

Runner's World: Syracuse - A Great Place to Run

Syracuse is featured as an excellent destination for runners on the road in the August 2002 edition of Runner's World magazine, a national publication on the sport. Author Doug Rennie described Syracuse as "a delightful city to visit. It's small enough to be doable in a few days, but bubbling with visual treats (downtown is a mixture of Victorian Gothic, art deco, and Romanesque buildings), history, and all the fun stuff you'd expect from a big city." Rennie acknowledged the varied cultural attractions and historic landmarks of downtown Syracuse, along with the convenient accommodations of downtown hotels.

The article focused on the extensive routes and trail systems available to runners, both in the city and in the surrounding areas. From the stately beauty of the Syracuse University campus to the great outdoors of Highland Forest, the area is home to a variety of opportunities for runners of all ages and abilities. The trails of Onondaga Lake Park, just a short drive north of the city, were mentioned prominently in the article. With the recent opening of the West Shore Trail, this park has become even more "runner-friendly." Rennie had nothing but compliments for Green Lakes State Park as well. "You can log a gorgeous 5-K figure-8 around the two lakes, and then go off exploring the hill trails that splinter off from the lakes."

Rennie also pointed out that the Syracuse community is fortunate to have an extraordinary number of races and events for an area of this size, along with the enthusiastic support and involvement of local runners' clubs. From the Mountain Goat Races in April, to the Festival of Races in October, there is no lack of opportunities for the competitive racer and running novice alike. For top-notch running in a vibrant and exciting city, Syracuse is at the top of the list.

[To read the complete article, look in the August 2002 issue of Runner's World.](#)