Change is inevitable, as the adage goes. Sometimes it’s incremental and at others, it’s a torrent. This season it’s somewhere between the two, though significant in its scope.

Familiarity with automation and customization has caused consumers to believe that everything should be 3D printed and delivered in the proverbial blink of an eye. We have not yet arrived at that point, though computer-generated design and manufacturing are headed in that direction. The actual changes have come with the adoption of new formulations of thermoplastic elastomers, which have been making their way into the upper end of many running shoe brands. This has resulted in better performance, more reliable lightweight components, and much lighter weight in both the midsole and the support of the upper.

For nearly five years, design choices based on geometry have been key, and this season they’re responsible for a crop of shoes that obscure the stark divisions among shoes considered lightweight, stable, or well-cushioned. This means that each shoe works for a broader swath of runners. While that’s important, these new shoes feature innovations in the upper’s fit and the midsole’s function, raising the bar even higher. The most obvious improvement? Much of the excess material at the shoes’ top, midsole, and bottom has been carved away or replaced with lighter components and foams. The result is that shoes designed to stabilize are noticeably lighter than ever before. So pervasive is this trend that 60% of the shoes in this Review fall into the Performance category, while offering varying degrees of motion stabilizing or cushioning that a light weight used to preclude. This is a trend we’ve never before seen.

Since its inception, this Review has been dedicated to pointing you in the right direction with a variety of shoe choices. Your staunchest ally in vetting your personal shoe selection is the local running specialty store, which carries the best selection of viable options for you and can assist in identifying the best fit for you.

—Cregg Weinmann, Running Shoe Reviewer for the Running Network, LLC
Welcome to the 2016 Fall Running Network Shoe Review. Of the many shoe reviews we produce throughout the year, the Fall and Spring reviews are the largest and focus on the finest 20 training shoes offered in each of those seasons.

Our biannual shoe reviews are the work of a team of experts who’ve worked together for nearly two decades. Cregg Weinmann, aka The Shoe Man, is the Running Network’s footwear and apparel review editor. The project is designed by graphic artist Kristen Cerer. Marg Sumner is our proofreader, and her clear eyes minimize our grammar mistakes. The entire project is managed by Christine Johnson, who works with Cregg to edit the reviews into the most useful and digestible format. She coordinates every aspect of the project—from editing to design and distribution of the finished project to our publishers. I continue to be amazed and grateful to these people, who see their work as part of the relationship that we nurture with the readers of our 26 Running Network publications and 38 websites.

You’ll find this 2016 Fall Shoe Review in print, digital, and social. And soon you’ll begin to see the reviews in video form as well, courtesy of The Shoe Addicts, our digital partners. If you’d like to see shoe reviews on a daily basis, visit www.runningproductreviews.com, where Cregg posts these reviews from our print features as well as new reviews that didn’t make it into traditional print.

In closing, I thank you for reading the reviews in your local regional specialty running magazine or in one of our national specialty titles. Please pass the word to others who may benefit from the work as part of the relationship that we nurture with the readers of our 26 Running Network publications and 38 websites.

Whether at a cross country race, road race, or marathon, I hope our paths cross soon!

Larry Eder
Publishing Director
FORTIUS Media Group, LLC
The introduction of the Quantum 360 demonstrated an efficient melding of footwear technologies and processes. Round 2 (maybe more like Round 1.5) uses this platform to introduce a next-generation development. The upper has been revamped—literally—with a new vamp that features Chameleion Mesh. A new ASICS material, it has a 3D surface that displays different angles as the foot moves, and tiny fins on its reflective surface display various colors as the foot moves past the viewer. Surface pores on the mesh allow the foot to breathe, but the effect is unique and, most important, effective. The heel is cupped by a new thermoplastic support that anchors the upper. The midsole features the same chassis as the original: Solyte foam with a perimeter of GEL cushioning. The outersole carries over the segmented border of rubber, with an elongated oval under the footbed that provides traction and durability. Its high-visibility upper, unique firm ride, and durable cushioning confirm the GEL-360 CM as both a technology tested and an effective Neutral trainer.

