

**Great Runs Launches with List of the 100 Best Runs in America’s Cities**

**Boston, MA – February 15, 2017 –** [Great Runs](http://www.greatruns.com/), the ultimate guide for travelers who love to run or runners who love to travel, unveils its official selection of the Top 100 Runs in America’s Cities. Think of this as similar to those travel guides that say “You have 24 or 48 hours in Dublin, what should you see?” This is that same idea, for runners.

There are great places to run. And then there are the iconic runs. The ‘must do’, or ‘bucket list’ runs. You’re going to Chicago for the first time – need to run the Lakefront Trail. Same goes for the Charles River in Boston, the National Mall in Washington, Piedmont Park in Atlanta. This guide of 100 great runs not only highlights the desired scenic route, but where to start and end for an average five-mile loop.

How are the runs selected? Lots and lots of research. Great Runs has developed running guides for nearly all the major cities in North America, comprising some 10-15 great routes for each city, based on extensive runner interviews and first-hand research. From this list we’ve selected two ‘iconic runs’ for the top 50 or so cities or regions, by population, in the United States.

What qualifies as an ‘iconic’ run? It is centrally located, usually near downtown/city center, is especially interesting, scenic, or beautiful, and epitomizes the city in some way.

Our top 100 Routes list is below. Please [click here](http://greatruns.com/100-best-runs-in-americas-cities/) to see a more detailed chart that includes a link to each route, and details on what makes it iconic. You’ll see that the list is a great mix of gorgeous urban parks, wonderful trails, urban beach and waterfront runs, and tours of important sites. Most of the routes are ‘walkable’, too!

Runners may [submit their own](http://greatruns.com/recommend-a-route/) ideas for a city on the list, or an area we haven’t developed yet…anywhere in the world!

**About** [**Great Runs**](http://www.greatruns.com/)**:** Great Runs is the ultimate guide to the best places to run in the world’s major cities. *It’s for travelers who run and runners who travel.®* We’ve completed guides for 100+ cities worldwide, major vacation destinations such as Disney and the National Parks, and fun compilations such as ‘Best Foliage Runs in Vermont’ and ‘Best Beach Runs in New England’. Mark Lowenstein, Chief Running Officer, is available for interviews and is always interested in creating a “running dialog”.

**Media Contact:**  
Mira Woods for Great Runs

617-513-7020 or [mira@mgresults.com](mailto:mira@mgresults.com)

Mark Lowenstein, Chief Running Officer, Great Runs  
617-913-8900 [mark.lowenstein@greatruns.com](mailto:mark.lowenstein@greatruns.com)

[www.greatruns.com](http://www.greatruns.com)

Twitter: [@greatruns](https://twitter.com/greatruns)

