

The best for

ROAD RUNNING

careful you need to be about form. Land primarily on your mid- or forefoot, with feet under hips and body leaning forward slightly. Increase your mileage slowly to avoid injury, and don't be surprised if your feet ache a bit at first; it takes a while to build up strength in their muscles.



HIGH ARCHES

The **Mizuno Wave Rider 16** gives you a "surprisingly well-cushioned ride" that's perfect for people with high arches. The wave-inspired midsole design provides "great shock absorption" that helps "keep feet from tiring out on long-mileage days." Flexible outsole grooves put "a bounce in your stride," and a breathable upper "hugs your foot without feeling overly tight." (\$115, mizunousa.com)



NORMAL ARCHES

The "awesomely light" **Asics Gel Kayano 19** feel "like slipper-sneakers" and are fashioned to keep your gait in check: A groove runs down the outsole to guide your foot and help prevent over-pronating (rolling inward as you strike). A four-way-stretch mesh upper and two layers of memory foam around the heel make for a "snug but flexible fit." (\$150, asicsamerica.com)



WIDE FEET

The **Saucony Triumph 10** offers "the perfect amount of support, comfort and style," especially for those who supinate (turn their feet outward as they strike) or have a normal gait. With a "marshmallowy soft" shock-absorbing insole plus three separate cushioned pods under the heel, this "light and springy" sneaker "makes you feel that you could run forever." (\$130, saucony.com)



FLAT FEET

The "surprisingly light" (9.4 ounces), "supersupportive" **Brooks Adrenaline GTS 13** features a biodegradable midsole that "cradles arches with every step." Extra cushioning in the heel helps lessen shock instantly on landing while guiding your foot strike to minimize over-pronation. (\$110, brooksrunning.com)