Nine seasons ago the Ghost replaced the Radius 7 as Brooks’ Neutral running mainstay. Since that time, it’s frequently been a top contender in the Neutral category. That’s the case this year, too. The upper features a combination of stiffer engineered mesh for support, plus soft mesh and linings for comfort, both layers working together to move moisture away from the foot. The midsole contours provide an improved ride, while meeting the same goal: protection and performance. On first inspection the outsole appears the same, but a closer look reveals that the size of the lugs differs depending on task: traction, durability, and flexibility, larger to smaller, respectively. The Omega groove, the molded depression that runs from heel to toe, is now filled in over portions of the forefoot to ensure a better crossover to toe-off. Its attention to detail, design upgrades, and overall comfort earned the Ghost 9 our award for best shoe in the Neutral category.

As it motors toward a decade and a half, the Glycerin is a testament to staying power. Building solidly on the strengths of Rounds 12 and 13, the Glycerin 14 emphasizes plush high-mileage comfort. The upper shows a concerted effort to stabilize the midfoot and improve the vamp by reshaping the saddle and using thinner, printed overlays between the saddle and toe. The flexibility of the upper is also improved by the use of Stretch Print, 3D-printed polymer strands with elastic properties that conform to the foot’s movement. The midsole has been thoroughly dialed in from Round 13, with the usual minor changes this type of update brings. The outsole has closed a bit of the open area in the midfoot by adding a few strips of rubber, discernible to only the most sensitive runners. By improving the fit, shaving off a few grams of weight, and improving the smooth feel and ride, Brooks has made this update a success.

The adage “Don’t mess with success” has been thoroughly embraced by Mizuno’s development team and is on full display in the Enigma 6. The upper features a new dual-layer mesh in the vamp, supported by internal strapping and a stitched toebox. The stretch mesh accommodates bunions and wider forefeet, just as before, but with more support in the heel. The midsole is the proven dual-layer polyolefin foam—U4ic near the foot, U4icX nearest the ground—with the two layers separated and enhanced by the parallel wave plate, which really delivers a responsive and smooth ride. The outsole is retained from Round 5 because Mizuno always tries to keep what works. Enigma fans can rest assured that this is still their shoe. And those unfamiliar with it but looking for a plush road cruiser should give the Enigma 6 a tryout.

The Strata is the latest new shoe from 361˚ and slips in at the top of its running line. The upper is engineered stretch mesh in the forefoot and a stiffer mesh in the tongue, midfoot, and rearfoot, with fused no-sew overlays through the saddle. The heel has a thermoplastic clip, and traditional stitched overlays secure the saddle and rearfoot to the heel. The midsole features two layers of 361˚’s Qu!kfoam, a full-length layer near the foot, and a denser layer in the lateral heel. It also sports two densities of traditional EVA foam: one that creates the framework for the Qu!kfoam and a denser layer that shores up the medial sidewall. The result is a cushy, but responsive foam sandwich. The outsole is roughly shaped like a figure 8, with blown rubber in the forefoot, carbon rubber in the rearfoot, and a trio of tapered chevrons down the middle of the forefoot beneath an exposed portion of the Qu!kfoam. The combination of a smooth and stable ride, top-notch construction, and effective melding of materials makes the Strata an excellent shoe.
MOTION STABILIZING

adidas Vengeful Boost

The Vengeful Boost is the third new running shoe from adidas in as many seasons. Its siblings, the UltraBoost and UltraBoost ST, aimed at the top tier of the market, but here the goal was to protect the runner and his or her wallet. The upper is a uniform open mesh, covered with a soft and pliable lining that feels nice and gentle against the foot. The tongue is kept in place with a gusset, and the ankle collar has just enough padding for comfort. The midsole is full-length Boost TPU foam, with its long-lasting, bouncy feel and is topped by an EVA layer to smooth the ride. A well-shaped medial structure that adidas calls StableFrame improves the stability of the heel. The outsole is full-length rubber, with a full-contact bottom and low-profile lugs that offer good cushioning. The release of earlier Boost shoe offered lessons that the Vengeful Boost benefits from, so the openings in its outsole are effectively placed for flexibility and traction. Dollar for dollar, the Vengeful Boost provides a great combination of performance and value; in fact, it was enough to earn it our award for best shoe in the Motion Stabilizing category.

