

Pick Up the Pace

9 new lightweight trainers for faster fall running

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Photographs by Don Karle



2007 Fall Shoe Review

By the time the last sigh of summer blows cold, most of us have weathered enough triathlon training to feel sluggish and slow. But the wear of a long season shouldn't prevent you from logging fast miles this fall, and autumn is the ideal time to target a running-specific race or out-of-season marathon. While your shoes have probably lost their cushioning and responsiveness, you can get your groove back with any of these nine new models, tested and selected from the best of fall's line-up.

ADIDAS TEMPO/TEMPAYA \$110

A fast, lightweight trainer with plenty of rebound, the Tempo (the women's version is called the Tempaya) has enough cushioning for a long run and enough pizzazz for a long-distance race. The shoe runs like a juiced-up flat, but without any of the flimsy foam found in some inferior models. While it's certainly not a motion-control shoe, the Tempo/Tempaya has a slightly rigid foam insert to reduce overpronation. The prize feature of the new model, however, is the smooth ride created by a de-coupled heel. This, along with a firm midfoot support bridge, grooved outsole and soft, sufficient cushioning from heel to toe, creates an exceptionally well-balanced shoe. adidasus.com

NEWTON STABILITY RACER \$155

Newton has taken the triathlon world by storm. The company's svelte Stability Racer features four protruding lugs on the outsole that help create momentum and keep runners on the balls of their feet for a faster transition. Upon landing, the lugs stretch an elastic membrane that presses into empty air chambers inside the midsole to create more shock absorption than traditional foam. As the foot rolls to the toe-off phase of a runner's stride, the resilient membrane thrusts the lugs back out of the chambers, transforming impact energy into forward propulsion. The Stability Racer works best for efficient, upright runners. newtonrunning.com

ASICS GEL-NIMBUS 9 \$120

A well-cushioned lightweight trainer for neutral runners, the Nimbus is a cushy shoe that can handle moderately fast tempo runs as well as long, slow recovery jogs. The model has a comfy interior and snug heel cup, but the Nimbus isn't a go-to shoe for arch support. Asics is known for making only slight adjustments to its popular shoe lines each season, so the new Nimbus 9 isn't drastically different from previous models. Compared to the Nimbus 8, the 9 has a larger midfoot shank for more rebound during fast-paced running. Denser foam called SpEVA through the midsole provides increased cushioning. asicsamerica.com