 **100 Best Runs in America’s Cities**

|  |  |
| --- | --- |
| **City** | **Route Name** |
| [**Atlanta**](http://greatruns.com/location/atlanta-ga/) | Piedmont Park  Freedom Park |
| [**Austin**](http://greatruns.com/location/austin-tx/) | Lady Bird Lake Trail Barton Creek Greenbelt |
| [**Baltimore**](http://greatruns.com/location/baltimore-md/) | Waterfront Promenade Fort McHenry |
| [**Boston**](http://greatruns.com/location/boston-ma/) | Charles River Paths The Emerald Necklace |
| [**Burlington, VT**](http://greatruns.com/location/burlington-vt/) | Island Line Rail Trail Shelburne Farms |
| [**Buffalo**](http://greatruns.com/location/buffalo-ny/) | Delaware Park Bird Island Pier |
| [**Boulder, CO**](http://greatruns.com/location/great-runs-boulder-co/) | Mesa Trail Reservoir/Valley Ranch |
| [**Charlotte**](http://greatruns.com/location/charlotte-nc/) | Uptown Park/Stadium Loop Booty Loop |
| [**Charleston, SC**](http://greatruns.com/location/charleston-sc/) | Downtown Tour Cannon Park to Patriots Point |
| [**Chicago**](http://greatruns.com/location/chicago/) | Lakefront Path Grant Park & Millennium Park |
| [**Cincinnati**](http://greatruns.com/location/cincinnati-oh/) | Eden Park Bridge Loops |
| [**Cleveland**](http://greatruns.com/location/cleveland-oh/) | Lakefront Bikeway Rockefeller Park |
| **Columbus** | Olentangy Trail Capitol & Scioto Greenway |
| [**Dallas/Ft. Worth**](http://greatruns.com/location/dallasfort-worth-tx/) | Kathy Trail White Rock Lake |
| [**Denver**](http://greatruns.com/location/denver-co/) | Cherry Creek Three Park Run |
| [**Detroit**](http://greatruns.com/location/great-runs-in-detroit-mi/) | Detroit Riverwalk  Bell Isle |
| [**Ft. Lauderdale/ Hollywood**](http://greatruns.com/location/great-runs-fort-lauderdale-fl/) | Ft. Lauderdale Beach Hollywood Boardwalk |
| [**Honolulu**](http://greatruns.com/location/honolulu-hi/) | Waikiki Beach Diamond Head |
| [**Houston**](http://greatruns.com/location/houston-texas/) | Memorial Park Buffalo Bayou Park |
| [**Indianapolis**](http://greatruns.com/location/indianapolis-in/) | White River Trail Eagle Creek Park |
| [**Jacksonville**](http://greatruns.com/location/great-runs-jacksonville-fl/) | The Beaches Guana River State Park |
| [**Kansas City, MO**](http://greatruns.com/location/kansas-city-mo/) | The Plaza area Riverfront Heritage Trail |
| [**Las Vegas**](http://greatruns.com/location/las-vegas-nv/) | The Strip  Red Rock Canyon |
| [**Los Angeles**](http://greatruns.com/location/los-angeles-ca/) | The Strand Beach Path Palisades Park |
| [**Miami**](http://greatruns.com/location/miami-fl/) | Miami Beach Key Biscayne |
| [**Milwaukee**](http://greatruns.com/location/milwaukee-wi/) | Olmsted Parks Tour Oak Leaf Trail |
| [**Minneapolis- St. Paul**](http://greatruns.com/location/minneapolis-st-paul-mn/) | Chain of Lakes St. Paul – Lake Como |
| [**Nashville**](http://greatruns.com/location/nashville-tn/) | Greenways/Nashville Tour Shelby Bottoms Greenway |
| [**New Orleans**](http://greatruns.com/location/great-runs-in-new-orleans/) | Audubon Park City Park |
| [**New York City: Manhattan**](http://greatruns.com/location/nyc-ny/) | Central Park  Hudson River Greenway |
| [**New York City: Boroughs**](http://greatruns.com/location/nyc-the-boroughs/) | Prospect Park Brooklyn Bridge Loop |
| [**Orlando**](http://greatruns.com/location/orlando-fl/) | Orlando Urban Trail/6 Lakes West Orange Trail |
| [**Philadelphia**](http://greatruns.com/location/philadelphia/) | Fairmount Park Philadelphia History Tour |
| [**Phoenix**](http://greatruns.com/location/phoenix-tempe-az/) | Papago Park Indian Wash Greenbelt |
| [**Pittsburgh**](http://greatruns.com/location/pittsburgh-pa/) | Three Rivers Heritage Trail Schenley Park |
| [**Portland, OR**](http://greatruns.com/location/portland-or/) | Waterfront/Esplanade  Forest Park |
| [**Portland, ME**](http://greatruns.com/location/portland-me/) | Eastern Promenade Cape Elizabeth |
| [**Providence- Newport, RI**](http://greatruns.com/location/providence-newport-ri/) | East Bay Bike Path Newport – Ocean Avenue |
| [**Sacramento**](http://greatruns.com/location/sacramento-ca/) | Jedediah Smith Trail Capitol Run |
| [**Salt Lake City**](http://greatruns.com/location/salt-lake-city/) | City Creek Canyon Sugar House & Liberty Park |
| [**San Antonio**](http://greatruns.com/location/great-runs-in-san-antonio-tx/) | Riverwalk Mission Reach Trail |
| [**San Diego**](http://greatruns.com/location/san-diego-ca/) | Mission Bay Balboa Park |
| [**San Francisco**](http://greatruns.com/location/great-runs-san-francisco/) | Crissy Field to Golden Gate Bridge Golden Gate Park |
| [**San Jose**](http://greatruns.com/location/san-jose/) | Baylands Trails Los Gatos Creek Trail |
| [**Seattle**](http://greatruns.com/location/great-runs-in-seattle-wa/) | Elliott Bay Trail Green Park |
| [**St. Louis**](http://greatruns.com/location/great-runs-in-st-louis-mo/) | Eads Bridge-Arch Forest Park |
| [**Silicon Valley**](http://greatruns.com/location/great-runs-in-silicon-valley-ca/) | The Bay Trail Stanford Dish |
| [**Tampa- St. Petersburg**](http://greatruns.com/location/great-runs-in-tampa-st-petersberg/) | Bayshore Linear Park Trail St. Pete Beach |
| [**Tucson**](http://greatruns.com/location/tucscon-az/) | Saguaro NP East Loop Sabino Canyon Rec. Area |
| [**Washington, D.C.**](http://greatruns.com/location/washington-dc/) | National Mall & Tidal Basin Rock Creek Park |