Karhu Fluid 5 MRE

The Fluid 5 MRE combines Karhu’s Fulcrum midsole technology with a traditional approach to stabilizing foot motion and preserving the shoe’s structural integrity. The upper is an open mesh with traditional overlays at heel and toe and welded overlays in the midfoot and toe cap. The ankle collar and tongue don’t skimp on the linings or padding, making them comfortable to wear. The midsole is a combination of injection-molded foam nearest the ground, compression-molded foam in the heel, a TPU plate to disperse the load, and the MRE fulcrum beneath the arch. (MRE stands for Maximum Rolling Effect, which describes what happens as the fulcrum’s pivot point quickly rolls the foot forward from heel to toe.) The outsole is toughened rubber, and the heel is designed for toughness, with a little air added to the forefoot rubber to soften the road feel. Multiple flex grooves allow the foot freedom to move and flex unimpeded. The new aesthetic is sharp, and the technical design moves the brand’s performance forward as well.

New Balance 860 v7

Motion stabilizing has been a New Balance strength for well over two decades, ever since the birth of the original 850, ancestor of the current 860. Version 7 rides New Balance’s recent successes in racing and performance shoes by concentrating on the strength of the 860’s function: stability. The upper is a combination of engineered mesh, no-sew overlays from the saddle forward, and traditional overlays that anchor the heel, saddle, and toecap. The heel counter is asymmetrical to lend extra support to the medial side. The midsole is a two-density EVA, firm but protective, with medial posting throughout the arch. A layer of TruFuse, a blended foam, tops off the midsole just beneath the EVA Strobel board. The segmented outsole is blown rubber in the forefoot, with two flex grooves breaking up the surface. The heel setup is carbon rubber divided front to back to allow the heel portion to flex laterally. To say the 860 v7 is solid would underscore its high-mileage performance.

PERFORMANCE

adidas adiZero Boston 6 Boost

The longstanding affiliation between adidas and the Boston Marathon is the inspiration for the adiZero Boston. Round 6 thoroughly dial in the features and performance of the shoe. The upper trades the open mesh of Round 5 for an engineered mesh with a semi-open weave in the forefoot and stiffer mesh from the saddle to the heel. A molded external heel counter supports the rearfoot. The stitched toecap of Round 5 has been replaced by a more flexible, internal, fused support. The midsole is low-profile Boost foam within a minimal EVA frame, which together deliver a responsive bounce to the ride. The outsole is full-length Continental® rubber, with rows of oval-shaped holes that keep things light while adding traction. This update is an exclamation point on the intended purpose of the Boston franchise: a close-fitting tempo shoe that works well for long races, while remaining sturdy enough for daily training.

Altra Torin 2.5

Once an upstart brand, Altra has now established itself, if not in the mainstream, at least in the stream. The Torin is one of the more versatile Altra models, with a light feel and a well-cushioned, stable ride. Version 2.5 is an intermediate step for the model, which focuses on the upper instead of the whole shoe. The primary change? It now sports 3D printing, which, in actuality, it is. The changes to the upper haven’t affected the ride of the shoe as it sits on the 2.0’s chassis. Like the 2.0, this version of the Torin proved popular with some of our long-time testers, who especially liked the stability of the full-contact bottom, the flexibility of the sole, and the resilient ride from a substantial portion of A-Bound foam. If you’re in the market for a lightweight, well-cushioned training shoe, the Torin is certainly worth a look.

