

**TRIED &
 RUNNER'S
 CHOICE
 TESTED**



Greetings runners! Another year has ended and 2012 brings us another opportunity for us to set new personal records and tackle new challenges! And for every runner, first and foremost is to get the right kind of shoe. Secondwind is most honored to have served runners in all shapes and sizes, varying age categories, seasoned and beginners, both local and international. And for 2011, the runners have spoken; for each category, we will be highlighting the top 3 shoes for both men and women.

If you are a beginner, or just someone been wanting to try the active lifestyle or even to just become the weekend runner, then this year-end review is for you. Happy new year, and remember: running starts here.

	TRAIL	
	MEN	WOMEN
1	NB MT10	NB WM10
2	NB SM720	NB 813



#1 TRAIL:



NB MINIMUS TRAIL (MEN & WOMEN)

NB MINIMUS TRAIL – a colab shoe of NB and Anton Kupricka. Anton whose philosophy in running is strapping down to the bare essentials, and prefers a more barefoot feel; this is the end result. A versatile minimalist trail shoe that is both durable and proprioceptive in feel and ride. SRP P4,795



#2 TRAIL:



NB 720

WMNS NB 813

NB 720 – A multi-purpose shoe, perfect also for coastal approach; equipped with 10 drainage holes, perfect for wet and dry conditions. SRP P3,995

WMNS NB 813 – dual traction, aggressive colors, sturdy design. It's tough, functional, and perfect for the job. SRP P4,395

BEGINNERS CHOICE		
	MEN	WOMEN
1	K-SWISS TUBES RUN 100	K-SWISS TUBES RUN 100
2	MIZUNO WAVE HAWK	MIZUNO WAVE HAWK
3	NIKE LUNARGLIDE	NIKE LUNARGLIDE



**#1 BEGINNERS CHOICE:
K-SWISS TUBES RUN 100**

For the second straight year, the Tubes Run 100 takes this award. Most runners who're looking for a running shoe to start with, this takes the cake. Its light, flexible, and gives an exceptional well cushioned ride. SRP: P3,995.00



**#2 BEGINNERS CHOICE:
MIZUNO WAVE HAWK**

This was a serious contender for this category; because it has a very attractive price point and flashy design – this is always included in the list of choice of beginners while choosing their first running shoe. SRP: P2,995



**#3 BEGINNERS CHOICE:
NIKE LUNARGLIDE**

More commonly called as the 'Lunars', this shoe has been widely accepted by the larger population of the running community. From your first 5k to your first marathon – this shoe can take what you dish out. It's light, great cushioned ride, young and attractive colors, and not to mention their ground breaking Dynamic Support which gives moderate arch support for over pronators, this shoe is really hard not to consider for your first running shoe. SRP: P5,495.00

NEUTRAL		
	MEN	WOMEN
1	NB 880	MIZUNO WAVE RIDER
2	NIKE AIR PEGASUS	NIKE VOMERO
3	BROOKS GHOST	NB 890



#1 NEUTRAL:



NB 880



WMNS MIZUNO WAVE RIDER

NB 880 – this shoe came out with 5 color variants making it highly eligible to be considered for neutral runners. It has NERGY cushioning on the heel which gives this shoe a great ride. At first fit, runners notice the accommodating toe box and the way it hugs the midfoot area, all translates to a great run. SRP P4,795.00

WMNS MIZUNO WAVE RIDER – for the second straight year this is the defending champ in this category for the women. Its slim and low profile than the other neutral running shoes making it a viable choice for the female runner. SRP P4,995



#2 NEUTRAL:



NIKE AIR PEGASUS



WMNS NIKE ZM VOMERO

NIKE AIR PEGASUS – now on its 28th version, this is a marathoner's favorite running shoe. Even after 28 upgrades and changes: Guideglide and Cushlon to name a few, this shoe just keeps getting better. SRP P5,495

WMNS NIKE ZOOM VOMERO – using Nike's Zoom Air technology, this shoe despite its weight is amazingly responsive. And because of its external heel counter it gives great support and ride. SRP P6,495



#3 NEUTRAL:



