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/outersole is a formulation of Lunarlon first seen in the Lunar Epic, consisting of a urethane carrier and outersole with a softer, injected PU just under the foot. The lateral sidewall and outersole 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