<ref>$110</ref>

<ref>$130</ref>

<ref>$125</ref>

<ref>$120</ref>

<ref>$125</ref>

“Fit well without any extra material, (which is) fine by me because it was light. The ride is well-cushioned, stable, responsive. This was the best shoe I’ve run in over the past few years.”

New Shoe

Sizes: Men 6.5–13, 14; Women 6–11
Weight: 11.4 oz. (men’s 11); 9.2 oz. (women’s 8)
Shape: semicurved
Construction: Strobel slip-lasted
Recommended for: low- to medium-arched feet with neutral biomechanics to excessive pronation

“Solidly built, stable, fit well, [and even] has a bear on the side. These were a very pleasant surprise. Shoes from the smaller brands can be every bit as good as any shoe out there.”

Updates the Fluid 4

Sizes: Men 8–12, 13, 14; Women 6–12
Weight: 12.8 oz. (men’s 11); 10.1 oz. (women’s 8)
Shape: semicurved
Construction: Strobel slip-lasted, perforated EVA Strobel board
Recommended for: medium- to high-arched feet with mild to moderate pronation

“Motion stabilizing has been a New Balance strength for well over two decades, ever since the birth of the original 850, ancestor of the current 860. Version 7 rides New Balance’s recent successes in racing and performance shoes by concentrating on the strength of the 860’s function: stability. The upper is a combination of engineered mesh, no-sew overlays from the saddle forward, and traditional overlays that anchor the heel, saddle, and toecap. The heel counter is asymmetrical to lend extra support to the medial side. The midsole is a two-density EVA, firm but protective, with medial posting throughout the arch. A layer of TruFuse, a blended foam, tops off the midsole just beneath the EVA Strobel board. The segmented outsole is blown rubber in the forefoot, with two flex grooves breaking up the surface. The heel setup is carbon rubber divided front to back to allow the heel portion to flex laterally. To say the 860 v7 is solid would underscore its high-mileage performance.”

<ref>$125</ref>

<ref>$120</ref>

<ref>$125</ref>

<ref>$110</ref>

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ASICS Dynaflyte

ASICS has a technology center in Kobe, Japan tasked with developing and testing materials and products for the brand. The new Dynaflyte was the result of considerable effort. A new foam was developed for it, and techniques and materials have been changed, all to infuse new life into wearable mesh. The weave has a corduroy-like appearance that adds to the shoe’s futuristic look. Linings in the ankle collar and tongue are soft against the foot, and the lightweight, welded overlays effectively shape and support the upper. The midsole is where the real magic happens, though. An aggregate of foam and plastic and organic fibers, they stretch and then recoil with every compression, allowing less material to be used and making the shoe lighter in the process. The outsole is a typical ASICS setup: AHAR high-abrasion rubber in the heel, with blown rubber in the forefoot, a small midfoot shank on the medial side, the rest toughened foam, but much less rubber overall to make it very lightweight. The performance, materials, and execution garnered the Dynaflyte our award for Best New Shoe.

New Shoe
Sizes: Men 6–13,14,15; Women 5–12
Weight: 10.6 oz. (men’s 11); 8.4 oz. (women’s 8)
Shape: semicurved
Construction: Strobel slip-lasted, polyurethane Strobel board
Recommended for: medium-to high-arched feet with neutral biomechanics to mild pronation

$140

HOKA ONE ONE Clifton 3

The Clifton was the first HOKA shoe to enter the Performance category, bringing max cushioning with it. Round 3 delivers more of the same, only better. The upper is closed mesh with no-sew overlays, and the fit has been reworked so it provides more room up front and better tailoring all around. While sparse (to keep things light), the ankle collar has a plushness to it so comfort hasn’t been sacrificed. The midsole is softly cushioned and flexible, without being mushy. The protection from unevenness and road detritus is as evident as ever. The outsole continues as before: a few squares of rubber over a toughened foam layer, with some of the raised portions managing cushioning and traction. The key takeaway? The Clifton 3 is light, well-cushioned, and easily handles a variety of paces and miles.

