

## Brooks Levitate.

Disclaimer.

Shoes and equipment reviewed are not given to me or purchased at a deep discount. I purchase the items for myself. The review will not address which type of runners should use the shoe. That is beyond the scope of the review. I am not a physical therapist or orthopedic physician.

The aim is to discuss the quality and attributes of the shoe, to help the reader make an informed decision about looking into trying the shoe.

**Conclusion: The Brooks Levitate is a great all around running shoe. Cushioning is excellent for long runs. It has an extremely comfortable fit. Upper material is breathable and stretchy conforming to feet. Energy return does work and delivers. There may be other shoes that have greater energy return but the Levitate rates high. Durability of the sole is a plus. I found no down sides to the shoe. The only issue I had was the 8mm drop, it did affect my stride. My running form has conformed to a 4mm drop or less.**

**Overview from the website:**

*The most energy return of leading performance running shoes, for runners looking for a springy, responsive ride.*

**Specs (from website)**

SUPPORT	Neutral
MIDSOLE DROP	8mm
WEIGHT	9.7oz / 275.0g
ARCH	Medium, High
COUNTRY OF ORIGIN	Imported

*Benefits: Quick Transitions*

*The Midfoot Transition Zone and Segmented Crash Pad provide quick heel-to-toe transitions.*

**Initial fit and feeling of the shoe in the store try on**

In the store the fit cradled my arch, the arch was in the right place, the top of the shoe did not push down on any tender parts of my foot, it was more cushioned than I was used to. The toe box was just right. They are heavier than previous shoes I typically wear, once on my foot and running, it did not seem heavier. After a quick run the energy return left me hopeful about the shoe. The higher drop (8 mm) was noticeable but I wanted to give these shoes try.

Criteria Used to purchase

- a. Energy Return
  
  
  
  
  
  
  
  
  
  
- b. Cradle the arch
- c. Arch of my foot is centered on the arch in the shoe
- d. Heel does not slip
- e. Toe box wide enough to avoid blisters
- f. No Rubbing or tightness on the top of the shoe
- g. Works with my stride
- h. Material in the sole meets desired wear in miles
- i. Weight of the shoes

**Out of the box:**



**First use and how many miles run**

1/27/2018 Out of the box, logged 15.5 miles. They felt great, no rubs, hot spots, the heel fit was good. Top of the shoe fairly stretchy. While I am not a big fan of this much cushion it felt good for a longer run. The energy return was very good. The weight of the shoe did not noticeable to me compared to lighter shoes.

**Miles on the shoe**

1/27/2018 15.5 Miles

1/28/2018 3 miles slow on mayors loop, little shin soreness, not from shoe

1/30/2018 16 Miles long run Sullivan to home, shin splint and R achilles tendon sore

34 Miles on the shoes.

### Category Rating

**Quality and function of upper: Rating 9** Stretchy, breathable, and flexible describe the Levitate upper. The lacing system while traditional does not negatively impact the fit. The shoe is extremely comfortable and will work well for very long runs.



**Wear on the sole: Rating 9** After 34 miles the sole looks brand new. It does not show any wear or compression in the sole material.



**Heel fit: Rating 10** Heel fit is comfortable and solid. Well cushioned. There was never an slippage in the heel.



**Toe box fit: Rating 10** The fit was excellent, the sizing was just right. Room for the large and small toes. There was never any rubbing or hotspots. There was enough room in the toe box for running down steep hills.



**General fit: Rating 10** There was not one issue found in the fit. All aspects were comfortable. Once the shoe was on the focus was on running not on irritations from a poor fit.



**Energy Return Rating 8** Energy return in the sole was between good and great. The sole definitely does deliver. There are other shoes with better energy return but this does work.

**Cushioning Rating 8** The Leviate provides more than adequate cushioning. The two long runs the cushion was helpful and obvious. From first step to last the cushion was absorbing road shock

**Fit true: Rating 8** The Levitate fit was pretty close to true. It felt just miniscule large. Even that was the case, there was no rubs, blisters, or hot spots.

