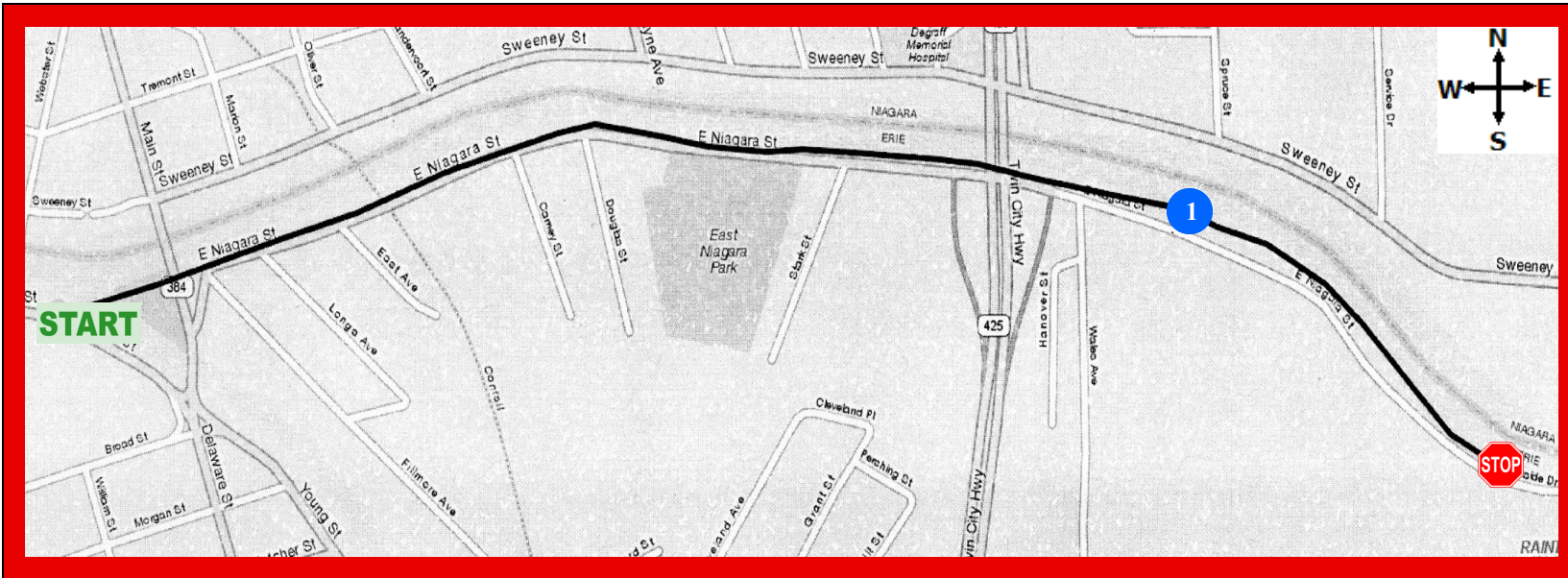


TONAWANDA BIKE PATH

Tonawanda, New York



MADE2MOVEFITNESS.COM

**777 Maple Road
Williamsville, NY
14221**

 **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

ELEVATION

Maximum: 584 ft.
Minimum: 568 ft.
Overall Ascent: +23 ft.
Overall Descent: -23 ft.
Maximum Climb: < 3%

TRAIL INFORMATION

Asphalt trail surface
Can accommodate 2 way traffic
Trail intersects roads; watch out for oncoming traffic
START on Young Street and **END** on East Niagara Street

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

DISTANCE

One Way: 1.4 Miles
Round Trip: 2.8 Miles