FIT: The updated version of the Road-X 233 has a similar fit to other Inov-8 shoes, with a snug and secure heel and midfoot, and just enough wiggle room in the toe box.

FEEL: Inov-8 has gone to great lengths to create a softer feeling underfoot in some of its shoes, including the Road-X 233. A slightly softer midsole foam and more forgiving outsole rubber have eliminated the "slappy" sensation of some previous models while still maintaining enough semi-firm footing for performance-oriented running.

RIDE: Fast, flexible and light, the ride is footloose and fancy-free. The additional softness was very noticeable and appreciated, and combined with the sleek profile and low-to-the-ground feel, cues up an agile, efficient vibe at any pace.

## [2] Nike Flyknit Lunar 1+, \$160

7.6 oz. (men's); 6.3 oz. (women's)

FIT: This shoe's tightly knitted seamless upper serves up a comfortable, locked-down, foot-contouring fit in the midfoot and forefoot, but some testers felt the heel fit a bit loose.

FEEL: Despite the highly advanced manufacturing that goes into this shoe, it has a sublimely simple feeling to it. Its moderately soft, cushioned and flexible undercarriage is also supportive but not inhibiting in any way.

RIDE: This shoe rides as smooth as any in this review.
The supple midsole and low-volume fit offer great heel-toe roll-through while also giving the runner good sensory connection with the ground.

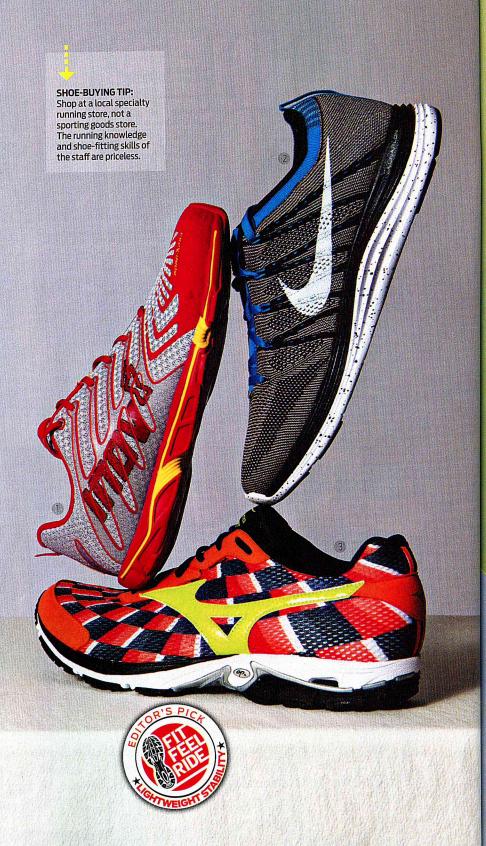
## [3] Mizuno Wave Elixir 8, \$120

8.8 oz. (men's); 7.4 oz. (women's)

FIT: Snug in the heel, the new seamless upper of the Elixir 8 is very conforming to the foot while still allowing it to move without restriction. A wide toe box provides room where it's needed without feeling too generous.

FEEL: Lightweight, low to the ground and flexible, the Elixir feels like a fast shoe from the second you step into it. But unlike some lithe racers and up-tempo trainers, this model offers moderate support and stability through the arch and is well cushioned in both the heel and forefoot.

**Ride:** The updated Elixir is firm and fast enough to be a solid option for tempo runs or longer races, but still substantial enough to use as an everyday stability trainer for runners with neutral mechanics or those who are mild overpronators.



MOST UNDE DESIG

will tea custom you dev new re runners

The crole to ru train

ASIC 'a so study 200

Anyo **Kara** 

Fitzg resea runni **Mag** 

RUN learn recor chan

l hig can e **McN** 

In thi poter **Burf**