

# **“Five Minutes Guide To Running ‘Shoes’”**

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### Summary

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# Introduction

## Running Shoes

### **Summary: What you know and might not know about running shoes.**

Athletic shoes are referred with many names, but it is more commonly referred to as sneakers or running shoes. If you never heard about running shoes, well I think you deserve a hefty smack in the middle of your forehead. Too bad I'm not in front of you to do you this favor. Instead, I let me educate you about running shoes.

Running shoes are made of soft and flexible materials, and characteristically have rubber soles. Over the years, certain innovations created various types of running shoes with non-rubber soles but the most basic running shoes always have rubber soles. Why rubber soles? Because rubber soles provide greater traction and has a definitive cushion effect to ease the pounding of heels during running. Furthermore, materials that create running shoes are lightweight and flexible that it would do nothing to hamper one's exertion in running. In fact innovations are constantly developed to improve wearer performance.

The first running shoe had a plimsol sole. This sole is created from the process of melding rubber and cloth together called vulcanization. Of course this shoe type won't hit a penny these days but at the time of its inception, it was a wonderful innovation that allowed ease of movement and comfortable wear. Since these running shoes allow movement without noise the term 'sneakers' came out.

Running shoes took a giant step forward when a British company called J.W. Foster and Sons developed the spiked sole. They integrated it to the running shoe and the spiked running shoes were born. Later on, they also changed their name to Reebok. That was somewhere in 1890.

It was 1925 when a German shoe manufacturer named Adolf 'Adi' Dassler made more innovations to the spiked running shoes. He also tweaked this shoe with other materials, making them lighter still. (I hope you won't have problems guessing the name of the company)

When technology advanced rapidly during the 70s, everything also made a huge step forward. Instead of basic designs in making shoes, manufacturers now involved podiatrists in shoe design. Shoe materials were tweaked even more, further lightening the running shoe.

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When Ethylene Vinyl Acetate (EVA) was developed in late 1970s it also ushered the best modernization of running shoes to date. This substance provides superb cushioning and absorbs shock even better than rubber.

To date competition amongst shoe manufacturers Nike, Adidas, and Asics is very stiff, with each producing their own line of state-of-the-art shoe products and endorsing popular athletes and celebrities to carry the image. That made running shoes a popular trend in the casual market, especially with young people. More often than not, you will notice a youngster with a pair of running shoes than leather. Effective marketing strategies by shoe manufacturers such as Nike, Reebok, and Adidas are by large responsible for the cultural propagation of running shoes.

## Shopping for Nike Running Shoes

**Summary: There are a lot of cool Nike running shoes featured in [niketown.nike.com](http://niketown.nike.com)**

Probably the best selling brand of running shoes would be the Nike running shoes. Not only that, Nike running shoes may be the most known brand of the shoe industry. Everywhere you go, you can find an individual sporting a Nike. And that's mighty surprising, since Nike running shoes are never cheap to begin with. So what's all this business with Nike? Or rather put bluntly, why should you strongly consider buying a pair of Nike?

A pair of a Nike running shoe is a mighty expensive purchase. A whopping \$150 for a pair of Nike Shox TL IV is not funny. And cheapest Shox at \$110 is still way out of my league. But because the assurance of a quality product and cool fashion supercedes the price tag it carries made me decide on the purchase. I don't know if you agree with me but I always find Nike shoes to be very durable. I had a purchase of a Nike way back and it lasted me 4 years before I have to replace them. But make no mistake, the shoes were still in good condition, I just decided to replace them because they are starting to smell funky, a condition it got for sticking with my feet far too long.

Actually, there are a lot of cool Nike running shoes besides that overpriced Nike Shox TL IV featured in [niketown.nike.com](http://niketown.nike.com)\*. Bandolier is in fact a great Nike running shoe offered at \$50. It is a trail running shoe with outsoles designed for exceptional

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traction on a variety of outdoor surfaces. Browse their catalog; they have excellent shoes offered in a reasonable price.

