

ADIDAS SUPERNOVA RIOT 3 \$110

WE SAY This multiterrain marvel handles slushy spring roads and muddy singletrack equally well. The shoe's supportive midsole controls mild pronation through a medial post in the arch and a component in the heel that moves slightly to help slow the inward roll of the foot. Adidas remodeled the upper in this update, detaching the last eyelet from the eye-row to make more wiggle room in the toebox. Recommended for heavier runners looking for a hardy shoe for both road and trail running.

WEAR-TESTER SAYS "Good for trail or road, especially in the winter. It had great traction and support."

—Renee Sirois, 40, East Lansing

WEIGHT 13.1 oz (M) 11.3 oz (W)

800-448-1796; shopadidas.com



SALOMON XR CROSSMAX NEUTRAL \$130

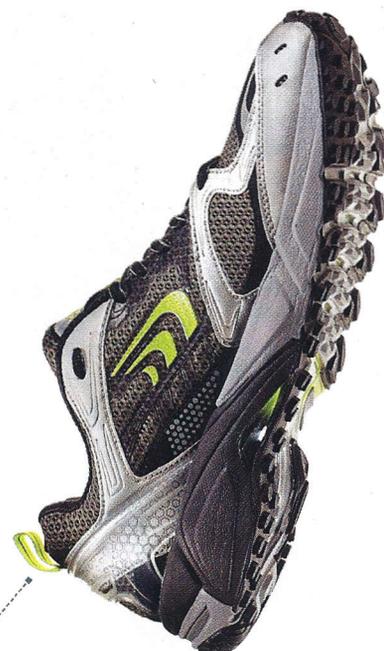
WE SAY A durable new shoe that's built for the long haul, the Crossmax is surprisingly flexible for the amount of thick cushioning it offers, according to RW Shoe Lab tests. Its comfort also comes from an internal bootie that prevents any upper stitching from rubbing the foot the wrong way. Testers raved about the mix of protection and comfort the shoe offers, though a few complained about the quick-pull laces. Recommended as a grippy ride for long runs across a mix of even and uneven trails.

WEAR-TESTER SAYS "It was comfortable and supportive, but the tongue pocket didn't properly hold the laces."

—Jon Kermiet, 60, East Lansing

WEIGHT 12.7 oz (M) 10.5 oz (W)

800-342-7669; salomon.com



THE NORTH FACE DOUBLE TRACK \$110

WE SAY The well-balanced Double Track is a go-to off-road shoe that delivers an impressive ride on all but the most extreme trail conditions. It's also stable enough for runners who need mild pronation control en route to the trailhead. Our lab tests found the Double Track to be one of the softest shoes in this guide. The squishy ride contributes to the shoe's gentle transition from heel impact to toe-off. Recommended for runners looking for a stable, on- and off-road trainer.

WEAR-TESTER SAYS "It was very comfortable, with support through the midfoot and a roomy toebox."

—Tammy Thelen, 34, East Lansing

WEIGHT 11.6 oz (M) 9.7 oz (W)

866-715-3223; thenorthface.com



WEAR-TESTER PROFILE

Katie Scheetz
 30 years old, 5'6", 130 lbs.
 Arch Type High
 Miles per Week 50
 Years Running 6
 Home Exeter, Pennsylvania
 Occupation Science Teacher



TIME TO RUN "Most mornings I meet friends on local trails, and we wear headlamps to see the rocks and roots."

BEST THING ABOUT SPRING "It's like rebirth. The trails in Pennsylvania are full of new blossoms, and seeing animals reappear is invigorating."

WHAT SHE'S LOOKING FOR IN A SHOE "Arch support and a wide toebox with protection around the sides."

WE RECOMMEND The Asics Gel-Trail Attack 7 (page 102) will give Katie the protection and comfort she's looking for.