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 **@michaelaguirre1**  
is it good to run  
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 **@MrFootballCoach** 12 years ago  
Not much, the newer spine venom's had a better arch  
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 **@sammagee3832** 12 years ago  
I thought that the bottom part (the black)/midsole was micro g (hence the small dots and it's softer than the grey) and the grey was a firm phylon  
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 **@MrFootballCoach** 12 years ago  
Just depends on the distance you may run, they will be fine if your running shorter distances. But I'm not sure I would personally trust them for distances over 3 miles. I have you heard of Brooks running shoes? I have a pair and I love running in them. The UA Spines are more like a training shoe you would use in a gym.  
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 **@mercedesroadster** 12 years ago  
im getting them for school and I really got them for running since im in a running class!!!! would these be ok for me  
  Reply

 **@MrFootballCoach** 12 years ago  
The grip was terrible on these it wore down so bad!, the newer UA spine venoms have been a little better as far as grip  
  Reply

 **@MrFootballCoach** 13 years ago