

Active Cities



[ericjlang](#) 1 posts since

Jul 9, 2007

I am being forced to move by my employer. The good news is I can pick the city. I am wondering if anyone knows of a list of active cities. I live right by Austin, where people are always out running, biking, kayaking, etc. Is there a list out there with similar cities I could investigate?

I appreciate your help in advance.



[GSummit](#) 12 posts since

Jul 9, 2007 1. **Re: Active Cities** Apr 7, 2006 2:06 PM

Someone on the triathlon message boards asked about favorite cities, and perhaps some of the replies would be helpful to you: <http://messageboards.active.com/jive/thread.jspa?threadID=2709&tstart=0>



[mwuthrich](#) 4 posts since

Jul 9, 2007 2. **Re: Active Cities** Apr 11, 2006 6:18 PM

The most active cities I have ever lived in were Boulder CO and Salt Lake City UT. I love these places. You can ski, snowboard, mountain bike, rock climb, kayaking, run, etc. I loved living in Utah it has everything you would ever want to do in the outdoors within 15-30 minutes of most major cities. Boulder is nice as well but the snowboarding is a little far away. Colorado is always at the top of the list for active people. I read in Health Magazine that Fremont CA was ranked as the healthiest city. I don't know if that helps but good luck in decided where to move.



[vicky1978](#) 2 posts since

Jul 9, 2007 3. **Re: Active Cities** May 15, 2006 10:00 AM

I've heard that Colorado is the best place for an active person, but I live in San Diego and it's also pretty good. The weather is always nice so you can hike, bike, run, surf, ocean kayak and swim all year long. In the winter the mountains are not too far away for skiing, and there are lots of places to hike.

Active Cities



[leaping_liz](#) 25 posts since

Jul 9, 2007 4. **Re: Active Cities** May 18, 2006 1:21 PM

San Diego is really nice - just was out there a bit ago!

Another nice active city is New Orleans...it's come a long way since Katrina and there's lots of biking, golf, etc. Not sure if that's what you are looking for but it is also a good vacation spot, especially since they definitely appreciate tourists!



[sunshine0408](#) 2 posts since

Jul 9, 2007 5. **Re: Active Cities** May 27, 2006 11:08 AM

Atlanta is a great place for active people--- silver comet trail, kennesaw mountain, parks everywhere, the chattahoochee for kayaking.... I could go on and on. Roller blading, hiking, cycling, team sports, running etc. You can hop on the interstate and get out of town to the mountains in no time.

Browse the Georgia State Parks and activities around Atlanta on the internet sometime and you will be pleasantly surprised.



[mpotts12](#) 1 posts since

Jul 9, 2007 6. **Re: Active Cities** Jun 2, 2006 6:16 AM

We at National Geographic Adventure magazine are presently working on a cover story on this very topic! Our September issue will be about "Where to Live and Play Now." If anyone out there has tips and recommendations, we'd love to hear them.

Mary Anne Potts

Online Editor

www.nationalgeographic.com/adventure

adventure@ngs.org



[triruth](#) 174 posts since

Jul 9, 2007 7. **Re: Active Cities** Jun 17, 2006 12:10 AM

I live in Socorro, NM. There's only one movie theater with one screen, no mall, barely a Wal-Mart, and only a handful of restaurants and a bar or 2. We have to make our own fun, which usually consists of mountain biking, kiteboarding, road cycling, running, rock climbing, dancing, swimming, tennis, combative arts, yoga, etc. This place is very active for its population, 8,000. Not to mention, we get to watch the sun rise and set over the mountains every day if we wish.



[jaektaylor](#) 2 posts since

Jul 9, 2007 8. **Re: Active Cities** Jun 23, 2006 8:45 AM

If you like a smaller town with lots going I would suggest looking at some college towns. I live in State College, PA and it is wonderful in my opinion. Lots of active people - all ages and abilities running, cycling, mountainbiking, kayaking, hiking, etc. Plus with Penn State University here, you get NCAA sporting events and decent entertainment - bands, etc. and lots going on at the university. Another plus of college towns is that they seem to be very new-person friendly because of the constant turnover of students and faculty so it is easy to get plugged in to the local running, biking, etc. clubs. You also get access to excellent athletic facilities, elite-level runners and coaches - many of whom are very willing to spend time with mid-packers and provide advice, encouragement, etc.

Everything is close and you lose no time to commutes - unless it's a football weekend. My family has found that we have engaged in far more activities - athleting, cultural and academic since we have moved here because the cost is lower, they are more convenient and we seem to be more aware of what's going on.

The downsides (for some) are that we are in the middle of lots of farm country in PA so the next larger cities are a good drive away. I happen to love this, but some really prefer access to a major city. The airport is small, so when I fly for business I ALWAYS have a connection.

