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RUNNER'S[®] WORLD

December 2007

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5 Secrets of Lifelong Running

BEGINNERS
BEST 30-MINUTE
WORKOUT

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DEBUNKED!
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Heroes

The Runners Who Inspired Us in 2007

THE RECORD-BREAKER:
Alan Webb

New-Shoe
Reviews

+ THE BEST GIFTS
FOR RUNNERS



RUNNERSWORLD.COM
WORLD'S LEADING RUNNING MAGAZINE

EXCLUSIVE
EXCERPT
The Long, Long,
Long-Awaited
Sequel to
"Once A Runner"
By JOHN L. PARKER JR.

Motion-Control

STABILITY



NIKE CESIUM 2 \$120

WE SAY: The Cesium uses a heel wedge angled three degrees outward to keep the foot to the outside and prevent the ankle from overpronating, or rolling too far inward as the foot hits the ground. The design eliminates the need for more support under the arch, resulting in a motion-control shoe that isn't as heavy and stiff as others in the category. Besides a new look, Nike has updated this version with a more snug lacing design. Recommended for overpronators willing to try a different approach to motion control.

WEAR-TESTERS SAY: "The shoe's support was outstanding, but the heel took some getting used to." —Brian Boos, 27, East Lansing
 "The forefoot cushioning could have been softer." —Sarah Melzer, 21, Allentown

WIDTHS: Standard

WEIGHT: 10.3 oz (M) 8.3 oz (W)

800-595-6453; nikerunning.com



WOMEN'S ONLY

RYKA MC2 RUN \$90

WE SAY: According to our lab tests, the MC2 is both firm and pliable, which is what a women's motion-control shoe should be. Women need the extra flexibility since they're generally lighter than men. The heel is reinforced with plastic that runs into the arch and works with the firm foam on the inner edge of the midsole to control overpronation. With a carbon-rubber outsole and a heel crash pad made from rubber-infused foam, the shoe is built to handle a lot of miles. Recommended for women with flat arches who need a durable everyday trainer.

WEAR-TESTERS SAY: "They fit like a glove with plenty of cushioning."

—Nicole Edwards, 22, East Lansing

"The shoe gave me good support."

—Jessica Kenyon, 25, San Diego

WIDTHS: Standard

WEIGHT: 10.6 oz (W)

888-834-7952; ryka.com



ASICS GT-1130 \$80

WE SAY: This update boasts a redesigned upper that improves the shoe's overall fit. The eye row, where the laces run through the upper, has been shifted back from the forefoot to provide more toe room and reduce the chance of irritation where the shoe flexes. Also, an additional section of foam in the collar helps hold the shoe snugly around the ankle. The 1130 controls overpronation with a plastic midfoot bridge and a firm foam post on the inside of the midsole. Recommended for runners with normal to high arches looking for a good price on a great everyday trainer.

WEAR-TESTERS SAY: "I logged 180 miles, and the shoe shows no sign of wear."

—Mike Richmond, 42, East Lansing

"A terrific shoe without all the extra flash."

—Roger J. Pum, 61, Allentown

WIDTHS: Standard-4E (M) Standard-D (W)

WEIGHT: 12.3 oz (M) 10.1 oz (W)

800-678-9435; asics.com

WEAR-TESTER PROFILE

Sara Ratliff

Stats: 30 years old, 5'4", 140 lbs.

Arch Type: High

Miles per Week: 30

Years Running: 2

Home: San Diego, California

Occupation: Admin. assistant



WHY SHE RUNS: "I had been a smoker forever... and I loved the way it made me feel. But running so blew that feeling out of the water."

PROUDEST RUNNING MOMENT: "The finish line at the La Jolla Half-Marathon, with all my friends screaming. The most important people in my life were at the finish line yelling, 'You did it!' and 'Great job!'"

RECOMMENDED SHOE: With her high arches, Sara will benefit from the Reebok Premier Fusion II's (page 111) extra cushioning.