

I-990 TRAILWAY

Amherst, New York



DISTANCE
 One Way: .90 Miles
 Round Trip: 1.8 Miles

ELEVATION
 Maximum: 604 ft.
 Minimum: 564 ft.
 Overall Ascent: +49 ft.
 Overall Descent: -39 ft.
 Maximum Climb: < 3%

TRAIL INFORMATION
 Asphalt trail surface
 Can accommodate 2 way traffic
START on Sweet Home Road next to Tim Hortons & **END** on Sweet Home Road

- 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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