And for some, it can be disconcerting that you can't go anywhere without seeing someone you know. Again, I find this comforting, but some prefer to be more anonymous.

Active Cities

I'm sure that there are other college towns like Madison, WI, Anarbor MI, Greensboro SC, etc. that would be similar in their advantages or better based on your size/weather preferences.



[climbguy19](#) 1 posts since

Jul 9, 2007 9. **Re: Active Cities** Jul 26, 2006 11:22 AM

yeah, i love austin, it's great... california is the perfect place for active people... great cities - san fran, LA, san diego ... and i don't know if this helps, but Zest actually just did a survey on adventurous cities... you could check it out www.zestforadventure.com



[jenj74](#) 1 posts since

Jul 9, 2007 10. **Re: Active Cities** Aug 30, 2006 8:12 AM

I personally hate Boston - there is nothing to do there, active or inactive. The winters are brutal and you might be able to run for 2 months on flat land, but who cares??? You can do that anywhere. My choice would be San Diego or Arizona. Both places are great for outdoor activities.



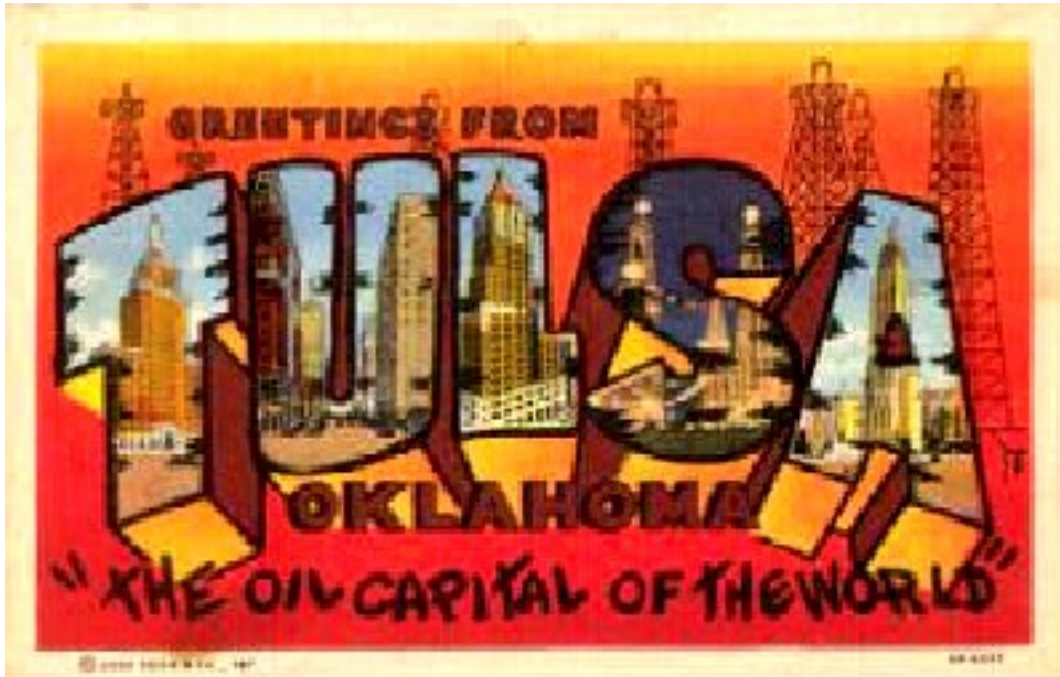
[mike_cramton](#) 16 posts since

Aug 29, 2007 11. **Re: Active Cities** Jan 9, 2008 4:46 PM

Tulsa, Oklahoma wouldn't necessarily be categorized as the most active city in the country (it's right smack in the heart of the mid-west), but if you're an active individual it's a great place to live. There are over 50 miles of biking and running trails along the Arkansas River; the annual Tulsa Run (15K) attracts around 8,000 runners; Oklahoma FreeWheel Cross-State Bicycle Tour attracts over 1,000 cyclists; there's a great community of runners, cyclists, mountain bikers, climbers. If you already have a decent salary your money will go a long way in the mid-west: Median family income: \$43,000; Median price of a home: \$77,000.

Notable Tulsa natives: Brad Pitt (actually Shawnee, OK); Amber Valletta (supermodel/actress); Roy Clark; Bob Wills; Larry Clark (filmmaker); Garth Brooks; Blake Edwards; Tony Randall.