By the way, the best feature of [niketown.nike.com](http://niketown.nike.com) (official Nike retailer) is the Nike iD. Check the catalogue. If you see an orange box on the upper right side with the label Nike iD, the option to customize your purchase is available with the shoe model. A very cool option, especially since you can have your own colors, which is not an everyday option in buying shoes.

So I checked on this cool looking \$60 Zoom Rival Sprint III iD which featured a lean and light synthetic one piece vamp that would create a perfect foot lockdown for power transfer. It also has 7 removable spikes incase you opt to go with or without. But what I don't like was the color. Good, since it has the Nike iD option. I started filling out my size which took me directly to the shoe design option. No, it doesn't allow you to design the shoe, it only gives you an option to personalize your shoe with your own color preferences. After choosing spike for my outsole I was given the option to choose the colors for the outsole, mudguard, quarter, swoosh (Nike logo), lace color, and even the swoosh border. That's one hell of an option; guaranteed that you'll be having only the Zoom Rival Sprint with that color. So I breeze through the coloring process and personalizing until I arrive on the shopping cart option. Whoa! Still \$60, but I got to have my own color!

Too bad I lived outside its coverage (U.S. only) or I would have that shoe delivered to me. Try it out; its cool having a pair of Nikes but it is way more awesome to have one with your color.

\*<http://niketown.nike.com>

Official Retailer of Nike Products

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## Discount Nike Running Shoes

**Summary: Choose Nike, but choose a tag that has 'Discounted' over the price.**

One fact about Nike is they are too pricey. True, they may be the hippest shoe around, with radical colors, shocks and cushions ka blah and hodge-podge, but \$180 for a pair of Nike is still way too absurd. But yet, hardly anyone will dispute the technology and substance Nike has imbedded with its running shoes.

Nike also happens to be one of the trendiest brands of running shoes around. Cool designs, wicked media commercials and astronomical prices all contribute to its 'cool' factor. Sport the latest design of Nike and walk it around the neighborhood. Guaranteed you will be the object of all those jealous looks.

Personally, if I have to buy a new pair of running shoes, I often choose Nike although the tag should also include 'Discounted'. Yes, discount Nike running shoes. If you know where to look you can always find great deals anywhere.

Over the years, I have bought a number of discount Nike running shoes. No I am not a regular runner. Rather, I get myself on occasion a discount Nike running shoes since they really look great with my jeans and shirt.

### **Zoom Rival Sprint III iD – Author's Choice** **Regular Price: \$60**

For \$60, it is not a bad idea to get Zoom Rival Sprint even just for the Nike iD feature; it's not an everyday option you know. For you greenhorns, this feature allows color customization and personal iD for the shoe. The most common problem in choosing a shoe would be the color. This feature eliminates that problem by letting you choose your own color.

Besides color customization, Zoom Rival Sprint sports a thin EVA wedge outsole and also has 7 removable spikes encased in a nylon plate. So you can see that Zoom Rival Sprint customization does end on the colors alone. This discount Nike running shoes is best for beginner runners and hippies like me.

### **Nike Recoupe** **Regular Price: \$60**

With ultra breathable suede vamp, it provides a highly breathable upper. The presence of flex panels in the upper allow the foot room to expand. The pressure-

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releasing cavities in the full-length Phylon midsole provide relief to three main pressure areas of the foot and dispersing pressure over a greater area of the foot. The durable rubbers are only on areas where needed, keeping the shoe lightweight and protective.

**Nike Bandolier**  
**Regular Price: \$50**

The leather and textile is designed for great comfort, fit, and lock down. The gusseted tongue keeps the comfort in and the rocks out. The full-length Phylon midsole as cushioning with heel and toe bumper provides protection when you hit the trails. The Nike All-Trac Trail outsole is designed for exceptional traction on outdoor surfaces. \$50 is not a bad price tag for a discount Nike running shoes of this quality.

## **New Balance Running Shoes**

**Summary: With a number of outstanding New Balance running shoes in their catalog, you will be sure to find a winner among its ranks**

When New Balance entered the scene in 1961, it also introduced the Tracker, the technology owned by New Balance that featured ripple sole. This running shoe became an immediate hit as it began the shoe of choice for many runners.