New Shoe
Sizes: Men 7–13,14,15; Women 5–11
Weight: 10.0 oz. (men’s 11); 7.9 oz. (women’s 8)
Shape: semicurved
Construction: Strobel slip-lasted, perforated EVA Strobel board
Recommended for: medium-to high-arched feet with neutral biomechanics

$130

Mizuno Wave Sayonara 4

Perhaps Mizuno’s most versatile shoe, the Sayonara enters Round 4, with a little of its flash restored and its reasonable price intact. The upper sports a wide-open mesh topped with a mini mesh and has an effective and traditionally stitched toecap and heel. The midfoot is supported by a small saddle created by the Run Bird logo and welded overlays that extend to the toe. I’m not sure how they did it, but the upper is almost unnoticeable when you’ve got the shoe on. The midsole is indistinguishable from Round 3, a trait Mizuno shoes are frequently noted for: nearly glacial change. The outsole carries over the carbon heel and blown rubber forefoot adopted in Round 3, which are likely responsible for the cost savings appreciated by consumers. Another constant is that the Sayonara is one effective running shoe, suitable for high-mileage training and longer races as well as everything in between.

New Shoe
Sizes: Men 7–13,14,15; Women 6–11
Weight: 9.7 oz. (men’s 11); 7.7 oz. (women’s 8)
Shape: semicurved
Construction: Strobel slip-lasted, perforated EV Strobel board
Recommended for: medium-to high-arched feet with neutral biomechanics to mild pronation

$110

New Balance Vazee Pace 2

The Vazee Pace took its name from a variant of the French “let’s go,” but this time the question is, how do you say “go faster?” The Vazee Pace 2 picks up where the debut version left off. As is true with most of the industry, the upper features a smooth interior and no-sew overlays that are flexible and sueded. A small saddle created by three elements—the closed rearfoot mesh, the New Balance logo, and heavier sueded and stitched overlays that extend from the eyestays—anchors the foot well, while affording the forefoot room to move. The midsole features new tooling, but functions as before. It’s well-cushioned and shaped for speed, but is great for daily miles as well. The outsole has a bit more rubber than Round 1, though with more flex grooves, so it’s a wash as the ride is not noticeably different. The ride, versatility, and fit earned the Vazee Pace 2 a tie for our award for best shoe in the Performance category.

New Shoe
Sizes: Men 7–13,14,15; Women 5–11
Weight: 10.8 oz. (men’s 11); 7.7 oz. (women’s 8)
Shape: semicurved
Construction: Strobel slip-lasted, EVA Strobel board
Recommended for: medium-to high-arched feet with neutral biomechanics to mild pronation

$110

Nike Lunar Epic FLYKNIT Low

With two significant introductions—the Lunar Epic and the Lunar Epic Low—the Flyknit running family has expanded this year. The Lunar Epic Flyknit Low has the typical silhouette of a running shoe. The upper has the expected Flyknit design: the stretchy knit portion, Flywire to the lacing, five to a side, and a thin Flywire tongue stitched to the vamp. Unlike the Lunar Epic Flyknit, the ankle collar is a traditional setup, with a smooth lining that conforms well to almost all feet, without irritation. The midsole is the same as its mid-high sibling: Lunarlon with soft and firmer urethane layers that manage the cushioning duties of the shoe. The sidewall has thin sipes laser-cut into its surface, and pods on the sole of the shoe are similarly spaced, allowing the sole to telescope along the sipes for better articulation with the ground. The effect is a comfortable and responsive ride. The stretchy fit conforms well to a good proportion of feet, which could make it your perfect shoe.

New Shoe
Sizes: Men 6–13,14,15; Women 5–12
Weight: 10.3 oz. (men’s 11); 8.1 oz. (women’s 8)
Shape: semicurved
Construction: Strobel slip-lasted
Recommended for: medium-to high-arched feet with neutral biomechanics to mild pronation

$160

"ASICS has worked well for me so I was really impressed with the fit and ride of the Dynaflyte.”

