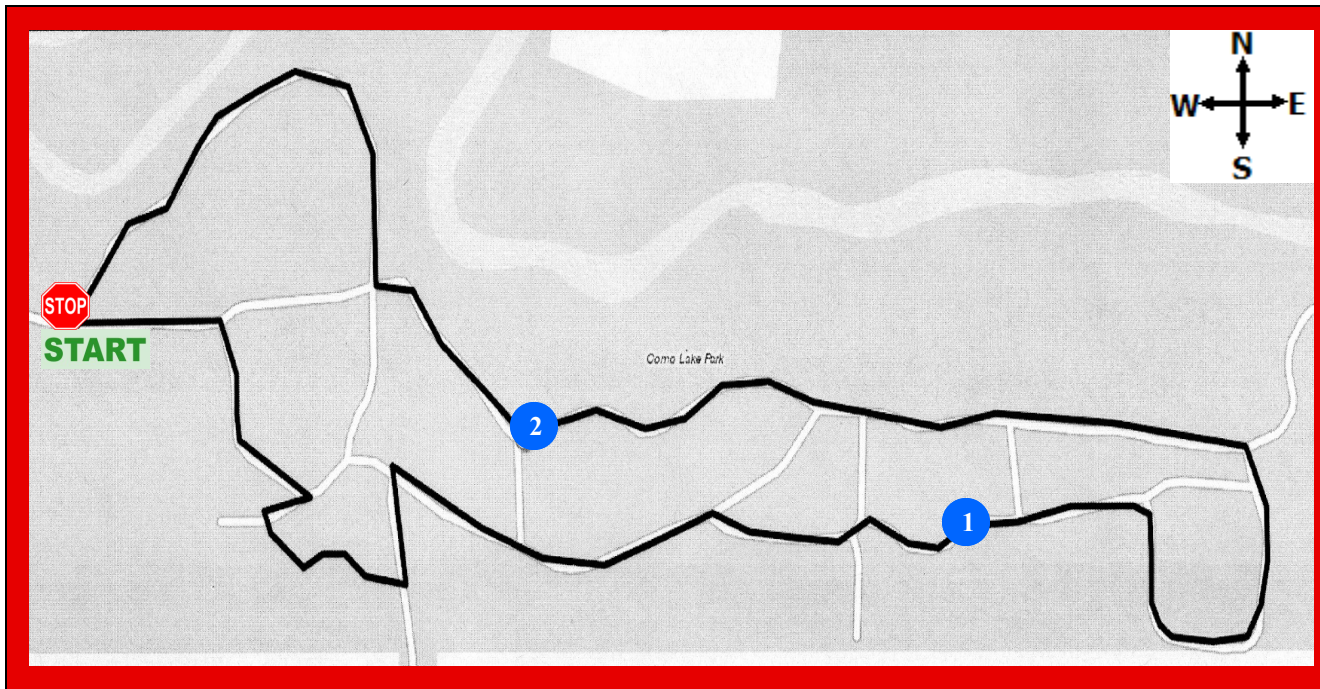


COMO LAKE PARK

Lancaster, New York



DISTANCE

1 Loop: 2.6 Miles

ELEVATION

Maximum: 722 ft.

Minimum: 689 ft.

Overall Ascent: +46 ft.

Overall Descent: -43 ft.

Maximum Climb: < 3%



TRAIL INFORMATION

Asphalt trail surface

Trail open to motor vehicles; bike with traffic and run against traffic

Enter Como Lake Park off of Como Park Boulevard. **START & END** on west side



FOR WEEKLY HEALTH TIPS GO TO: [FACEBOOK.COM/MADE2MOVEFITNESS](https://www.facebook.com/MADE2MOVEFITNESS)

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



[MADE2MOVEFITNESS.COM](https://www.made2movefitness.com)

**777 Maple Road
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