After the highly successful 803 New Balance running shoes model, New Balance Athletic, Inc. was on its way in becoming a healthy competitor in the shoe manufacturing giants league.

With a number of outstanding New Balance running shoes in their catalog, you can still be sure to find a winner among its ranks.

**New Balance® 803**

This New Balance 803 model is New Balance's best seller. A number of customer delights on have surfaced on reviews. This model is out for some time but still it is a regular favorite, a testament of how good shoes are. They survive. Though finding a model this time is a bit tough.

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Regular Price: \$80

Features:

- **ABZORB** in Heel and Forefoot provides maximum shock absorption.
- Aggressive Solid Rubber Outsole provides long-wearing durability and traction.
- **C-CAP** Midsole is a lightweight compression molded EVA provides cushioning and flexibility.
- Synthetic mesh upper provides lightweight comfort and support.

Get it at: <http://www.aperfectdealer.com>

### **New Balance® 1060**

New Balance® 1060 is a new addition to the New Balance running shoes catalog; it boasts ultra cushioning system and durable shoe design to withstand any kind of pounding, trail or cement.

Regular Price \$109.99

Features:

- Soft, flexible, airy mesh upper laces that stay tied
- Roomier forefoot and superior cushion and shock proofing
- Ingenious **N-Lock** secures your midfoot in ultra comfort

Get it at: <http://www.roadrunnersports.com>

### **New Balance® M1222WS**

This high mileage runner is the latest of the New Balance technology. It is designed to provide maximum stability and cushioning for the moderate to severe over-pronation.

Regular Price:

Features:

- **N-durance** Outsole provides long-wearing durability
- The stability web Provides midfoot support and torsion stability while reducing weight Blown rubber outsole provides a lightweight cushioned ride
- **ABZORB SBS** provides maximum absorption in the heel and forefoot
- Internal Support System hugs the waist of the foot for added support

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- **ACTEVA** Midsole gives greater consistency in cell size/lower density of cellular foam structure increases resistance to compression set
- **N-Lock** Midfoot Support designed to provide upper midfoot structure and enhanced support
- Anti-microbial liner 360 Reflectivity: Safety feature
- **TS2** Transitional Support System: Provides optimal support while enhancing transition from heel strike to forefoot

Get it at: <http://www.paragonsports.com>

### **New Balance® M881 WG**

The full length ABZORB is the main feature of this shoe. A neutral runner with largely benefit with this model

Regular Price: \$94.95

Features:

- **ABZORB FL** midsole provides excellent cushioning and energy displacement through the gait cycle
- Blown rubber outsole is lightweight and cushioned
- Synthetic/Mesh upper is lightweight and supportive

Get it at <http://www.roadrunnersports.com>

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## Asics Running Shoes

**Summary: Asics offers top of the line running shoes. Be sure to check out their fantastic selection below**

Looking at the internet shoe catalog, I was surprised at the cost of the items there. On some brands, running shoes of the latest design cost as much as a wheel tire. Shelling out \$180 for a pair of running shoes is ridiculous even if it has 100% air with no foam. I would still find it ridiculous even if allows me to soar and glide like Drexler or Jordan.

Nevertheless, there are alternatives to these overhyped brands and one solid candidate would be Asics. Without sacrificing quality, durability, and efficiency, Asics over time had released a perfect line of running shoes at a much lower cost.

Asics running shoes is a far cry from being the lamest running shoe available. In fact, it seriously contends with manufacturing giants like Nike and Adidas. And the fact that Asics running shoes are way cheaper than Nike and Adidas made it a weighty competitor.

Look for reviews of Asics running shoes. You'll be surprised at the number of wows it had received from its quality products. Or better yet, try one yourself and see if it would also extract a wow from you.