"This is the third Clifton I’ve tried, and it’s the best by far. The fit is greatly improved; it feels much better on the foot. Super comfortable.”

"The Sayonara has a great ride: stable and firm. For me, it has fit well, supported well, and is a mileage beast.”

"The first round was a surprise, with its fit and ride. Round 2 is surprisingly better! Flush interface, well-cushioned, flexible, it’s great to run in.”

"The versatility surprised me. They were pretty quick, well-cushioned, and may be my new half marathon shoe. One thing is sure: They are tougher than they seem.”

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### Performance

**Saucony Zealot ISO 2**

One of an increasing handful of shoes that blur the lines between traditional running shoe categories, the Saucony Zealot 2 is light enough to be a Performance shoe, unobtrusive enough to be a Neutral shoe, and stable enough to be a Motion Stabilizing shoe. The upper is engineered mesh with minimal and surprisingly effective overlays. Flywire strands offer a number of lacing options to improve on the good fit, and the use of smooth materials and a gusseted tongue make the fit exceptional, even for barefoot use. The midsole/outsole is a formulation of Lunarlite first seen in the Lunarglide, consisting of a urethane carrier and outsole with a softer, injected PU just under the foot. The lateral sidewall and outsole pods have narrow sipes cut into the foam, allowing the surface to articulate as the foot moves and the shoe contacts the ground. The effect is a soft landing and toe-off, and while it seems that it might wear down quickly, it’s surprisingly durable. Its new materials, weight, and performance earned it our Best Renovation Award.

*What a change! It’s like a brand new shoe. Really comfortable to run in. Great cushion, great ride.)*

**Sizes:** Men 6-13, 14, 15; Women 5-12

**Weight:** 10.3 oz. (men’s 11); 8.1 oz. (women’s 8)

**Shape:** semicurved

**Construction:** Strobel slip-lasted

**Recommended for:** medium- to high-arched feet with neutral biomechanics to moderate pronation

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**Skechers GOMeb Strada 2**

The Strada 2 is in excellent company in this Review: It’s among five shoes that are upgraded updates. (I know this should be expected, but trust me, it doesn’t always work that way.) Building on the success of the initial version, improvements make Round 2 even better. The upper received the most attention with a new minmesh and welded overlays; the fit and moisture management are better. The ankle collar and tongue are softer as well, cozying up the feel around the ankle and across the vamp. The midsole tooling remains, but a new polyurethane Strobel board has improved both comfort and ride. The unchanged outsole features toughened foam on the medial heel and lateral forefoot, with an additional coating on the toughened foam from lateral heel to medial forefoot. The upgrades result in a better ride and fit, while carving almost an ounce from the shoe. This spells success in our book.

*I did not expect to like this shoe, but the fit and ride worked comfortably for me, and that’s what counts.*

**Updates the GOMeb Strada**

**Sizes:** Men 6-13, 14, 14; Women 5-10, 11

**Weight:** 10.4 oz. (men’s 11); 8.3 oz. (women’s 8)

**Shape:** semicurved

**Construction:** Strobel slip-lasted, PU Strobel board

**Recommended for:** medium- to high-arched feet with neutral biomechanics to mild pronation

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**Under Armour Charged Bandit 2**

This fall’s update to the light stability Charged Bandit has called on innovations from other Under Armour shoes. Now the upper features SpeedForm last (a UA exclusive that’s created in a brassiere factory), complete with its flexible heel clip, no-sew overlays, gusseted tongue, and a new, sleek-fitting upper. Where some earlier Under Armour shoes were so sleek they could cramp your toes, the Charged Bandit 2’s toe box has plenty of room without being baggy. The midsole combines elements from earlier Under Armour shoes: The Charged Cushioning from last year’s shoe is combined with UA’s Micro G foam below for a soft feel against the foot and a firmer foam for contact with the ground. And it works. The outsole is firm rubber (heel) and a softer rubber (forefoot), both strategically segmented to manage traction and provide a flexible forefoot. Perhaps the best thing about the Bandit 2 is its attention to detail—especially the detail of price—which earned it our award for Best Value.

