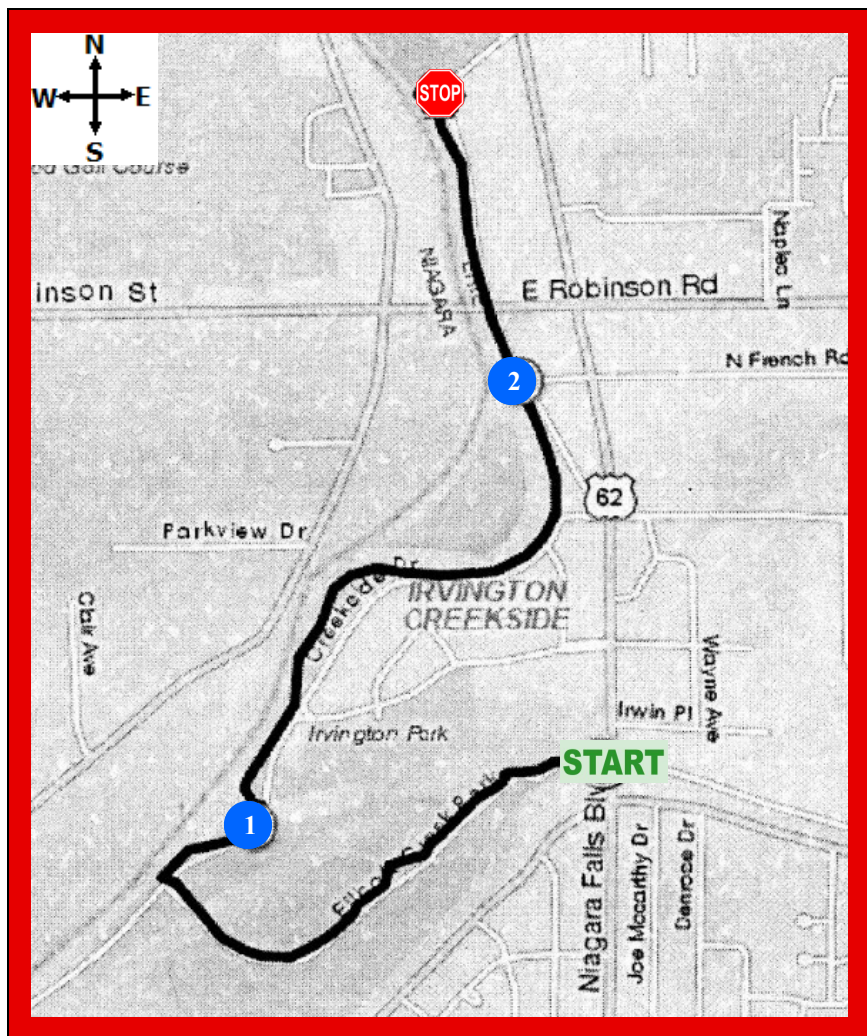


ELLICOTT CREEK PARK CYCLEWAY

Amherst, New York



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

**777 Maple Road
Williamsville, NY
14221**

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



**FOR WEEKLY HEALTH TIPS GO TO:
FACEBOOK.COM/MADE2MOVEFITNESS**

TRAIL INFORMATION

Asphalt trail surface
Can accommodate 2 way traffic
START on Niagara Falls Boulevard at entrance of Ellicott Creek Park & **ENDS** on Old Niagara Falls Boulevard/Tonawanda Creek Road

DISTANCE

One Way: 2.5 Miles
Round Trip: 5 Miles

ELEVATION

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