### **Men's ASICS® Gel Kayano® XII**

Regular Price: \$119.99

- Solyte midsole reduces weight of shoe for an even lighter ride
- Space Trusstic technology differentiates men's and women's arch for better fit
- GEL® Cushioning System in heel and forefoot for better shock absorption and transition
- Blown rubber plus DuoSole® guarantee durability and flexibility
- Personalized Heel Fit system hugs your heel and eliminates slipping

Best for runners with medium to large build and has low to medium arches

### **Men's ASICS® Gel Empire™**

Regular Price: \$109.99

- Dynamic Forefoot Cradle™ controls pronation and encourages efficient movement through the gait cycle

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- Flared forefoot provides needed balance and added cushioning
- Super comfortable feel thanks to Biomorphic Fit™ panels
- Memory foam gives you a personalized heel fit
- Long-lasting comfort from day one thanks to SpEVA® 55

**Author's Choice:** The best Asics running shoes yet. The flared forefoot serves as a corrector for pronating feet and the cradle guides my foot efficiently. Best for high mileage runner seeking stability and forefoot durability, who has a medium to large frame build and medium to low arches.

### **Men's ASICS® Gel DS Trainer® XI**

Regular Price: \$99.99

- Traditional slip last creates great flexibility and road feel
- Improved forefoot fit thanks to new Biomorphic Fit Panels

Best For faster runners with small to medium build and has low to medium arches. This is great for racing.

### **Men's ASICS® Gel DS Racer VII**

Regular Price: \$69.99

- Impact Guidance System® combines all ASICS® components to enhance the foot's natural gait from heel-to-toe
- DuoMax® Support System helps ensure that the shoe maintains proper support for the foot during the critical transition from heel strike to toe-off
- GEL® Cushioning Systems - rearfoot and forefoot shock attenuation at initial impact and propulsion phases
- Full Length Solyte Midsole Material - lighter than ASICS® standard EVA and SpEVA®, combined with improved cushioning and durability.

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## Trail Running Shoes

**Summary: Trail running shoes are durable, provide greater traction, and some are water proof and others have reflective colors.**

There are huge differences between running shoes and trail running shoes. And if you're doing the latter, using ordinary running shoes that isn't suited for terrain running could cause you a number of accidents, some of which could be lethal. Be wise enough and wear a pair of trail running shoes. Trails and isolated areas are the most treacherous place for the careless.

Running shoes are intended for running on hard surfaces. They are naturally designed to absorb shock from the constant pounding of feet (especially the heel) on the track. Trail running shoes on the other hand are built to be more durable. They have teeth integrated on the soles to provide greater traction even on slippery areas. Some are water proofed for wet areas and some have reflective colors to be used during nighttimes.

Choosing the best trail running shoes may be easier than you think, so it's no reason to forgo the use of one if you can't find any that suits you. Likewise, if money is the problem, there are a lot of reasonably priced trail running shoes that still has superb features.

Below is a compilation of excellent trail running shoes that I found floating over the net.

### **Adidas ClimaCool® Cadrona Trail Running Shoes**

Regular Price: \$84.95

- Fast-drying and highly breathable ClimaCool® textile upper for ventilation from all sides
- Agion™ antimicrobial lining limits bacterial growth and minimizes odors
- Shock-absorbing midsole with adiPRENE® insert in forefoot
- ClimaCool® midsole chassis enhances venting without compromising support
- Rigid Push Through Protection Plate (PTPP) protects feet from hard knocks
- Reliable high-traction rubber outsole

**Author's Choice:** \$85 is not a bad price for a shoe of this caliber. The ClimaCool has everything you might need for trail running: fast drying textile, high traction, shock absorption and enough support. Even the antimicrobial lining is a big plus especially on trail running where your feet could get especially damp even with waterproof shoes.

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**Merrel Chameleon 2 Gore-Tex XCR**

Regular Price: \$110

- GORE-TEX®XCR® Gasket Construction and Waterproof Pigskin Leather Upper ensures that your feet stay protected
- Breathable Defense Mesh Panels and Breathable Padded Tongue provides comfort
- Tapered Nylon Insole Molded on the Bottom with Air Cushion® Midsole provides optimum shock absorption

**Nike Zooms Steens**

Regular Price: 58.95

- Lightweight and highly breathable mesh upper with webbing and leather overlays with dual density Phylon midsole extends length of shoe for consistent cushioning
- Zoom Air cushioning in forefoot to minimize bruises from stones
- Solid rubber outsole features a rounded-edge lug design for traction
- Middle shank for torsion rigidity

## Trail Running Shoes Review by Brand

**Summary: Read on and get a helpful insight before you're off to buying your shoes.**

As the number of shoe manufacturers in the trail running shoes scene increased so did the availability of customer choices. Before it's a matter of choosing which, taking it to a road test and if survives with enough satisfaction then it becomes the perfect shoe.

