

Get shoe therapy

By Julie Gordon
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Throwing on a pair of running shoes for a game of tennis is no big deal, right?

Wrong. It turns out footwear companies aren't just trying to make more money — wearing sport-specific

shoes for certain activities can decrease your risk of injury, keeping you fit and healthy.

For example, sneakers created for running have a significant amount of cushioning and are designed to support forward movement. Meanwhile, crosstrainers are better for sports where lateral motion is key

— basketball, racquetball, tennis and the like. If running shoes are worn for one of those games, the wearer could get an ankle injury or worse, said **Oliver Zong**, a New York podiatrist.

Hey, at least now there's an excuse to buy 15 pairs of sneakers. Here are some kick picks for summer.



IF YOU NEED A shoe for lateral movement

TRY Adidas Microbounce+ TR crosstrainer

TECHNOLOGY/FEATURES Microbounce midsole for cushioning; air mesh tongue for ventilation; adiWear outsole for durability and grip

PRICE \$110

AVAILABLE AT Adidas Sport Performance, 610 Broadway, 212-529-0081



IF YOU NEED A running shoe

TRY ASICS GEL-Kinsei

TECHNOLOGY/FEATURES GEL cushioning system for comfort and stability; Impact Guidance System for optimal gait; discrete heel unit for shock attenuation; Solyte midsole material for lightness (50 percent lighter than ASICS standard midsole material)

PRICE \$165

AVAILABLE AT visit www.asics.com for locations



IF YOU NEED Extra cushioning

TRY Mizuno Wave Creation 8

TECHNOLOGY/FEATURES Infinity Wave for cushioning and durability; SensorPoint suspension system for increased stability and traction; AIRmesh for breathability; Inercool ventilation to reduce heat and humidity

PRICE \$120

AVAILABLE AT www.piperlime.com



IF YOU NEED Arch support (people with low arches or flat feet)

TRY Brooks Adrenaline GTS-7

TECHNOLOGY/FEATURES MoGo midsole for "rush-worthy" ride; Progressive Diagonal Rollbar to support pronation

PRICE \$95

AVAILABLE AT Paragon Athletic Goods, 867 Broadway, 212-255-0541; www.brooksrunning.com