BROOKS GHOST



WMNS NB 890

BROOKS GHOST – is already a favorite amongst runners. And improving its cushioning system from the Hydroflow to the DNA gave it a more superior ride. SRP P5,295

WMNS NB 890 – although not a stability shoe, this was positioned to go against the Lunars. Its light, great cushioning from the Revlite foam. Still a winner even at the #3 spot. SRP P5,195

NEUTRAL CUSHIONING		
	MEN	WOMEN
1	ASICS NIMBUS	NB 1080
2	NB 1080	ASICS NIMBUS
3	MIZUNO WAVE ENIGMA	MIZUNO WAVE ENIGMA



#1 NEUTRAL (CUSHIONING):



ASICS NIMBUS



WMNS NB 1080

ASICS NIMBUS – another defending champ for the second year, the nimbus on its 13 version is hard to topple. The supremacy of the Asics Gel and the way it works with the midfoot shank plate is absolutely flawless. SRP P7,450

WMNS NB 1080 – the 1080 is NB’s plush, 360 degree cushioning shoe. The amount of NERGY gel on the heel echoes comfort step after step. Built for comfort and distance, you can count on the 1080 to deliver. SRP P6,395



#2 NEUTRAL (CUSHIONING):



NB 1080



WMNS ASICS NIMBUS

NB 1080 – the 1080 is NB's plush, 360 degree cushioning shoe. The amount of NERGY gel on the heel echoes comfort step after step. Built for comfort and distance, you can count on the 1080 to deliver. SRP P6,395

WMNS ASICS NIMBUS – the nimbus on its 13 version is hard to topple. The supremacy of the Asics Gel and the way it works with the midfoot shank plate is absolutely flawless. SRP P7,450



#3 NEUTRAL (CUSHIONING):



MIZUNO WAVE ENIGMA (MEN &WOMEN)



MIZUNO WAVE ENIGMA – a fairly new model in the Mizuno running collection, making quite an impression for runners who seek a comfortable, well cushioned ride. SRP P5,995

STABILITY		
	MEN	WOMEN
1	ASICS GT 2160	ASICS GT 2160
2	NIKE AIR ZM STRUCTURE TRIAX	ASICS KAYANO 17
3	NB 1226	NB 860



#1 STABILITY:



ASICS GT 2160 (MEN & WOMEN)

ASICS GT 2160 – comfortable, good arch support, not too heavy. the GT 2100 series gives a lower profile feel than it looks. One of seasoned runners' favourites. Asics just keeps on dialing back and improving on its design. SRP P5,900



#2 STABILITY:



NIKE ZM STRUCTURE TRIAX



WMNS KAYANO

NIKE AIR ZOOM STRUCTURE TRIAX – a direct contender of the the Asics GT. One of the best move Nike ever did was change the cushioning system of Triax from Encap (encapsulated) Air to Zoom Air, what this means for this shoe is that it became more responsive stability shoe. SRP P5,495

WMNS ASICS KAYANO – Runnersworld shoe of the year for the past 3 years – again, we said it before and the runners agree with us on this, the Asics Gel ride and support is far supreme. The plushness of this ride is highly notable. SRP P8,100



#3 STABILITY:



NB 1226



WMNS NB 860

NB 1226 – A huge improvement from the 1225. Bigger Nergy gel on the heel and forefoot, runners say it gives a softer ride than its predecessor. SRP P6,495

WMNS NB 860 – what runners notice right away is the fit. Its roomy and the arch firmly rests on top of the arch support. Soon as they take this home and run with it, it lives up to its initial feel of great fit. SRP P5,195

STABILITY MODERATE		
	MEN	WOMEN
1	NB 870	ASICS 1160
2	NIKE LUNARGLIDE	NIKE AIR SPAN
3	ASICS 1160	NB 870



#1 STABILITY (MODERATE):



NB 870



WMNS ASICS 1160

NB 870 – this shoe is designed to give moderate guidance or arch support, and maintaining a weight limit, attracting 1160 followers the the New Balance side. SRP P4,595

WMNS ASICS 1160 – this shoe is a value for money choice. This shoe was built with the mild over pronator in mind, packing only the essentials, this shoe can and will definitely go the distance. SRP P5,000