That practice just won't do today. The presence of multitudes of brand names amidst thousands of shoe products is enough to overwhelm any casual buyer. The effect would be disastrous. Someone could mistakenly go for ballerina shoes in running, and would choke everyone to death for laughing so hard.

If you happen to be on the scene then read this trail running shoes review by brand and get a helpful insight before you're off to buying your shoes.

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## Trail Running Shoes Review for Nike

It seems that Nike has successfully employed all the shoe geniuses in the world. That or they did their own 'trinity project' that could make Oppenheimer blush. Either way, Nike has all the money to fund any project. And the result? Innovative, state of the art shoes. The aftereffect? Outlandish prices. Yet another effect? Starvation. (no, kidding)

Even with outrageous prices, Nike tries to compensate by giving the best experience its shoe has to offer. Take for instance the Shox technology which could never be duplicated by any brands. After a few walks with my Shox, wow, it was really nice. I often find myself taking occasional glimpse at the floor to just to convince myself the streets in Manhattan aren't carpeted.

One word of caution: Shox wear out fast. Nike claims that Shox Junga can resist wear but so far I've only seen the brittle Shox. If you are careful spender, consider the other options below before buying this model.

Recommended Model: **Nike Shox Junga** at \$110

## Trail Running Shoes review for adidas

Nike is to Shox; adidas is to adiPRENE®. Though not as polished as the Shox, adiPRENE® stands on its own as a competent challenger to the Nike technology. There are a lot of winners in adidas selection, too, like the ClimaCool® which rivals the Shox but costs lesser than the Shox's \$110.

\$85 is not a bad price for a shoe of this caliber. The ClimaCool has everything you might need for trail running: fast drying textile, high traction, shock absorption and enough support. Even the antimicrobial lining is a big plus especially on trail running where your feet could get especially damp even with waterproof shoes.

Recommended Model: **Adidas ClimaCool® Cadrona** at \$84.95

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## Trail Running Shoes Review for New Balance

The 803 model is New Balance best rated running shoes. It is lightweight and soft. There had been a couple of reviews about its comfort especially in long stretches of running. It is also very durable; said to still be in excellent condition even after seeing considerable use. New Balance 803 is an old model though but surviving up to this era only signifies its quality.

Recommended Model: **New Balance 808** at \$80

### adidas Running Shoes

Summary: adidas is indeed a major player in sports equipment and apparel. Check on the adidas running shoes selection below and see the true mark of a winner.

It all started when Adolf 'Adi' Dassler released his first running shoe creation in 1920. It featured the short distance spikes previously invented by a British company called J.W. Foster and Sons. The shoes were revolutionary and became an immediate hit that in 1927 Adi Dassler released another shoe model named DRP. The shoe model was designed exclusively for the Olympic Games in Amsterdam. By this time Adi Dassler, together with his brother had founded the company named Dassler Brothers Shoe Factory. Immediately three years later, the adidas running shoes made its first major Olympic success with German athlete Arthur Jonah. That was 1930. When war broke in 1946, adidas was forced to shift its production to a multipurpose shoe to be used for the army. adidas went back to sports in 1950 to release the first low-cut, soft, light weight running shoe exclusively designed for the German World Championship team. Also, Adi Dassler introduced adidas\* as the official company name. When Wilma Rudolph 'Black Gazelle' won the 1960 Olympic Games in Rome with a pair of adidas running shoe, Adidas was already a major player in sports equipment and apparel.

From the first pair of shoe Adi Dassler molded in his backyard to the current line of adidas running shoes used by athletes worldwide, it seems adidas couldn't stop making shoes that win. Adi Dassler's heritage had survived him to help athletes over the years in pushing the limits of their performance.

