

RUNNER'S[®] WORLD

EDITOR'S

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CHOICE

DECEMBER 2008

[MEN'S ONLY]**MIZUNO WAVE RIDER 12 \$100**

WE SAY This lightweight cushioning shoe is noticeably softer than its predecessor. In this update Mizuno has replaced 66 percent of the petroleum in its full-length midsole plate with castor oil, so it will biodegrade easily. It's built on the same last, so the changes to the fit are minimal. Some testers mentioned it fitting a half size small, so be sure to try it before you buy. Recommended for efficient runners with normal to high arches looking for a shoe with an outstanding fit and feel.

WEAR-TESTERS SAY "I ran a sockless 11-mile tempo run in them right out of the box with no marks on my feet."

—Brian Hendricks, 36, Allentown

"An exceptional, lightweight, well-cushioned training shoe."

—Kevin Myers, 34, Allentown

WIDTHS Standard–2E

WEIGHT 11.2 oz

800-966-1211; mizunousa.com

[WOMEN'S ONLY]**MIZUNO WAVE RIDER 12 \$100**

WE SAY As with the Inspire 5 (page 87) the women's-specific Rider is slightly softer in the heel compared with previous versions. The forefoot bends upward a bit more in the 12, so it feels more flexible even though it doesn't score that way in our lab tests. These are important changes because women don't have the weight to compress or flex a firmer shoe as effectively. Recommended for runners with high arches looking for an everyday trainer with a good fit.

WEAR-TESTERS SAY "The shoe fit quite well, especially through the arch."

— Sheri Kline, 38, Allentown

"I really like the overall comfort of the shoe."

— Julianna Juhasz, 44, San Diego

WIDTHS Standard–2A

WEIGHT 8.7 oz

800-966-1211; mizunousa.com



men's



women's