

# Here Are the 10 Most Popular Strava Segments in the U.S. for 2017

**Plus, the most active states in the country and the most vert gained per run.**

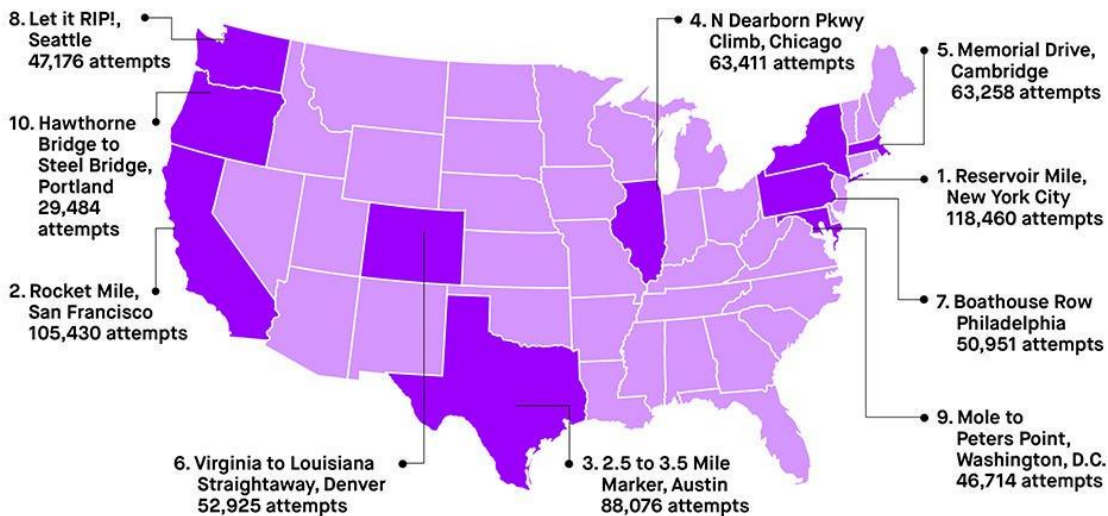
By [Morgan Petruny](#), [Brian Dalek](#) Friday, December 8, 2017, 2:30 pm

As 2017 comes to a close, many runners will be going through their phones or journals to tally up all the miles they've been putting in this year. And one of the biggest social media hubs for runners and cyclists, [Strava](#), has been doing the same.

According to its recently released 2017 Year in the Sport Report, 30 million running activities were logged on Strava in the U.S. from October 2016 to October 2017 (the date range where the data was pulled). That total is up from the 21 million activities logged in its 2016 report. Several interesting insights emerge when looking through their numbers—the most popular time to run in the U.S. was 8 a.m.; when athletes set a training goal, an astounding 92 percent were still active 10 months later. But one of the main draws of any Strava user is *where* they are running and *how* they are running.

So we wanted to know the most popular running segments—parts of routes where users can compete over time or how fast they ascend a tough hill—for 2017, along with the most active states in the U.S. and the states that could brag about logging the most elevation on an average run. Below are the top 10 in each category.

## Most Popular Running Segments in the U.S.



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Photograph courtesy of Strava



### 1. Reservoir Mile: New York City, New York

Taking the top spot on the list is the mile-long half loop around the Central Park Reservoir. Manhattan runners cherish Central Park for soaking up some green space and escaping city sidewalks. A few loops around will get you enough miles for your weekend long run (the longest loop is a little over six miles).

### 2. Rocket Mile: San Francisco, California

Frisco runners love logging miles on the [San Francisco Bay Trail](#)—all 500 miles of it when it's completed. The popular Rocket Mile segment follows The Embarcadero from Mission Street to the South Beach Harbor and intersects the Oakland Bay Bridge.

### 3. Butler Trail 2.5 to 3.5 Mile Markers: Austin, Texas

The [Ann and Roy Butler Hike-and-Bike Trail](#) is Austin's favorite place to stay fit. The 10-mile loop traces the Colorado River and showcases the heart of the city. This popular snippet offers a view at Lady Bird Lake.

### 4. N. Dearborn Parkway Climb: Chicago, Illinois

Chicago runners frequent this 0.6 mile stretch on the [Lakefront Trail](#) for the best views of Lake Michigan. Spanning a whopping 18 miles, the entire trail is a top pick for bikers, as well, but be prepared for it to get pretty windy.

#### 5. Memorial Drive: Cambridge, Massachusetts

For views of the Charles River and Ivy League rowers, Cambridge runners flock to the [Dr. Paul Dudley White Bike Path](#). Their favorite segment spans over half a mile along Memorial Drive, starting from The Massachusetts Institute of Technology and petering off at Longfellow Bridge.

#### 6. Virginia to Louisiana Straightaway: Denver, Colorado

Colorado's most popular Strava route is the mile-long straightaway on the edge of Washington Park. This segment picks up at Virginia Avenue and ends at Louisiana, (and spans quite a few states in between) offering views of flower gardens, a boathouse, and two lakes. Now that's a great place to do mile repeats.

