Brooks Ghost 9

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.

“This was actually what I was looking for: a shoe that cushions without feeling mushy, that breathes well, isn’t too heavy, and is pretty durable. Thank you, Brooks!”

Updates the Ghost 8

Sizes: Men 7–13, 14, 15 (B, D, 2E); Women 5–12 (2A, B, D)
Weight: 11.9 oz. (men’s 11); 9.4 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