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Newton Motion All-Weather Trainer review

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Road running during the spring thaw provides some added obstacles. Littering the roads are puddles of all sizes. Sometimes you spend more time trying to dodge the water hazards than concentrating on your training run. And if you accidentally step in a doozy of a puddle, your running shoes, socks and feet will become soaked. To add more misery, a stiff headwind whipping against you will add to your 'fun'.

The [Newton Motion All-Weather Trainer](#) touts a water and windproof upper and an outsole designed for wet and cold conditions. [Newton](#) has included their universal posting in the Motion AW which

centers your foot in the shoe.

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Once you slip on the Motion AW and take the first step, you feel a difference on the ball of your foot. The lugs on the forefront of the sole are designed to contact the ground and propel you forward. This keeps you on the front and mid part of your foot and lessens the time on your heels. Newton's design is geared to lessen the impact on your heel while also increasing performance. Newton has recognized the initial awkwardness and provides tips to help runners get accustomed to the fit and feel of their shoes.



Gear 411

[Motion All-Weather Trainer](#)

MSRP: \$175


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The Newton Motion AW were put to the test

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and provided some great results. The awkwardness of the first handful of runs slowly dissipated and eventually led to a greater appreciation of the design. The shoe's design forces your body to have a forward-lean which naturally keeps you in motion.

The other considerable advantage is how the Motion AW helps avoid those nasty shin splints. The design is geared to keep you on the front part of your foot and reducing the impact from heel strikes. Shin splints typically occur from excessively landing on your heel.

The shoes repel wind without any issues, and their waterproof feature will hold up in most instances. If you are running during a short downpour, the shoes will keep out the rain drops. Though, don't expect the Motion AW to keep your tootsies dry if you are running through a massive downpour or if you decide to do some puddle jumping during your training run. Eventually, the water will permeate through to your socks and feet.

The Newton Motion All-Weather Trainer retails for \$175. They are available in 1 color scheme – black with white and red accents.

Jason Elliot is the Editor/Publisher of OutdoorInformer.com
The inside scoop on outdoor gear



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