

ROAD

ASICS GT 2130

Asics' new trainer is dedicated to keeping you in line—literally. A new gait-stabilizing support system enhances the foot's natural stride to help pronators maximize energy. But new technology has seen this model shed some of the weight of other shoes in the Structured Cushioning line. At 11.9 ounces runners get some of the lightweight benefits not often possible in such a supportive shoe. \$95.



NEWTON STABILITY MOTION TRAINER

Made to help runners mimic the stride of barefoot running, Newton is gaining popularity for its minimalist approach to foot realignment. Discarding the foam and cushioning usually found in running shoes, Newton has developed a system of rubber lugs on the sole that rebound on impact and bring feet back to their natural motion of forefoot landing. The new technology claims to increase efficiency by eliminating detrimental heel strikes that are often the result of late-mileage fatigue. Our tester was already a lightweight fan, so the 8.4 ounces of the Motion Trainer was appreciated, and after a 10-mile jaunt he admitted that his feet felt less sore than usual. But despite good first impressions he said the stride adjustments will take some getting used to, so the verdict is still out on whether these shoes are worth the steep price of admission. \$175.