

[1] **Adidas Energy Boost**, \$150
9.7 oz. (men's); 8.1 oz. (women's)

FIT: The fit of this shoe is snug and athletic from heel to toe. A few testers thought it was a bit too tight in the forefoot, a sensation accentuated by the tight mesh that covers the forefoot.

FEEL: Adidas launched a new midsole foam made from tiny balls of thermoplastic polyurethane (TPU) fused together with steam instead of traditional layers of ethyl vinyl acetate (EVA), and there is no getting around the marshmallowy soft sensation it creates in this shoe. It doesn't feel super-light, but it is very resilient and flexible.

RIDE: Once you get used to the springy sensation under foot, you realize there's quite a bit of energy return coming from these shoes. While not all of our testers were as confident running fast in these shoes, there was unanimous appreciation for their peppy behavior.

[2] **Brooks Pure Flow 2**, \$100
8.8 oz. (men's); 7.2 oz. (women's)

FIT: The new version of the Flow is comfortably snug with appropriate interior cushioning and forefoot wiggle room, but it is slightly narrower than the first version.

FEEL: Although the upper mesh, asymmetrical lacing system and wrap-around tongue are new, the shoe retains its flexible and responsive feel, as well as its softly cushioned-but-still-connected vibe. It's not a minimalist shoe, but it feels light, cushy and minimally constructed.

RIDE: With ample cushioning and 4mm heel-toe drop, the Pure Flow 2 offers up the consistently soft and smooth ride of its predecessor. It's somewhat of a modern 'tweener with enough cushioning for long, slow distance runs but light and agile enough for faster workouts and longer racing.

[3] **Newton Gravity Trainer**, \$175
9.1 oz. (men's); 7.6 oz. (women's)

FIT: The Gravity Trainer is comfortably snug in the heel and midfoot but slightly roomier in the forefoot. The upper was redesigned with new meshes and overlay patterns, making it more conducive to the natural flex of a foot.

FEEL: As with previous models, this one has a comfortably appointed interior, an amply cushioned semi-firm midsole, a moderate stack height (off the ground) and a low-angle heel-toe differential.

RIDE: The lightweight, athletic makeup of this shoe, along with the semi-firm feeling under foot, help give the Gravity Trainer an efficient and energetic ride. As with all Newton shoes, it's all about the forefoot lugs, which compress and decompress to provide a noticeable responsiveness when running with a forefoot gait style.



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