

**SPRING
2010**

SHOE GUIDE

BY KEVIN FONGER



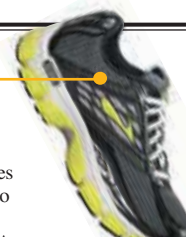
Running shoes have seen a number of changes over the past few years. From environmentally friendly shoes to shoes that completely change the way you run, there's a plethora of technologically advanced running kicks available. And with so many new developments, it can be difficult to find the best shoes for you and your running style. To help, we've tested the top running shoes from various manufacturers for spring 2010. For a complete selection of the newest running shoes, we suggest heading to your local running store. Until then, here's what we found:

*WINNING TOP HONORS

**EDITOR'S
CHOICE**
SPRING 2010
ENDURANCE

GLYCERIN 8 / Neutral, mild stability

The Brooks Glycerin 8 neutral training shoe is set to debut in spring 2010, and our testers advise putting this one on your to-buy list. The Glycerin line represents Brooks' premium neutral cushioning shoe. This model features their new DNA midsole material, which (according to Brooks) will adjust its properties to the unique needs of the runner. When running at a slower pace, the DNA material will be softer and provide greater cushioning. When running faster paces, it will provide superior energy return and responsiveness. Our testers were drinking the DNA Kool-Aid on this one. They verified that the new Glycerin is a comfortable long-run soldier, as well as their go-to shoe for fast tempo runs. The shoe's upper sports a supportive midfoot wrap and a breathable mesh. The fit of the Glycerin is great, but feels different from some other Brooks models. So try on the Glycerin 8 before purchasing. The styling of this shoe is also quite a bit more aggressive than past models, and the colors are great. But this black, grey and yellow shoe could use some black or grey laces.



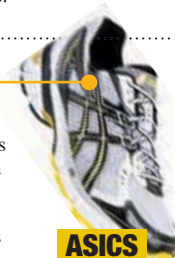
BROOKS

Weight:
Men's 12.6 oz. /
Women's 10.3
Price: \$130
brooks
running.com

**BEST
VALUE**
SPRING 2010
ENDURANCE

GEL 1150 / Mild stability

Asics' 1100 series has always been a best buy for budget-minded runners. It's a moderate stability shoe that works for a wide variety of runners. The 1150 benefits from technology advances developed for its more pricey siblings. This model features a retooled upper with better materials, and an updated look that makes this budget runner look like an upscale model. The midsole has also been reworked and now offers a great blend of cushioning and stability. At only 11oz., the 1150 is rather light weight compared to other models in its segment. Normally treated to \$140 techno-marvels, our testers were shocked at how well the 1150 performed. One tester took these on an issue-free 15-mile weekend endurance run right out of the box.



ASICS

Weight:
Men's 11 oz. /
Women's 9.8
Price: \$85
asics
running.com

**BEST
DEBUT**
SPRING 2010
ENDURANCE

KONESIC / Motion control

K-Swiss' newest addition to the running world is packed with features to satisfy the overpronation crowd. K-Swiss had motion control in mind when designing the last (which is roomy and comfortable), as well as the toe box (which doesn't pinch and feels well adjusted right out of the box). While 12.5 oz. may be a little heavy for some, Athenas and Clydesdales will appreciate the stable feel of the heel and wrap of the midsole. K-Swiss' new SI18 technology is heavily featured in this shoe. It adds cushion and support for both ride and durability to the heel pad and outsole of the entire shoe. It also adds smoothness to the heel-toe transition, which felt similar to industry-leading technologies. We were pleasantly surprised by the lack of forefoot clunk that usually plagues heavier and stiffer models. The patented "Flow Cool System" is nice for those hotter days, allowing for air flow over the entire foot. Also nice is the new "Aosta II" rubber compound; it makes for a very springy yet sure-footed feel. The bottom line? If a stable platform and smooth ride with motion control is what you seek, look no further.



K-SWISS

Weight:
Men's 12.5 oz. /
Women's 10.2
Price: \$115
kswiss.com