*Fit snugly in the arch and heel, but with enough wiggle room for my toes. Better cushion than I expected. This is a good shoe!*

**Updates the Charged Bandit**

**Sizes:** Men 6-13, 14, 15; Women 5-12

**Weight:** 10.5 oz. (men’s 11); 8.4 oz. (women’s 8)

**Shape:** semicurved

**Construction:** SpeedForm lasted, EVA Strobel board

**Recommended for:** medium- to high-arched feet with neutral biomechanics to mild overpronation

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**Puma Speed 500 Ignite**

When Puma introduced Ignite foam in its shoe of the same name, we found it to be impressively durable stuff. Enter the Speed 500 Ignite, a new shoe that makes great use of the foam for its durable performance characteristics. The upper is an open mesh supported by the iconic Puma form stripes and welded overlays running from the toe to the heel—just enough structure without weighing it down. The midsole employs a top layer of Ignite over a molded carrier layer of injection-molded EVA that’s lightweight, flexible, and durable. Most important, it functions as a sort of launch pad for the Ignite foam. The Ignite layer is thickest under the power region—the forefoot—to add springiness to the toe-off, and it’s thinnest in the heel. The outsole is injected blown rubber, with a denser layer of rubber shaped like an elongated football lengthwise under the forefoot. The ride is pretty snappy and the protection, good. If you need a shoe for faster running, the Speed 500 Ignite just might be what you’re looking for.

*Low-profile shoe that has some cushion, pretty good actually. Fit well, but nothing complicated. It’s a fast shoe that can handle the distance as well.*

**New Shoe**

**Sizes:** Men 7-12, 13, 14; Women 5-13

**Weight:** 10.8 oz. (men’s 11); 8.6 oz. (women’s 8)

**Shape:** semicurved

**Construction:** Strobel slip-lasted, TPU Strobel board

**Recommended for:** medium- to high-arched feet with neutral biomechanics to mild pronation

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**Nike LunarGlide 8**

One of an increasing handful of shoes that blur the lines between traditional running shoe categories, the LunarGlide 8 is light enough to be a Performance shoe, unobtrusive enough to be a Neutral shoe, and stable enough to be a Motion Stabilizing shoe. The upper is engineered mesh with minimal and surprisingly effective overlays. Flywire strands offer a number of lacing options to improve on the good fit, and the use of smooth materials and a gusseted tongue make the fit exceptional, even for barefoot use. The midsole/outsole is a formulation of Lunarlite first seen in the Lunarglide, consisting of a urethane carrier and outsole with a softer, injected PU just under the foot. The lateral sidewall and outsole pods have narrow sipes cut into the foam, allowing the surface to articulate as the foot moves and the shoe contacts the ground. The effect is a soft landing and toe-off, and while it seems that it might wear down quickly, it’s surprisingly durable. Its new materials, weight, and performance earned it our Best Renovation Award.

*What a change! It’s like a brand new shoe. Really comfortable to run in. Great cushion, great ride.*

**Updates the LunarGlide 7**

**Sizes:** Men 6-13, 14, 15; Women 5-12

**Weight:** 10.3 oz. (men’s 11); 8.1 oz. (women’s 8)

**Shape:** semicurved

**Construction:** Strobel slip-lasted

**Recommended for:** medium- to high-arched feet with neutral biomechanics to moderate pronation

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**Prep the shoe, and wear it right**

*What a change! It’s like a brand new shoe. Really comfortable to run in. Great cushion, great ride.*

**Updates the LunarGlide 7**

**Sizes:** Men 6-13, 14, 15; Women 5-12

**Weight:** 10.3 oz. (men’s 11); 8.1 oz. (women’s 8)

**Shape:** semicurved

**Construction:** Strobel slip-lasted

**Recommended for:** medium- to high-arched feet with neutral biomechanics to moderate pronation