

The following shoes were thoroughly tested for performance and durability in the Runner's World Shoe Lab at Michigan State University. All four shoes received high ratings from female wear-testers.

**Adidas Brevard**

Weight: 10.1 oz (size 7)//\$90 //(800) 423-4327

**Women-friendly features:** The Brevard is similar in design to the Super Nova series--a favorite among women runners--and offers the same supportive fit. The heel is snug through the arch, with a roomy toebox. The upper is made of mesh, with a synthetic reinforced pattern that wraps the foot like a glove. The shoe has a soft, cushy landing, but provides enough stability to give women the pronation control they often need.

**Recommended for:** Women with flat, flexible arches who need a cushioned shoe that controls excessive foot motion. (Available now at specialty retail stores.)

**New Balance W1050**

Weight: 11.5 oz (size 7)//\$110//(800) 253-7463//newbalance.com

**Women-friendly features:** Everything about the W1050 makes it a superb running shoe for women. The shoe's last (the form that the shoe is constructed around) is made specifically for women, and the upper consists of breathable mesh with key supportive overlays to enhance fit. The N-Lock lacing system wraps the arch and locks in the heel. The midsole cushioning controls excessive pronation, while the outsole is made of high-abrasion carbon rubber for increased durability.

**Recommended for:** Women who have flexible feet and need a firm, stable shoe with added motion-control qualities. (Available in November, 2004.)

**Mizuno Wave Alchemy 4**

Weight: 10.1 oz (size 7)//\$90//(800) 966-1211//[www.mizunousa.com](http://www.mizunousa.com)

**Women-friendly features:** Mizuno shoes have rapidly gained a following among women because of their comfortable fit. The Alchemy's reinforced synthetic mesh upper locks in a woman's heel and wraps the foot securely. The midsole is supported by Mizuno's Wave technology, which provides a cushioned and stable ride. The outsole gives women the durability they need along with the added forefoot cushioning they often want.

**Recommended for:** Women who have low or normal arches and need a stable shoe with added forefoot cushioning. (Available September 15, 2004.)

**Nike Shox Bella**

Weight: 10.5 oz (size 7)//\$100//(800) 595-6453//nikerunning.com

**Women-friendly features:** The Bella is the first Shox running shoe designed specifically for women. Reinforced through the arch and along the perimeter, the breathable mesh upper provides a comfortable, supportive fit and helps keep a woman's foot aligned with the midsole. The five Shox columns in the heel are lower than men's Shox columns, and provide a stable and extremely cushioned ride. The

Bella's blown-rubber outsole enhances the shoe's cushioning and offers women extra durability.

**Recommended for:** Women who like the feel of a highly cushioned shoe with plenty of stability. (Available now.)