Check on the adidas running shoes selection below and see the true mark of a winner.

adidas® adiSTAR® Cushion  
Price: \$109.99

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- \* Extended forefoot adiPRENE® + for an incredibly resilient toe-off
- \* Generous adiPRENE® insert in the heel absorbs shock
- \* GeoFit® collar provides anatomical comfort
- \* TORSION® provides flexible, adaptable midfoot support
- \* Lightweight blown rubber outsole

Feet Type: Best for runners with a medium to large build and medium to high arches

Author's Notes: Invaluable for lane runners. The cushion can work wonders even in the hardest pavement.

adidas® SuperNova Cushion '05

Price: \$84.99

- \* Newly designed upper is more open and virtually seam-free for ultimate comfort
- \* New, softer midsole cushions run after run

Feet Type: Best for runners with a medium build and medium to high arches.

Author's Note: Even if this model is released a way back, it is still by far the best sold adidas shoe. So many find this shoe satisfying so it's the safest choice you can afford. The latest release SuperNova Cushion '06 is not as stable as this one.

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adidas is spelled with a small 'a'. And for the dumb, the name is taken from Adi-Dassler, founder of adidas.

## Best Rated Running Shoes

**Summary: Gather info, read, and compare the best rated running shoes before spending a dime**

While others disdain the hassle of scouring, comparing, and reviewing the market for the best value for their buck, others do read reviews, listen to customer's opinion and meticulously gather data before engaging to buy an item, especially pricey ones.

I am one of those meticulous types. I gather info, read, listen, and compare my choices before spend a dime. That way I am ensured that what I am going to purchase has the essentials I need.

A ways back I have gathered a small data of best rated running shoes that has more wows from customers than marketability. Because I found out that wows are much, much more indispensable than the product's marketability, which could be boosted by means such as media.

### **Nike Shox Series**

Price: \$100 to \$160 (depending on the model)

Nike Shox Series is Nike's flagship in the running shoes arena. I consider this Nike Model to be among the best rated running shoe since it incorporates Nike's zealously protected innovation. The combination of the aspects though is for the user's discretion.

**Value:** There are many user reviews for this excellent shoe, and all of them commented on being steep. And it is. But if the price is reasonable for you, then by all means try this shoe.

**Comfort:** Shox Technology is the best cushion and shock absorber in sole technology. And it is only patented by Nike, which literally means Shox can only be found in Nike models.

**Durability:** The only appalling aspect is that this \$160 technology tends to breaks down rather easily, and if it breaks down it becomes unwearable. Yes, that's right. They fall apart.

**Bottom line:** Buy this shoe and wear them at parties. That way, they survive longer, doing justice to the \$160 you spent. Nike is always my first casual shoe choice. They're too pricey to be otherwise.

**Compare prices at:**

<http://www.roadrunnersports.com>

<http://niketown.nike.com/niketown>

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**New Balance 803**

Price: \$80

The 803 model is perhaps New Balance best rated running shoes. A number of customer delights on New Balance 803 have also surfaced on reviews

**Value:** The price is just average to bit expensive. Or maybe I'm just Nike biased. But in any case, I have seen a \$60 Nike and it has more features than this model.

**Comfort:** Lightweight and soft. There had been a couple of reviews about its comfort especially in long stretches of running.

**Durability:** Very durable. Said to still be in excellent condition even after days of trekking.

**Bottom line:** The New Balance 803 has been tested over time and it still survives. Though finding a model this time is a bit tough, the reviews should easily convince you that this belongs with the best rated running shoes.

**Compare prices at:**

<http://www.newbalance.com>

<http://www.roadrunnersports.com>

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## Cheap Running Shoes

**Summary: Accompany me as we scour the internet market for cheap running shoes**

Running shoes do cost a fortune, especially those shoes that meet specific needs. Those that carry a certain brand and is in the latest in line of shoe technology also would carry a heavier price tag. While some won't flinch in shelling \$180 for a pair of running shoes, others will sleep badly knowing that a \$180 for a pair of running shoes is preposterous.

I'm in your league. Though I always love a good pair of sneakers, there's no way would I spend \$180 for a pair of Shox, however lovely they look on eBay. Because if you're just a casual runner like me who's running every once in a while, getting cheap running shoes is more beneficial in the long run since it won't be seeing much use anyway.