#### 7. Boathouse Row: Philadelphia, Pennsylvania

Philly runners take to The Row for a glimpse of the historic boathouses belonging to the rowing clubs. This half mile swatch of the [Schuylkill River Trail](#) offers a great view of the city's growing skyline.

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#### 8. Let it RIP!: Seattle, Washington

Strava users showed their sense of humor in nicknaming this half-mile strip of the Green Lake Trail. Measuring a full 3.1 miles in all, the paved path is a perfect site for logging a speedy and scenic 5K.

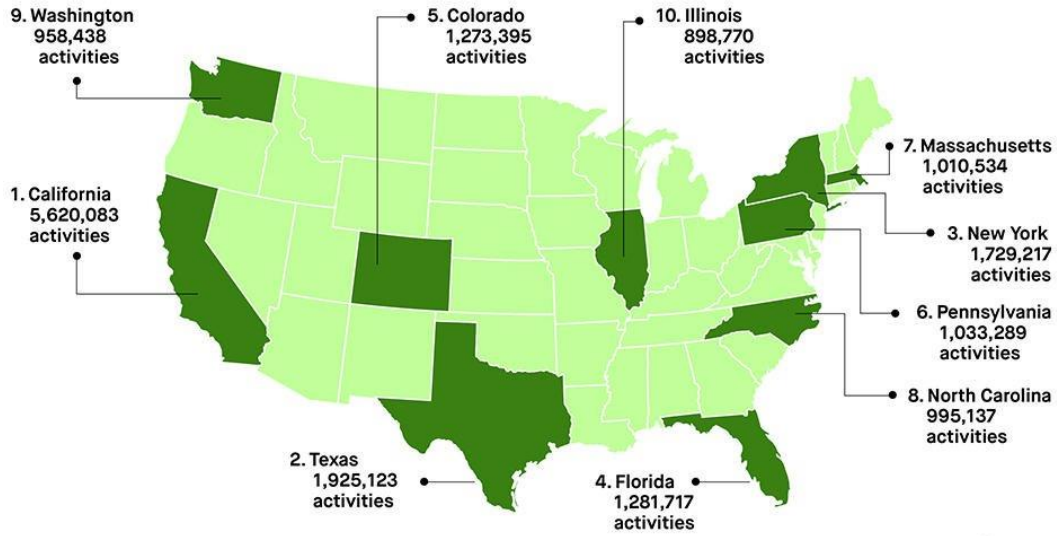
#### 9. Mole to Peters Point: Washington, D.C.

Runners in the Nation's Capital head to the [Rock Creek Park Trails](#) for this half-mile stretch alongside the Potomac River.

#### 10. Hawthorne Bridge to Steel Bridge: Portland, Oregon

Rounding out the list is the favorite bridge-to-bridge route for Strava runners in Portland. The longest segment of the top 10 follows 1.2 miles of the Willamette River.

## Most Active Running States



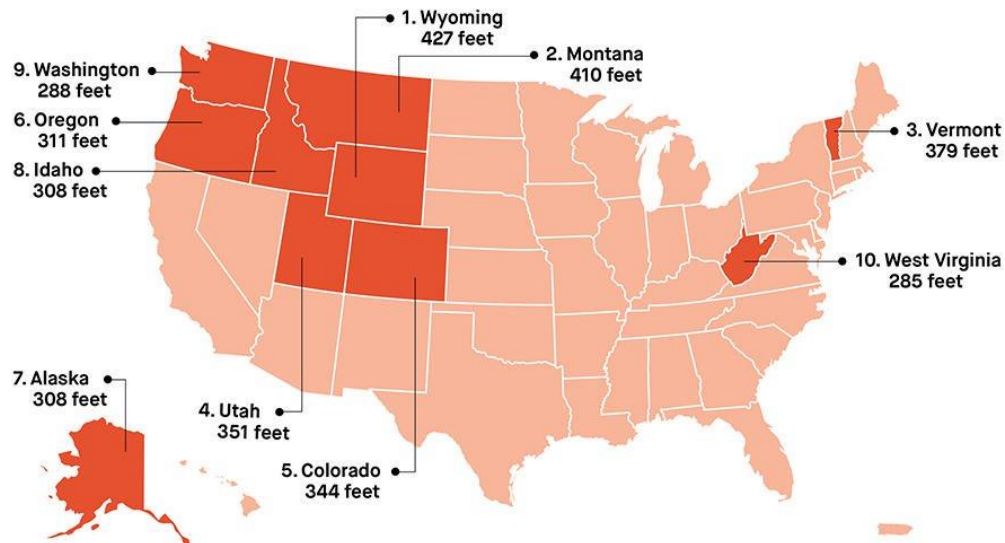
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Photograph courtesy of Strava

California runners were easily the most active, logging 3.5 million more activities than their closest competitors in Texas. Impressively, each corner of the U.S. managed a spot on the list.

## U.S. States with Hilliest Average Run



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Photograph courtesy of Strava

The West Coast rules when it comes to logging hilly miles, leaving only West Virginia and Vermont to represent East Coasters. At 427 feet, Montanans climb a third of the way up the Empire State Building on the average run.