



SHOE-BUYING TIP:
How a shoe fits your foot size and shape is very important, but so is finding a model to match your agility, lower-leg strength and weekly mileage.



LIGHTEST SHOE



[1] **Skechers GoRun Ride 2**, \$80
6.4 oz. (men's); 5.1 oz. (women's)

FIT: Although snug in the heel and midfoot if tied down securely, the GoRun Ride 2 is rather roomy in the forefoot.

FEEL: Like the initial version of this shoe, the Ride 2 feels low to the ground and very light. The upper is supple and infinitely flexible, allowing feet to move without restriction, but a few testers thought the heel collar sat too low.

RIDE: Soft and plush. The rockered profile of the original model has been greatly reduced, creating a smoother feeling through the gait cycle. The combination of the well cushioned midsole and only sparse amounts of outsole rubber, make for a cushy, flexible and completely uninhibited ride.

[2] **Merrell Mix Master Move**, \$95
8.0 oz. (men's); 7.0 oz. (women's)

FIT: The moderate-volume fit is highlighted by a snug heel, a secure and supportive midfoot and slightly roomier toe box.

FEEL: This is a lightweight everyday trainer with ample semi-firm cushioning while still allowing a sensory connection to the ground. The lightweight upper mesh, easy-flexing chassis and 4mm heel-toe offset help give it an agile, yet comfortable sensation under foot.

RIDE: It's responsive and nimble, but is it a road shoe or a trail shoe? Our testers branded it as a hybrid, an excellent example of a shoe that can be oblivious to terrain constraints. With a unique array of flat but grippy sticky rubber outsole lugs, this shoe runs as well on smooth to semi-technical trails as it does on roads.

[3] **Karhu Flow³ Trainer Fulcrum**, \$115
8.5 oz. (men's); 7.0 oz. (women's)

FIT: The updated Flow has a low-cut heel collar, all-mesh upper and a moderately snug feel from heel to toe, though slightly more relaxed compared to other shoes in this review.

FEEL: Light, flexible and low to the ground, this shoe finds a happy medium between low-profile minimalist and cushioned lightweight trainer. As such, it's versatile for several types of running, from long slow distances (for lighter, biomechanically efficient runners) and tempo runs, to speed workouts and racing from distances 5K to the marathon.

RIDE: Given that it's so low to the ground and flexes so easily, the ride is predictably natural, free and uninhibited, making it inclined to run at faster speeds with anything but a heavy heel-striking gait. A firm wedge of foam under the heel seems to aid propulsion and add some semblance of structure without negatively impacting stride.