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The 'Sir Isaac' tries to bring Newton running shoes to the masses

March 14, 4:30 PM | Denver Running Examiner | Kimberly Bogin



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The Newton Lady Isaac Guidance trainer. Newton Running

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Colorado shoe company 'Newton Running' launches the 'Sir Isaac'

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When [Newton Running](#) of Boulder, Colorado first launched a few years ago, they quickly gained a reputation as a company that made fast and light-weight trainers best suited for efficient runners with a neutral stride.

Their latest shoes, the "[Sir Isaac](#)" and the women's version the "[Lady Isaac](#)," now offer the less biomechanically gifted athlete a chance to try Newton's revolutionary technology, with less of a break-in period.

Newton shoes were designed to help mimic the [natural form of barefoot running](#). When you run barefoot, you land on your midfoot/forefoot instead of your heels. *Newtons* have unique actuator lugs on the outsole, that encourage you to land on your midfoot.

A few years ago, I tried a pair of Newton Performance Trainers at a race expo. I immediately noticed the lugs, which at first feel a bit like you're running with an extra piece under your midfoot. I thought this aspect of the shoe would definitely take some getting used to, and with a \$175 price tag, I was hesitant to make the effort.

When Newton sent me a pair of Lady Isaac's to wear-test, I was intrigued. They're still a Newton shoe, but the actuator lugs are toned down. When I first tried the shoes on, I still noticed the feel of the lugs, but after a few minutes of running, the odd sensation that I had a large gob of something stuck to the bottom of my foot disappeared.

I didn't recognize a drastic change in my form, but I already tend to land on my midfoot when I run. I did, however, notice that the shoes felt more stable than the previous Newtons I had tried at the race expo. The Sir and Lady Isaacs are not advertised as stability shoes. But unlike other Newtons, they have beveled lugs that are wider in the midfoot/forefoot area, making them feel more stable.

Some wear-testers have said that they feel faster in Newton shoes. I didn't feel any faster, but I was impressed with the smooth and stable ride.

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