



Brooks Launch

\$90

The Launch is Brooks' new speed shoe and that's clear right from the get-go. A thin, light airmesh is particularly well vented in the forefoot. The midsole is BioMoGo with Hydroflow in the heel and offers a nicely cushioned, flexible ride. For the über-efficient runner, the low-profile Launch may be used as a cushy daily trainer. Whether you race or train in it, nearly all neutral-footed runners will recognize its fast feeling. The outsole is durable HPR, Brooks' carbon rubber formulation, with enough blown rubber in the forefoot to offer a bit more cushioning than is typical in a speed shoe. Runners looking for a fast, versatile, neutral shoe should consider the Launch.

“Great shoes! I like them light, and these were light and well cushioned. They are perfect for the track or tempo runs. I wore them for a half marathon and plan on using them for long races.”

Recommended for: medium- to high-arched feet with neutral biomechanics to very mild overpronation, for faster-paced running • **Sizes:** Men 8–13,14,15; Women 6–11,12 • **Weight:** Men 10.2 oz. (size 11); Women 8.3 oz. (size 8) • **Shape:** semi-curved • **Construction:** Strobel slip-lasted, S257 Strobel board



Brooks Ravenna

\$100

The Ravenna is a new shoe from Brooks, but many will see a strong resemblance to its grandfather, the Axiom. The upper is airmesh with sparse overlays. A pair of elasticized eyelets across the instep improve the shoe's ability to move as the foot moves. The interior has a smooth, comfortable feel. The BioMoGo midsole has a low but not a super-low profile, and features a small but effective second-density through the arch to provide support. True to its heritage, the Ravenna is stable, responsive, and light. Though not designed as a racer, we think it can be an excellent choice for longer races and is definitely suited to faster training. Many runners will find that it meets their daily running needs.

“Fit well, close and tightly around the middle of my foot (which I prefer). Well cushioned with decent stability, pretty light for this much shoe. Versatile enough for daily training even speedwork, like it says on the heel: a go-to shoe.”

Recommended for: medium- to high-arched feet with neutral biomechanics to mild overpronation, for faster-paced running and everyday training • **Sizes:** Men 8–13,14,15; Women 6–12 • **Weight:** Men 11.3 oz. (size 11); Women 9.6 oz. (size 8) • **Shape:** semi-curved • **Construction:** Strobel slip-lasted, S257 Strobel board



Mizuno Wave Precision 10

\$95

When updating the award-winning Precision 9, the Precision 10 kept what worked in the mid- and outsole, while improving comfort and support up top. Retained are the plush interior of the heel and tongue. The airmesh is functionally the same, but the overlays have been consolidated, the Runbird logo is larger and takes on more supportive duties, and is now repositioned below the Dynamotion insert for a better fit. Down under, the midsole and outsole are indistinguishable from the Precision 9 and that's a good thing, as it continues to provide a great blend of responsive cushioning and protection. The Precision 10 will satisfy runners looking for a durable, lightweight, neutral shoe, and Precision fans have an even better shoe to look forward to.

“With the roomy toe box, the cushion from heel to toe, and the flexible bee-hive (honeycomb), breathable fabric, these shoes kept my feet secure whether I was scrambling up a dirt hillside or pounding asphalt downhill. These have been my go-to shoes for any type of training.”

Recommended for: medium- to high-arched feet with neutral biomechanics, for faster-paced running • **Sizes:** Men 7–13,14; Women 6–11 • **Weight:** Men 11.4 oz. (size 11); Women 9.5 oz. (size 8) • **Shape:** semi-curved • **Construction:** Strobel slip-lasted



Newton Sir/Lady Isaac

\$149

With the new Sir and Lady Isaac, Newton Running broadens the scope of its shoes by making the technology originally developed for forefoot strikers now available to heel strikers. This was done by modifying the Action/Reaction membrane so that it's a little sturdier to accommodate the increased impact of heel strikers, and tapering the shape of the forefoot actuators just a bit. Carbon rubber has solved the durability issues of the forefoot outsole seen in previous models. The upper features the quality, stretchy airmesh used in other Newton shoes, with good support provided via the well-placed overlays. This has added a little weight, though they are still among the lightest training shoes available. The midsole is well cushioned EVA shaped to encourage rolling onto the toes for take-off. Now heel strikers have a tool to improve their gait's efficiency. (Men's pictured.)

“Very comfortable fit, good room in the toes. Light shoe, but I wouldn't say light like a racer. At first, I didn't particularly enjoy running in this shoe, but the more I ran in it, the more I liked it and got used to the feel/ride of the shoe. Sometimes while running I felt as if the shoe helped with a quick turnover. Made me feel faster and as if I was helped being 'moved along' or 'propelled forward.'”

Recommended for: medium- to high-arched feet with neutral biomechanics, for faster-paced running • **Sizes:** Men 6–13,14,15; Women 5–11 • **Weight:** Men 11.3 oz. (size 11); Women 9.3 oz. (size 8) • **Shape:** semi-curved • **Construction:** Strobel slip-lasted, EVA Strobel board

RUNNING NETWORK

BEST NEW SHOE

FALL 2009



Nike Lunar Glide

\$100

This may be Nike's most versatile shoe yet. The key to the Lunar shoes is the very resilient Lunar Lite foam which requires supportive containment in a firm Phylite shell. The new idea? Reshape the shell and the foam to work with the biomechanics of the foot. Basically, the firmer shell is thicker on the medial side to curb overpronation, while the inlay is thicker on the lateral side to cushion heelstrike and allow for lateral release. The upper is plush, breathable mesh with a saddle of Flywire and a premolded, external heel counter. The two-part midsole works for all runners whether they overpronate or not. Its flexibility and weight make the shoe ideal for faster running, but its stability and cushioning make it great for high mileage. Its resourceful approach, use of materials, adaptability, and reasonable price earned the Lunar Glide our Best New Shoe award.

“Super comfortable; snug fit; very smooth ride. Don't 'sink' into cushion; good balance between feel of road and cushioning. Not crazy about how they pick up gravel: on one run 7 pieces got stuck in the grooves. Couldn't really feel them through the cushion, though.”

Recommended for: medium- to high-arched feet with neutral biomechanics to moderate overpronation, for faster-paced running and everyday training • **Sizes:** Men 6–13,14,15; Women 5–12 • **Weight:** Men 11.7 oz. (size 11); Women 9.6 oz. (size 8) • **Shape:** semi-curved • **Construction:** Strobel slip-lasted, EVA Strobel board