Though the term cheap running shoes always meant substandard quality shoe, I would like to point that in fact quality isn't a sacrificing factor. Why, I even bought a pair of Nike which is in excellent condition. What more, it isn't from surplus shops but I bought it straight from an authorized Nike dealer. Surfings do have its benefits, you know.

Here are some samples of high quality but cheap running shoes floating in the internet.

### **Nike Bandolier**

Price: \$50

- ☐ Leather and textile upper is designed for great comfort, fit, and lock down.
- ☐ Gusseted tongue keeps the comfort in and the rocks out.
- ☐ Heel and toe bumper for protection when you hit the trails.
- ☐ Full-length Phylon midsole for cushioning that allow your feet to stay happy.
- ☐ Shanks between midsole and outsole for support throughout your hiking adventure.
- ☐ Nike All-Trac Trail outsole designed for exceptional traction on outdoor surfaces.

### **Nike Recoupe**

Price: \$60

- ☐ Ultra breathable suede creates a highly breathable upper. The skin is the largest organ in the body and requires sufficient oxygen to be at its best
- ☐ Flex panels in the upper allow the foot room to expand

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- ☐ Pressure-releasing cavities in the full-length Phylon midsole provide relief to three main pressure areas of the foot, dispersing pressure over a greater area of the foot
- ☐ Durable rubber only where you need it keeps this shoe lightweight and protective

Where to get it: <http://niketown.nike.com>

### **adidas Running Tundra**

Price: \$58.95

- ☐ Heavy-duty Traxion outsole and protective upper overlays for runners out on the trail and in the street leading to the trail
- ☐ Mesh nylon upper combines lightweight and comfort. Synthetic leather trims for durability. Air mesh lining for comfort and breathability
- ☐ EVA insole and adiPRENE for shock absorption and makes it a comfortable footwear. Injected EVA for long-term lightweight shoe cushioning and adiWEAR® outsole for durability

Where to get it: <http://www.zappos.com/n/p/dp/7025031/c/51410.html>

## Women's Running Shoes

**Summary: Women's running shoes should have motion control, should be flexible, and should have lesser cushioning. Read on why.**

Normally, there's no marked difference between men and women's running shoes. Any shoes that men may wear could also be worn by women without any reduced differences in performance or causing a possible health risk.

Experts tend to disagree though. The key difference between the sexes is physiology. Since female had wider hips (relevant to childbearing), the end result would be that women's legs tend to slant downwards at a greater angle from the hip to the ankles, a sharp contrast from the men who tend to have legs that are more splayed to the sides and toes pointing markedly in a 90° angle. The slanting of the legs in turn will cause the feet to hit the ground from the outside, creating an opposite force direction that would also pull the gait inwards. The result would be an inward pronation action during every footstep.

Another difference is also body mass. A typical female in an 8 inch shoe size will weigh lesser than a male with a shoe of the same size. So this basically means that a women's 8 inch shoe should have lesser cushioning than the male's 8 inch shoe. Cushioning, though a positive feature on all running shoes, may also provide unwittingly an amount of stiffness. This is generally okay for male runners since they can easily bend even the stiffest shoe while they ran, but for women they could have trouble in flexing their shoes properly.

Summing it all up, women's running shoes should have a bit of motion control to limit pronation and should be flexible enough to compensate the lack of strength. Also, typical women's running shoes should have lesser cushioning since women are lighter.

Saucony had been a favorite choice for women's running shoes over the years, with designs that apparently were favorable with female runners. Saucony shoes are noted to have narrow designs and defined heels. Other shoe manufacturers also have their own line of women's running shoe, such as New Balance and Nike.

Here are two samples of Saucony women's running shoes that are first-rate.

