

CORY SMITH

upper while increasing durability. The Goodyear outsole gives maximum grip and confidence. Efficient strides come naturally, thanks to the ultra-responsive midsole and a design that fosters midfoot striking. 7.7 oz (men's, pictured) / 6.3 oz (women's); 4 mm drop

plastic plate in the midsole, and the firmness was a bit unyielding at first. But the Zephyr quickly felt like a fun, responsive, high-speed trainer. Testers enjoyed the spacious forefoot, which allowed toes to splay naturally. 9 oz (men's, pictured) / 7.4 oz (women's); 5 mm drop

concrete less punishing with the 1080v10. Bask in the luxury of New Balance's top-of-the-line midsole, but don't be fooled by the maximal cushion: compared with its predecessor, it has half an ounce of weight reduction, and testers reported that it's much peppler. too. 9.9 oz (men's, pictured) / 8.4 oz (women's); 10 mm drop

## Brooks Transcend 7 \$160

Like a good running partner, the Transcend 7 supports and comforts over the long haul. This Iteration, the seventh, integrates lateral support into the midsole for a smooth ride. Combined with major cushioning and an internal bootie that secures the plush upper perfectly around a variety of feet, this shoe is a superb choice for runners who need stability. 10.7 oz (men's); 9.5 oz (women's, pictured); 10 mm drop

## 361 Spire 4 \$155

This neutral trainer has plenty of cush, but testers said the Spire 4, which debuts the company's proprietary midsole EVA, is great for fast tempos and hill repeats. "It's perfectly responsive," said one. "Energizing!" said another. It also softened impact on descents, and we loved the secure knit upper. 10 oz (men's); 8.2 oz (women's, pictured); 9 mm drop

## Mizuno Wave Inspire 16 Waveknit \$135

This shoe won us over by offering a touch of stability in a midweight package. Our test crew found the ride snappy and a tad stiff, so we suggest keeping it to runs under ten miles. The new fully knit upper hugged our feet—a little too much for fuller-volume dogs, but just right for others.

10.1 oz (men's); 8.5 oz (women's, pictured); 12 mm drop

