



ROAD
RUNNING



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THE CRUISER
4. **ASICS GEL NIMBUS 15**
BEST FOR: Seekers of a more natural stride

This is a traditional running shoe—stable, stoutly supportive, and a bit heavy—but with a heel that’s flatter than the Brooks by just a few millimeters. That gently pushes runners to land on their midfoot. But if your form starts to slip, don’t worry too much. ASICS added ample foam beneath the heel to buffer the impact of strikes. 11.5 oz; \$145; asicsamerica.com

THE TRANSITION
5. **NEW BALANCE 870V3**
BEST FOR: Minimalist rookies

The 870V3 retains the comfort and mild stability of a traditional running shoe—thick tongue, soft foam, plastic arch support—but its heel is two millimeters lower than the ASICS. The result is a shoe that makes both midfoot and heel running not only possible but impressively comfortable. 9.8 oz; \$145; newbalance.com

THE PACESETTER
6. **NEWTON DISTANCE S**
BEST FOR: Light-and-fasters

The Distance S was the fastest shoe in our test by a long shot. There’s just enough foam to take the sting out of cement without adding weight or stealing from its natural-striding feel. It’s nearly flat underfoot (the heel is just two millimeters higher than the forefoot), so ease into it—and expect extra strain on your Achilles tendon while you’re breaking yourself in. 8.4 oz; \$155; newtonrunning.com

HEEL DROP
THE DIFFERENCE BETWEEN THE HEIGHT OF A SHOE’S HEEL AND TOE IS KNOWN AS DROP. THE HIGHER THE NUMBER, THE SOFTER THE SHOE.