### **Saucony Grid Triumph 3**

Regular Price: \$100

- SRC XTRA provides the premier forefoot cushioning system for a smooth toe-off
- Repositioned triangular lugs on the outsole are more angled

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- Impulse EVA midsole for increased responsiveness and durability
- Pillow-soft midsole give you the ultimate ride every single run
- HRC Strobel Board for increased cushioning and comfort
- Arch-Lock provides a snug midfoot fit
- Impact Interface cushions and isolates heel impact

### **Saucony 3D Grid Triumph**

Regular Price: \$99.99

- Full-length HRC provides ultimate cushioning
- 3D Grid system eliminates shock
- E.A.S. system guides your foot effortlessly through the gait cycle

## **Men's Running Shoes**

**Summary: Men require an entirely different kind of shoe than women.**

One thing is certain: A woman's foot isn't a scaled down version of a man's foot. So, traditionally, wearing shoes not intended for the specific sex isn't beneficial. On some occasion a woman may find a certain running shoe flexible and sturdy enough but a man will find it too limp that it wouldn't even provide minimal motion control. By nature men's running shoes are for all intents and purposes made tougher since it gets rough up more often than a woman's shoe.

Manufacturers for several years have been producing shoes modeled for men almost exclusively, but over the years, they have also begun to include women's design in their manufacturing repertoire.

Men's running shoes are typically stronger and tougher than women's shoes. Since men generally weighs far heavier than women on the same height range, more cushion should be applied on the soles of men's running shoes. Likewise, men on the run will pound the lane heavier than women, so the heel should also sport larger shock absorber. You might ask why women's shoe should be lesser in features than women. The reason would be that all the augmentation of cushion and shock pads can make a shoe considerably stiff. Though a man's natural strength can easily bend a shoe of this kind, women will find it considerably hard to move naturally.

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The minor aspects would be that a usual man's foot has an expectedly broad forefoot whereas the women's tend to be more angular.

To get more idea of how men's running shoes should be, check on these two samples.

### **Nike Shox TL 3**

Unit Price: \$150

Specs: It has Triple layer construction that delivers optimal comfort and fit. The layers also provide breathability from the toes to the foot entry. The TPU midfoot support integrates lacing with superior lockdown. With bisected heel columns, each heel landings are smooth. Has the full length application of the Nike Shox technology, making the shoe an optimal environment for cushioning and impact protection.

**Author's Note:** The Nike Shox TL 3 is the best men's running shoes. The Shox technology works wonders on any man of any frame. Best cushioning, best comfort and best stability. Now, about the price...

### **Adidas ClimaCool® Cadrona Trail Running Shoes**

Regular Price: \$84.95

Specs: Fast-drying and highly breathable ClimaCool textile upper for ventilation from all sides and the Agion antimicrobial lining limits bacterial growth and minimizes odors. Shock-absorbing midsole with adiPRENE insert in forefoot lessen impact and Rigid Push through Protection Plate (PTPP) protects feet from hard knocks. Very reliable high-traction rubber outsole

**Author's Note:** I'd go for this; at only \$85 the features can well rival any Shox any day. The price especially isn't a bad price for a shoe of this caliber. The ClimaCool has everything you might need for trail running: fast drying textile, high traction, shock absorption and enough support. Wicked looking too, rugged and reeking of testosterone. Okay I'm kidding.

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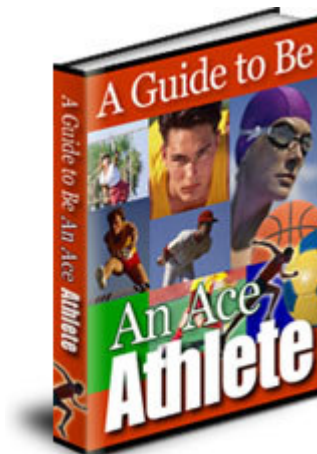
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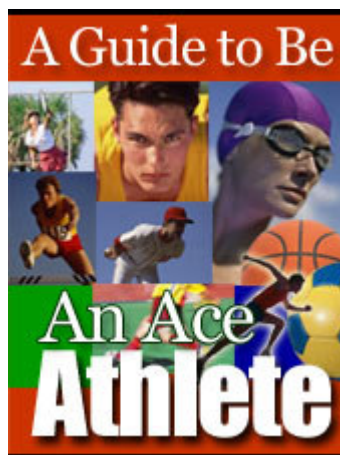
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