

**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”.

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

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| **City** | **Route Name** |
| [**Atlanta**](http://greatruns.com/location/atlanta-ga/) | Piedmont ParkFreedom Park |
| [**Austin**](http://greatruns.com/location/austin-tx/) | Lady Bird Lake TrailBarton Creek Greenbelt |
| [**Baltimore**](http://greatruns.com/location/baltimore-md/) | Waterfront PromenadeFort McHenry |
| [**Boston**](http://greatruns.com/location/boston-ma/) | Charles River PathsThe Emerald Necklace |
| [**Burlington, VT**](http://greatruns.com/location/burlington-vt/) | Island Line Rail TrailShelburne Farms |
| [**Buffalo**](http://greatruns.com/location/buffalo-ny/) | Delaware ParkBird Island Pier |
| [**Boulder, CO**](http://greatruns.com/location/great-runs-boulder-co/) | Mesa TrailReservoir/Valley Ranch |
| [**Charlotte**](http://greatruns.com/location/charlotte-nc/) | Uptown Park/Stadium LoopBooty Loop |
| [**Charleston, SC**](http://greatruns.com/location/charleston-sc/) | Downtown TourCannon Park to Patriots Point |
| [**Chicago**](http://greatruns.com/location/chicago/) | Lakefront PathGrant Park & Millennium Park |
| [**Cincinnati**](http://greatruns.com/location/cincinnati-oh/) | Eden ParkBridge Loops |
| [**Cleveland**](http://greatruns.com/location/cleveland-oh/) | Lakefront BikewayRockefeller Park |
| **Columbus** | Olentangy TrailCapitol & Scioto Greenway |
| [**Dallas/Ft. Worth**](http://greatruns.com/location/dallasfort-worth-tx/) | Kathy TrailWhite Rock Lake |
| [**Denver**](http://greatruns.com/location/denver-co/) | Cherry CreekThree Park Run |
| [**Detroit**](http://greatruns.com/location/great-runs-in-detroit-mi/) | Detroit RiverwalkBell Isle |
| [**Ft. Lauderdale/Hollywood**](http://greatruns.com/location/great-runs-fort-lauderdale-fl/) | Ft. Lauderdale BeachHollywood Boardwalk |
| [**Honolulu**](http://greatruns.com/location/honolulu-hi/) | Waikiki BeachDiamond Head |
| [**Houston**](http://greatruns.com/location/houston-texas/) | Memorial ParkBuffalo Bayou Park |
| [**Indianapolis**](http://greatruns.com/location/indianapolis-in/) | White River TrailEagle Creek Park |
| [**Jacksonville**](http://greatruns.com/location/great-runs-jacksonville-fl/) | The BeachesGuana River State Park |
| [**Kansas City, MO**](http://greatruns.com/location/kansas-city-mo/) | The Plaza areaRiverfront Heritage Trail |
| [**Las Vegas**](http://greatruns.com/location/las-vegas-nv/) | The StripRed Rock Canyon |
| [**Los Angeles**](http://greatruns.com/location/los-angeles-ca/) | The Strand Beach PathPalisades Park |
| [**Miami**](http://greatruns.com/location/miami-fl/) | Miami BeachKey Biscayne |
| [**Milwaukee**](http://greatruns.com/location/milwaukee-wi/) | Olmsted Parks TourOak Leaf Trail |
| [**Minneapolis-St. Paul**](http://greatruns.com/location/minneapolis-st-paul-mn/) | Chain of LakesSt. Paul – Lake Como |
| [**Nashville**](http://greatruns.com/location/nashville-tn/) | Greenways/Nashville TourShelby Bottoms Greenway |
| [**New Orleans**](http://greatruns.com/location/great-runs-in-new-orleans/) | Audubon ParkCity Park |
| [**New York City:Manhattan**](http://greatruns.com/location/nyc-ny/) | Central ParkHudson River Greenway |
| [**New York City:Boroughs**](http://greatruns.com/location/nyc-the-boroughs/) | Prospect ParkBrooklyn Bridge Loop |
| [**Orlando**](http://greatruns.com/location/orlando-fl/) | Orlando Urban Trail/6 LakesWest Orange Trail |
| [**Philadelphia**](http://greatruns.com/location/philadelphia/) | Fairmount ParkPhiladelphia History Tour |
| [**Phoenix**](http://greatruns.com/location/phoenix-tempe-az/) | Papago ParkIndian Wash Greenbelt |
| [**Pittsburgh**](http://greatruns.com/location/pittsburgh-pa/) | Three Rivers Heritage TrailSchenley Park |
| [**Portland, OR**](http://greatruns.com/location/portland-or/) | Waterfront/EsplanadeForest Park |
| [**Portland, ME**](http://greatruns.com/location/portland-me/) | Eastern PromenadeCape Elizabeth |
| [**Providence-Newport, RI**](http://greatruns.com/location/providence-newport-ri/) | East Bay Bike PathNewport – Ocean Avenue |
| [**Sacramento**](http://greatruns.com/location/sacramento-ca/) | Jedediah Smith TrailCapitol Run |
| [**Salt Lake City**](http://greatruns.com/location/salt-lake-city/) | City Creek CanyonSugar House & Liberty Park |
| [**San Antonio**](http://greatruns.com/location/great-runs-in-san-antonio-tx/) | RiverwalkMission Reach Trail |
| [**San Diego**](http://greatruns.com/location/san-diego-ca/) | Mission BayBalboa Park |
| [**San Francisco**](http://greatruns.com/location/great-runs-san-francisco/) | Crissy Field to Golden Gate BridgeGolden Gate Park |
| [**San Jose**](http://greatruns.com/location/san-jose/) | Baylands TrailsLos Gatos Creek Trail |
| [**Seattle**](http://greatruns.com/location/great-runs-in-seattle-wa/) | Elliott Bay TrailGreen Park |
| [**St. Louis**](http://greatruns.com/location/great-runs-in-st-louis-mo/) | Eads Bridge-ArchForest Park |
| [**Silicon Valley**](http://greatruns.com/location/great-runs-in-silicon-valley-ca/) | The Bay TrailStanford Dish |
| [**Tampa-St. Petersburg**](http://greatruns.com/location/great-runs-in-tampa-st-petersberg/) | Bayshore Linear Park TrailSt. Pete Beach |
| [**Tucson**](http://greatruns.com/location/tucscon-az/) | Saguaro NP East LoopSabino Canyon Rec. Area |
| [**Washington, D.C.**](http://greatruns.com/location/washington-dc/) | National Mall & Tidal BasinRock Creek Park |