

### PUMA COMPLETE MAGNETIST \$125

Lightweight at 10.8 ounces and well-cushioned, the Complete Magnetist offers flexibility and responsiveness for everyday training. As for innovation, Puma has rounded the landing-point area of the heel in order to diminish foot roll and provide you with a stable ride. [puma.com](http://puma.com)

### ASICS GEL-NIMBUS 9 \$120

Exceptional fit and exceptional cushioning mark the popular Nimbus. A medial footbridge works to reduce the forces of pronation. Great long-run shoe, and definitely a smart race-shoe pick for the neutral-footed. [asics.com](http://asics.com)

### BROOKS RADIUS 7 \$85

The Radius looks like it might be a heavyweight trainer, but the foam MoGo cushioning has been tuned so it's light and soft—in fact, decreased weight is one of the features of the update. Primarily a beefy cushioning runner (look elsewhere in the Brooks line for motion control or stability), the shoe's medial pod plugged under the arch makes for a great support under the plantar fascia. [brooksrunning.com](http://brooksrunning.com)

### REEBOK PREMIER 3D TRAINER \$85

The 3D Trainer is the high-quality/great-buy pick of this view. Fast and responsive with a last curved for high performance, the shoe's medial bridge built into the midsole tries to control overpronation forces. [reebok.com](http://reebok.com)

### 9. DIADORA MYTHOS ROAD \$85

The purpose of the Mythos Road is to protect the foot through high-mileage training weeks. Combining a midsole with multiple densities and an imbedded arch bridge, this is a shoe that runners dealing with chronic foot and knee problems should check out. [diadora.com](http://diadora.com)

### 10. NEWTON TRAINER \$175

The Newton attempts to answer the question: Would my injuries go away if my foot could move freely, the way it's supposed to naturally (if I ran barefoot)? Developed by Boulder-based running-insole guru Danny Abshire, the price entry into the world of running shoes has a good buzz going on about it. [newtonrunning.com](http://newtonrunning.com)

### 11. MIZUNO WAVE PRECISION 8 \$85

The Precision is a fast, supple, lightweight trainer that uses a mesh upper commonly seen in racing shoes. Hence, the shoe loses some weight and helps the foot breathe. The grooves in the forefoot make for exceptional flexibility. [mizunosusa.com](http://mizunosusa.com)

### 12. AVIA AVI-LITE \$90

Weighing in at less than 10 ounces in a men's size 9, the Avi-Lite is a high-performance trainer/racer, and the shoe itself can be considered a signal flare for the fresh overhaul that has occurred at Avia in recent years. They want you, the

serious runner and triathlete, and the Avi-Lite is for serious speed and tempo training. The shoe does retain the cantilever motion-control technology you see in their more beefy training shoes, so even at the light weight, you can expect some stabilizing protection. [avia.com](http://avia.com)

### 13. AVIA AVI-TRAIL \$90

The Avi-Trail is a trail shoe that performs like a road trainer. The midsole is lightweight EVA with a medial post to add stability. Of particular note is the top layer of the upper: a skeletal mesh that powerfully unifies the shoe. [avia.com](http://avia.com)

### 14. NEW BALANCE 826 \$85

The 826 is NB's muscle car. A light, soft foam midsole—ample in both the rear and forefoot—features three flex grooves in the forefoot for a powerful toe-off. The chemistry of the outsole material is such that it will help provide you with a bit of gecko traction when you run on wet pavement. [newbalance.com](http://newbalance.com)

### 15. ETONIC MINADO MC \$100

Some of us despair when we see so many new running shoes designed for the lightweight, fleet distance runner. Do you need a tank? The Minado may be for you. Designed for the flat-footed, big-guy-type runner with sizeable motion-control needs, this shoe provides a solid midsole, a stability plate and dual-density EVA post. [etonic.com](http://etonic.com)

