This table combines Wikipedia’s two lists of both light rail and heavy rail transit systems by 2015 ridership using only Daily rides and Miles of rail.

https://en.wikipedia.org/wiki/List_of_United_States_rapid_transit_systems_by_ridership

We then added 2015 population data from the U.S. Census at:
https://en.wikipedia.org/wiki/List_of_Metropolitan_Statistical_Areas

We then arbitrarily eliminated all rail line cities with greater than four million population as not being remotely comparable to Honolulu — still the smallest MSA.

We also eliminated Cleveland, which, having both heavy and light rail lines, made the comparison difficult.