

Try a new shoe (or two!)

CAN'T IMAGINE HITTING THE PAVEMENT WITHOUT YOUR TRIED-and-true treads? You may forget old loyalties when you see this year's innovative models from favorite shoe makers and the clever concepts from some newer names. Our veteran tester (an avid runner) even switched to a new pair herself. To find the best fit for you, test several brands

as well as you can in the store (pivot, jump, run) to ensure they don't rub, slide or feel awkward. Get a style that's stable if your feet roll excessively to the inside, a softer shoe if they don't. And consider a slight change in cushioning. A recent study shows that softer shoes work your calf muscles differently than stiffer ones, so now you have an excuse to buy two pairs!

Stiffer

MORE MILES
Puma's Complete Extol II's heels made of Polyurethane Plus rubber tackle the road. \$95; www.puma.com



LIGHT-LIGHT
As cushiony as a stable shoe gets, the Reebok Premier Stability is reflective on all sides for safety in the dark. \$100; www.reebok.com



GO TO THE DISTANCE
A popular high-mileage shoe, the Nike Air Structure Triax II win raves in small, medium, and medium-wide widths. \$90; www.nike.com



TRAILS PROTECTED
The sure-fitting Diez Vista from Montrail stands up to off-road use. \$95; www.montrail.com



SLIP-PROOF STEP
The Adidas Brevard W is instructed to cut back on excessive motion and prevent twisted ankles. \$90; www.adidasus.com

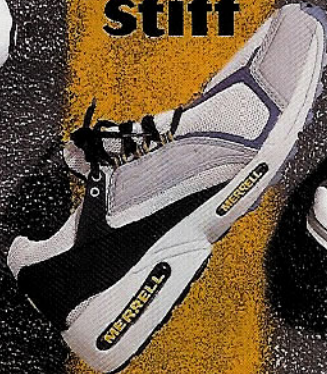


NO-SLIP GRIP For solid footing, The North Face Ultra 102 for adventure racing or just a walk in the park. \$100; www.thenorthface.com



Soft and stiff

TWO-FER SNEAKER
The only shoe you can customize to your favorite feel. The Merrell Flash (available in April) has removable gel-like chips, so you can go flexible or firm. \$85; www.merrell.com



Softer

TAKE YOUR PICK
Choose your cushioning. The Saucony Grid Trigon comes in light, responsive or durable models. \$90; www.saucony.com



COOL FEET
Mesh ventilation on all sides lets the heat out of the Wave Creation 4 from Mizuno. \$119; www.mizunousa.com



SWEET SURPRISE
The impressive new Avia EC's-Cape has improved cushioning and stability. \$90; www.avia.com



TRUE BLUE
Like walking on air, the New Balance 1022 is for you if your gait is straight. \$100; www.newbalance.com



GREAT SHAPE
Ryka's Eclipse Trainer combines updated style with a fab fit plus a strap for a snug feel. \$70; www.ryka.com



DOUBLE-STUFFED
With extra gel in the heel and toe, the Asics Gel-Kumo feels super squishy. Deep grooves provide traction on slick streets. \$80; www.asicstiger.com

