



K-Swiss K-RUUZ

\$85 | Kswiss.com

Shoe? What shoe? The K-Ruuz is so light and sock-like, our test team felt they were running almost unshod. The K-Ruuz is a classic racer with its narrow, foot-hugging fit and low-to-the-ground profile. Certainly Mirinda Carfrae has made them shine! It didn't offer much in the way of cushioning so it might not be a go-to choice for those racing longer distances or for those who need a little more shock absorption in the midsoles region, but the highly flexible flyweight flat felt very natural and almost as though they were painted onto our testers' feet.

FIT	Heel: snug Mid-foot: close-fitting Forefoot: slightly roomy
FEEL	Flex: very flexible Weight: very light, Instep: sock-like
RIDE	Cushioning: somewhat firm, Stability: free, Response: somewhat dampening, Transition: somewhat fast



Mizuno Wave Musha 2

\$80 | Mizunousa.com

The Musha 2, like its predecessor, is a unique pairing of lack of weight with support, underfoot protection and cushioning—a mix that serves up a rather stable racing flat. Our testers recommended it for half and full iron distances, even for triathletes needing moderate motion control, although they cautioned that going sockless may lead to friction due to the upper overlays. The upper has the snug fit of a racing shoe and it stood out for being light and flexible while the midsole technologies make it more forgiving than a standard flat.

FIT	Heel: snug Mid-foot: close-fitting Forefoot: slightly narrow
FEEL	Flex: very flexible Weight: very light Instep: lightly compressing
RIDE	Cushioning: somewhat firm Stability: stable Response: somewhat dampening Transition: smooth