

Everybody envies a runner with a quick and efficient midfoot stride. These shoes guide a runner toward better form, which translates to less injuries and more speed.



Newton Lady Isaac, \$149

Praised by pro runners and triathletes, the unique technology on the sole of Newton shoes encourages runners to strike the ground with their midfoot instead of their heel for quicker, more efficient running. The new Lady Isaac



features this technology, plus a more supportive heel and a women's-specific fit. newtonrunning.com

Karhu Fast, \$115

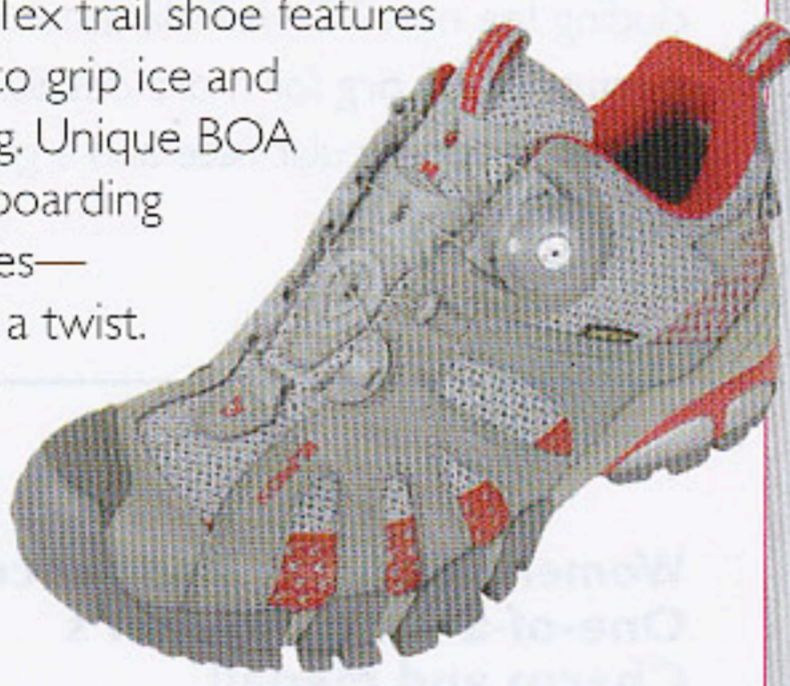
A hard plastic, high-density foam is sandwiched between softer cushioning foam to promote a forward-leaning stride. It delivers a rocking effect—you place your foot on the ground, and the shoe rolls you forward, helping you speed up. It's a technology born on a track in Finland in 1916. karhu.com



Shoes treated with GoreTex to keep your feet warm and dry have been around a few seasons, but innovations in other materials mean there are no more excuses to stay inside during winter.

Treksta Kobra, \$145

The sole of this GoreTex trail shoe features micro-glass filaments to grip ice and keep you from slipping. Unique BOA laces—seen on snowboarding boots and cycling shoes—secure your foot with a twist. This beefy, stiff shoe is best suited for burly terrain and hike-and-run adventures. treksta.com



Saucony Razor, \$135

With the entire shoe wrapped in waterproof and breathable eVent fabric, this shoe made us want to go running on the sloppiest of days. Feet stay comfortable, and the aggressive traction grips snow and mud effectively. The shoe ties via a one-pull cord. saucony.com



Boulder, Colo.-based freelance writer Lisa Jhung reviews running shoes and gear for the Outside Buyer's Guide and has been testing and writing about running and outdoor goods for more than 10 years.