



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 mileage to break in. The thick foam lining the bottom of the insole, coupled with its stiffness, makes it easy to roll your foot 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 aches and pains 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 more severe overpronator, 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 perennial 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 as a catcher. I need to use insoles 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.

\$165 @ saucony.com

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

HELP THE NEEDY

Donate your old sneaks 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 runner 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.



Alex Cheng, 21, runs to maintain his cardio conditioning and is always looking to build speed and endurance.

Aaron Donne, 26, has been a runner for 11 years. He also once ran a 197-mile team relay in Oregon.

Luke Smith, 23, runs primarily for fitness and to improve his soccer game, but hopes to do marathons in the future.

Andrew Grieco, 32, works in event management for NYRR. He runs to lose weight and to stay in snowboarding shape.

Jeff Rochford, 46, is a trainer and coach who has run the NYC marathon 11 times and once ran a marathon in Antarctica.

Malcolm Watson, 25, has been running for 13 years and currently averages about 65 miles a week.