HELP THE NEEDY
Donate your old sneakers for a noble cause

Shoe4Africa is a small organization making a big difference in people’s lives. Started in 1995 to collect and distribute shoes to people who need them in Africa, the group has collected thousands of shoes each year, sponsors African runners and sports teams, and has established some of the first AIDS testing and HIV/AIDS awareness education outreach programs in parts of rural Africa. Got an old pair of running shoes you’d like to donate? Visit Shoe4Africa.org to see how you can help.

REEBOK PREMIER CUSHION V
If you have high arches and need a shoe with ample cushioning, the Premier Cushion V may be it. Our testers found the thick cushioning foam in the heel excellent for a comfortable stride on feet with normal arches. “This shoe takes some mileages to break in. The thick foam lining the bottom of the insole, coupled with its stiffness, makes it easy to roll your feet while running in them right out of the box. The thick foam might feel weird, as it props you up, but it contributes to its excellent shock-absorbance cushioning. Not much stability, which I enjoyed. I also liked how lightweight they felt. Overall, a good shoe,” says Cheng.
$80 @ reebok.com

ASICS GEL-KAYANO 14
For 14 years, the Gel-Kayano has been considered the gold standard for stability, fit, and cushioning by most in-the-know runners. Based on our research, that doesn’t appear to be changing anytime soon.
“I was surprised by just how much I liked the ride. I always worry about notches and pinches when trying a new shoe, but I didn’t experience any with these shoes,” says Rochford.
“This shoe provides the most stability of any shoe I’ve run in. This is a great shoe for a heavier runner or one with severe pronation, although the added stability padding is just a little too stiff for my personal comfort,” says Fineberg.
$135 @ asicsamerica.com

ADIDAS SUPERNova CUSHION 7
A personal favorite from Adidas, the Supernova has gone through an overhaul. It now weighs less, cushions better, and lasts longer. For the price, our runners couldn’t have been happier.
“I was pleasantly surprised. I generally take a week or so to get used to new shoes, but I took to these shoes well. They were light and fast, and fit snugly around my feet. Overall, very cushiony too. Bright yellow shoes a cool plus,” says Macaluso.
“Comfortable, solid-feeling but not bulky. They give me the quick-response-off-the-ground feel that I like with more lightweight shoes,” says Calderwood.
$90 @ adidas.com

SAUCONY PROGRID PARAMOUNT 5
With crazy tech materials like Comfortemp designed to keep your feet at a comfortable temperature in any weather, plus extra cushioning, our testers loved the Paramount. “I could actually feel the Comfortemp working, I enjoyed that feature, I have poor knees from playing baseball so a catcher, I need to use braces in most shoes I wear. I experimented without the insoles in these shoes and never once felt knee or back discomfort. I was very impressed,” says Bolton.
$185 @ saucony.com

For more running shoe reviews, plus photos of our testers in action, visit mensfitness.com/shoes