Check it out: http://en.wikipedia.org/wiki/Tulsa,_Oklahoma; <http://ww3.tulsachamber.com/>



[Active Sara](#) 1,120 posts since

Oct 2, 2007 12. Re: **Active Cities** Jan 9, 2008 9:48 PM

👤 in response to: [mike_cramton](#)

[Austin, Texas](#) is a great place if you are looking to surround yourself with fitness-minded individuals. One of the greatest cities in Texas boasts a remarkable number of fitness centers and sporting good stores. Also, Austin has an abundance of healthy dining options. In 2004, a program called [Austin in Motion](#) was started in order to get Austin to be the fittest city in America within several years. The program was more than just a verbal agreement and many Austinites jumped on board and followed a specific program in order to become fitter citizens of the city. I think Austin is a great city in general and has lots to offer in all aspects of life. I encourage you to check it out!



[outsidesd](#) 6 posts since

Nov 29, 2007 13. Re: Active Cities Jan 10, 2008 8:54 AM

I am a little biased being a third generation San Diegan and all, but you can't beat it for most outdoor pursuits. Last week, I hiked the Desert, Walked the beach, and went sledding in the snow, all within 50 miles of my home. I am going Sea Kayaking out of La Jolla this weekend.

Thanks,

Peter

Outside San Diego



[mike_cramton](#) 16 posts since

Aug 29, 2007 14. **Re: Active Cities** Jan 10, 2008 9:26 AM

👤 in response to: [Active Sara](#)

Austin is definitely a cool town. Home of Michael Dell, Lance Armstrong, Whole Foods Inc. and the TV show "King of the Hill." I've been there many times. Particularly enjoyed Barton Springs, the "bat bridge" and the party on 6th street. Technically, though, I'm a rival (I went to the University of Oklahoma)!!!



[Active Toby](#) 1,540 posts since

Jun 5, 2007 15. **Re: Active Cities** Jan 10, 2008 10:00 AM

👤 in response to: [triruth](#)

Socorro, NM is totally under-rated. I spent 3 days there and loved it! We hiked Box Canyon and Water Canyon while there. I've never been able to see so far in every direction. It was the bluest sky I've ever seen. Were you there for the hail storm a few years back?



[Jesse@Active](#) 102 posts since

Jul 3, 2007 16. **Re: Active Cities** Jan 10, 2008 10:17 AM

↑ in response to: [jenj74](#)

I have to refute the previous statement that "there's nothing to do, active or inactive" in Boston. Sure, the winters aren't for weaklings, but you're within a few hours drive from any kind of winter sport you can imagine--not to mention the numerous ice skating/hockey rinks around the area. There are also plenty of pools and gyms throughout the city making for tons of clubs, groups and teams to play with.

And to echo HENRY'S sentiments, the Charles has a ton of trails and open space along it. Running, cycling, volleyball, sailing, sculling, kayaking--it's all going on when the weather is nice. Also check out the Minuteman bikeway. If you need help finding things to do outside of running "for 2 months on flat land," head over to Heartbreak Hill, train for the Boston Marathon or go down to Bill Rodgers Running Center and chat with an American Legend. I'm sure he has some tips for training during those other 10 months of the year.

And while San Diego is great for uber-active people (I live here now), it pales in comparison to Boston for inactive things to do. Boston's colleges (Harvard, MIT, BU, BC, Berkeley School of Music, Emerson, Northeastern, Tufts, Simmons, etc.) mean there is always something intellectually stimulating going on within easy access to public transportation. The arts and music scene is great, the central library is beautiful and appreciated by the citizens (take notes San Diego...) and the best bars, restaurants and stores aren't located in strip malls.

But if you like sitting in traffic before you exercise, Southern California is perfect...



[Keep Running](#) 75 posts since

Feb 21, 2008 17. **Re: Active Cities** Apr 30, 2008 9:34 PM

I actually live in Boulder, CO right now and it's a great place to be active. If you like the snow it's even better. I have to tell you though I'm a little fed up with the moodiness of the Colorado weather though. Like today for instance. It was uppers 70s today, everyone is out running, biking, rock climbing, all that.. Tomorrow....snow and in the 40s as a high. I'm actually thinking San Diego or Austin because of the mild winters since I'm a little sick of

the cold here. Boulder is great though because everyone seems to be active conscious. There are parks EVERYWHERE. The thing I noticed most when I first moved here was that everyone here is an athlete. The moms pushing their kids in the joggers are even throwing down 6min/mile while pushing the kids and I'm just struggling to keep up. IT seems normal to see an elite athlete running the same routes as you in the early morning or at a competitive event around here. Everyone in this town seems to have that elite athlete mentality. If they aren't an elite athlete here, I think 90% of them are trying their best to be one or were one at one time. It's definately a humbling place. I thought I was a decient runner, at least I was where I came from, then I moved here and I'm your run of the mill everyday athlete. Everyone here has an event they are training for.


