

STABILITY



K-SWISS KONEJO 2 \$100

WE SAY This middle-of-the-road stability shoe provides a smooth, supportive ride and decent cushioning. It has a high heel but doesn't transition as dramatically to the forefoot as similar built-up shoes. Testers liked the stay-tied laces but weren't all that fond of the firm cushioning, despite its excellent energy return, as measured by the RW Shoe Lab. Several testers complained that the tongue irritated the tops of their feet. Recommended for heavy and average-weight runners as a long, slow distance trainer.

WEAR-TESTERS SAY "Great support, but it needed more cushioning."

—Heidi Kester, 26, Allentown

"Even though the shoes were heavy, I liked how the laces stayed tied."

—Ben Cox, 23, East Lansing

WIDTHS Standard

WEIGHT 12.9 oz (M) 10.5 oz (W)
888-579-7786; kswiss.com



MERRELL CT STAMINA 2 \$105

WE SAY The Stamina offers up a smooth, plush ride for runners who are injury prone and need a lot of support. Lightweight runners might find it a bit uncomfortable for long training runs due to the firm platform underneath all the plush foam. Some of our testers liked the shoe's firm sole once they got used to it, but a number of them found it too unforgiving. A few testers also noted that they couldn't get the laces to stay tied. We recommend the Stamina as an everyday trainer for overpronators.

WEAR-TESTERS SAY "The support was good, though it felt a bit heavy."

—Chris Felty, 27, San Diego

"I liked the performance, but I had trouble keeping the laces tied."

—Kevin Reindl, 42, San Diego

WIDTHS Standard

WEIGHT 11.4 oz (M) 9.3 oz (W)
800-789-8586; merrell.com



SAUCONY PROGRID HURRICANE 12 \$140

WE SAY Boasting hefty support and a firm ride, the Hurricane still manages to feel cushy. This update has been assembled around a new last that gives it a more contoured fit over the toes. Saucony also expanded the medial post and the heel crash pad to make the shoe even better at slowing overpronation. Testers really liked how well the shoe's arch band secured the tops of their feet. Recommended for injury-prone and heavy or average-weight runners as a durable trainer.

WEAR-TESTERS SAY "It made my foot feel comfortably snug."

—Tom Swientek, 58, East Lansing

"The support, cushioning, and flexibility were all fantastic."

—Helen Capparell, 42, Allentown

WIDTHS Stand.-2E (M) Stand.-D (W)

WEIGHT 13.3 oz (M) 11.1 (W)
800-365-4933; saucony.com

WEAR-TESTER PROFILE

Joan Reker

46 years old, 5'9", 130 lbs.

Arch Type **High**

Miles per Week **15-25**

Years Running **12**

Home **San Diego**

Occupation **Registered Nurse**



WHY SHE RUNS "I was born with a ventricular septal defect and never thought I could be an athlete. Since I started running 12 years ago, it has given me such joy."

BEST THING ABOUT RUNNING "You can build a terrific vacation around a destination race."

WHAT SHE'S LOOKING FOR IN A SHOE "Definitive arch support, cushioning, and room enough for an orthotic."

RECOMMENDATION The Saucony Progrid Ride 3 (page 96) will protect Joan's arches without added support.