#2 STABILITY (MODERATE):



NIKE LUNARGLIDE



WMNS AIR SPAN

NIKE LUNARGLIDE – the Lunars are a great choice for mild over pronators and the fit just gets better and better. Its lightweight, playful colors, soft ride courtesy of the Nike's Lunar foam. SRP P5,495

WMNS AIR SPAN – this shoe for sometime has been undermined by runners. Finally, respect and recognition which has been long overdue is now here. A great value for money shoe for mild over pronators. SRP P4,995



#3 STABILITY (MODERATE):



ASICS 1160



WMNS NB 870

ASICS 1160 – this shoe is a value for money choice. This shoe was built with the mild over pronator in mind, packing only the essentials, this shoe can and will definitely go the distance. SRP P5,000

WMNS NB 870 – this shoe is designed to give moderate guidance or arch support, and maintaining a weight limit, attracting 1160 followers the the New Balance side. SRP P4,595

	RACING / LIGHTWEIGHT	
	MEN	WOMEN
1	K-ONA	KWICKY BLADE LIGHT
2	BLADE LIGHT RUN	K-ONA
3	KWICKY BLADE LIGHT	BLADE LIGHT RUN

This year, K-Swiss dominated this category, pushing aside all other brands out of the way – leaving them done and dusted.



#1 RACING / LIGHTWEIGHT:



K-SWISS K-ONA



WMNS KWICKY BLADE LIGHT

K-SWISS K-ONA – a lightweight racing shoe with minimal arch support. A support mild enough that even neutral runners buy into this shoe; consistently ranking year after year in the Ironman championship, that badge alone earns this shoe the much respect it deserves. SRP P4,995

WMNS KWICKY BLADE LIGHT – a sub 9oz shoe with hydrophobic characteristics, so even if you douse yourself with water, this shoe stays dry. The blade gives the right amount of cushion when needed, and firms up the faster you go. SRP P6,595



#2 RACING / LIGHTWEIGHT:



K-SWISS BLADE RUN



WMNS K-SWISS K-ONA

K-SWISS BLADE LIGHT RUN – a neutral lightweight racing shoe, many runners say it gives a plush ride. So plush, that a handful of runners used this shoe for their 50k ultramarathons. Like the K-ona, equipped with Flowcool system, this shoe breathes with you as you run. SRP P4,995

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And now, the moment we've all been waiting for:



The defending champion comes back stronger. Still consistent and true to its design and purpose – this shoe is by far the most versatile and dependable racer in this category. Light enough for most runners to feel the difference when they transition from their usual running shoes. Ample cushioning which keeps you from missing your heavy distance shoes, but thin enough to remind you not to take it easy on race day.



The beauty of this shoe is in its design, the versatile upper serves as a canvas for any kind of design, with the essential synthetic overlays which straps the foot down for a good lockdown and security. The Flowcool system provides unparalleled ventilation for the runner as he/she increases mileage or speed. Just like the Pegasus or the GT, when a brand comes out with a almost perfect shoe, very little change or upgrade is made every season. They are careful not to change too much from a design perspective so as not to lose runner's loyalty. K-Swiss hit a homerun with this shoe, it will be awhile before we see any major change in the very reliable K-ona.

The result of the Secondwind Runners Choice is not a direct reflection of our opinion, but a direct result of the runner's voice by way of sales and feedback from Secondwind Running Store clients. Secondwind

can only go as far as educate and guide runners to the right selection – but at the end of the day, it is you, the runner which determines the shoe that fits you best.

If you are a beginner, this year-end countdown will be most helpful for you. Even more helpful if you know your foot type. Have your foot type assessed in any Secondwind Running Store so you can take the first step into running.

Running starts here.

Secondwind Running Store

Mon to fri: 11am – 8pm

Sat to sun: 10am – 7pm

45 Malingap st., Teachers Village QC / tel # 238-4005

Unit 3A Ortigas Home Depot, Julia Vargas, Ortigas, Pasig City / tel # 914-0283

<http://www.secondwindrunningstore.com/contact/>