

5 Saucony Fastwitch

Weighing in at 7.3 ounces in the men's version and 6.2 ounces in the women's, the Fastwitch was built with the competitive athlete in mind. A dual-density midsole and medial post add several degrees of support. But this shoe is mostly about speed and responsiveness.

\$85, www.saucony.com

6 New Balance 1011

Certain shoes in this review are destined for the track, Fartlek training or quick-paced tempo work. The 1011, however, is meant for the daily grind of base mileage and long runs. Built on a straight, wide last, the 1011 is heavily built up from the midfoot, along the arch to the rearfoot, helping the floppy-footed runner sustain control. But this isn't a brick: The shoe retains a flexible, cushioned ride and the upper has been crafted to snug up nicely.

\$120, www.newbalance.com

7 Newton Gravity

The company who brought you simulated barefoot running now offers a shoe supporting neutral and high-arched foot types in the Newton Gravity. At the heart of the Gravity is the blend of Newton technologies that encourage a milder impact on the road and, by virtue of accentuating a natural footstrike, less chance of injury and more efficiency in your running. Our testers love the shoe but advise taking some time to adjust to the design.

\$175, www.newtonrunning.com

8 Diadora Mythos Star

This beefy road trainer is comprised of a firm but thorough layer of EVA cushioning bolstered by Double Action II inserts in the fore and rearfoot. Built on a slightly curved last, the Mythos Star is braced with a midfoot shank for torsional rigidity. A solid workhorse for the bulk of your over-distance training.

\$100, www.diadoraamerica.com



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