The down side I see though is that seems to be happening recently in Boulder is that they are starting to get that elitist attitude. It's a pride thing to say you are from Boulder and there are certain standards that need to be upheld in order to say such a thing. I think because all the outdoor companies are starting to come here now too. Climbing magazine, Spyder, it seems to be the triathlon hub of the country right now, which I don't think is a bad thing but normal everyday people who know someone who knows someone in those companies has their nose up in the air about it with a "I'm better than you because of that," kind of attitude.

I also have a couple jobs, I work in Boulder and in Denver and its funny the totally different mentality of Denver. Everyone from Denver seems to hate people from Boulder and everyone from Boulder seems to hate people from Denver. I'm caught right in the middle. I'm not really a big city fan and I know Denver is quite small compared to other "big" cities but it still has that big city feel. The questions I get from people I work with in Denver is, "why do you run so much?" or "isn't running that much bad for your knees?" Questions from Boulder include, "when are you going to step up your running?" or "want to do a track workout?" Very different attitudes. Like I said though, if you like the cold in the winter, the moodiness of the weather in the spring and fall, and hot summers....awesome place. If you look at visitor guides about Boulder I think it says that we have 360 days of sunlight a year. What they neglect to tell you is that it could be snowing or raining in the morning and then sunlight in the afternoon and 70 degrees. I think I'm the only one here that finds that odd though. Hope that helps. Good luck on the search.



TenaciousO 56 posts since

Aug 21, 2007 18. Re: Active Cities May 14, 2008 1:35 PM

 in response to: [Jesse@Active](#)

Diego Baby!!

I think that the active culture of a city is just as important as the availability of activities. Being active is the reason people move to SD. This reasoning leads to a healthiER lifestyle, which in turn eventually makes people push their activity levels. This increased level of commitment feeds into other aspects of your life, such as corporate wellness and healthier families. Healthier people, lead to happy and more productive people.

I call this the "Active Ripple Effect" (trademarked).



[mvalenti](#) 81 posts since

Jul 11, 2007 19. **Re: Active Cities** May 15, 2008 11:13 AM

I've got to throw Santa Fe, NM into the mix. I lived there from September through March a few years back and loved it. It's a healthy, active town with easy access to hikes, mountain biking, cycling, rock climbing, running trails and skiing. Plus it is not overgrown (yet) but even this small town has a great deal of good food and culture.



[jpark77](#) 1 posts since

May 20, 2008 20. **Re: Active Cities** May 20, 2008 1:51 PM

I used to live in San Diego but now live in Denver. San Diego was without a doubt a very active city. During my lunch hour I'd head down to the jetty to play some volleyball on the beach, and usually head to OB to play some beach volleyball all weekend. I'd also surf and did a lot of mountain biking at Mission Trails and Noble Canyon (awesome). Bear Mountain

isn't far, neither are the Sierra's where you can hike the tallest mountain in the contiguous 48 states. Overall a very active city where as long as you can stand the prices and the crowds it's pretty nice.

I could not stand the prices, crowds, or lack of space for my toys, so I moved to Denver. Denver's topography is much flatter than San Diego's which makes it much easier to get around on a bicycle. There are bike paths seemingly everywhere. Trading the surf for the mountains was a good switch for me. I skied 3 dozen days this past winter, did snowshoe races and footraces. The foothills are great for hiking with the dog and mountain biking. This summer my wife and I are going to go kayaking for our anniversary.

The people I work with are avid mountain bikers, kayakers, runners, triathletes, hikers, back-country skiers/riders, etc. On my way to work and on the weekends you see people with their car racks full of bikes or skis or kayaks or other gear. And another great thing about this area is that it's very easy to get to a place and have it all your own. There's just so many mountains to play in out here.



[Foxybowl](#) 1 posts since

Dec 14, 2007 21. **Re: Active Cities** May 22, 2008 1:55 PM

Everyone always forgets about Philly, livin' in the shadow of New York...Seriously Philadelphia Rocks...Kelly Drive in the Art Museum area are amazing, theres rowing, rock climbing, cycling (60 mile trail)... They even close West River Drive down on the weekends so free to run rampant with your bike, roller blades or whatever else...There are tons of different people, sculptures, rowing, kayaking, races...(Triathlons, Philly Marathon, Philly Distance Run, Dad Vail Regatta, Triple Crown Cycling Series)..Not to mention all the cool stuff just outside of the city....


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Good restaurant scene, lot's of culture.....



[TenaciousO](#) 56 posts since

Aug 21, 2007 22. **Re: Active Cities** May 22, 2008 2:52 PM

 in response to: [Foxybowl](#)

Geno's doesn't count!


Active Cities

WhizWit!!!



[mvalenti](#) *81 posts since*

Jul 11, 2007 **23. Re: Active Cities** May 22, 2008 3:05 PM

 in response to: [Foxybowl](#)

It does sound like Philly is a fun place to live.

http://www.active.com/outdoors/Articles/Live___Play_in_Philadelphia.htm

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