



Adidas Supernova Cushion 6

Tried & Trusted

The Supernova series is as much a franchise to adidas as what the [Pegasus](#) is to Nike. Built to be an everyday trainer, the Supernovas past and present offer good fit, durability and great value for intermediate to serious runners. In terms of its product range, the Supernovas bridge the gap between the starter Response series and the top of the line adiStar models, while the adiZero series features lightweight performance oriented models.



There are 2 Supernova models in the market - the Cushion and Control but I'm focusing only on the Cushion version, in this case the 6th iteration. adidas shoes are typically firm and run 1/2 size smaller, but it's really the narrow fit that I've not been able to wear the brand. Until the Cushion 6 (SC6). After relegating the worn out [Pegasus 2005](#) to casual wear duties, I was looking out for another work horse. With the RM235 price tag (after club discounts), it was to me a good buy. After all only the much more expensive adiStar Cushion is ranked higher in terms of hierarchy - and a more expensive shoe is no indication of its real worth.

Tech/Look & Feel

It's possibly the handsomest shoe I've worn. Simple and understated yet classy. The first impression when lacing up the SC6 is to notice the departure of the tight-fitting forefoot and how plush the shoe collar is. The collar itself is made of memory foam called geoFIT. If you're the type to keep abreast of shoe tech, you'll know that asics have long used the PHF (Personal Heel Fit) on their mid to high end models. geoFIT attempts to emulate that technology and while it's a good addition, it didn't quite work as well as PHF.



If you're particular about ventilation, you'll be pleased to know that the SC6 is constructed with lots of wide mesh. And seamless technology seems to be in. Besides the SC6, it's currently also used in Mizuno's Wave Creation 8. In adidas' case, it's called Noseam (as in no-seam). From my observation, instead of being stitched, the parts are being welded together. See picture on the left.

There are also lots of reflective strips to complement the predominantly white cosmetics. You certainly need not worry about visibility during your early morning or night runs.

Another reference to asics' tech is the



employment of a piece of soft foam placed in the heel area just underneath insert. asics incorporate foams of varying firmness from SpEVA 45 (softer) to 65 (firmer) in different models. Likewise the SC6 has adiprene foam situation in the same location.

No change to the midsole formula typically employed by adidas: adiprene+ plug in the forefoot and adiprene in the heel. High wear areas in the outsole are made of adiwear carbon rubber compound, while blown rubber in the forefoot. With the exception of a sliver of rubber connecting the heel to the main piece of midsole, the heel area is fully decoupled to provide stable and adaptive landing for the runner regardless of the terrain. This technology called Formotion is an evolution of the Ground Control System (GCS), a much bulkier but no less revolutionary. According to the adidas blurb, Formotion "adjusts to your heelstrike allowing for a natural transition on every surface, no matter where you run". It adds "Regardless of your individual footstrike, a pair of engineered plates in the midsole slide in all directions, ensuring maximum adaptability during your run." I'm not sure if they're similar to asics' Impact Guidance System (IGS) – I think they're both different.

Putting Them To Use

The shoe weighs about 11.8oz and feels light on the feet. My early impression with the shoe weren't that good. I felt that they weren't stable enough and while the heel to toe transition is smooth, their cushioning properties are inadequate. That perception changed a little once I got more runs, ranging from tempos to 20Ks, in them. The SC6 is a very flexible shoe, the forefoot grooves certainly contribute to that. It's also responsive enough to wear for faster paced runs and perhaps to race a half marathon in as well, though it's not something I'd personally do.

The stability is still a suspect to me and the knee soreness I felt after runs over 15K in them disappears once I switch over to the [2120](#). Of course it isn't a fair comparison since the 2120 is a stability shoe with a medial post while the SC6 is a pure cushioning shoe. I limit the SC6 to runs below 20K but for those without stability needs can safely and comfortably wear them for longer runs up to the ultra. Speaking of the ultra, I covered 50K in them in the recent [Penang 12-Hour Walk](#) without any adverse issues. Combined with Nike's DriFIT socks, I experienced no blisters, no heat build-up and no post-event injuries. Which says a lot about the SC6. I would've been able to make it my long run shoe if not for my stability needs. As it is, they're my main shoe for weekday runs, while the 2120 will handle the long runs. Wet traction on synthetic, tarmac and sandy surfaces is adequate but not fantastic.

Wear & Tear

I'm very happy with how the shoes are holding up. With close to 380K logged, the heel outsole is just a little worn. The blown rubber forefoot have more wear and tear but still at an acceptable level. I believe they can hit the 700K mark before calling it a day.



Forefoot wear. Still very much within the acceptable limit.



Heel wear literally non existent. Notice also the decoupled Formotion outsole

Bottomline

The SC6 are nice shoes – it helps that they look good too. If you're serious about running and have a preference for adidas shoes (or simply couldn't wear them previously due to their narrow fit), the Supernovas should be the base model to start with and not the Response. They're well-regarded and proven with good lineage. High points include breathability, flexibility, lightweight and they're surprisingly durable as well.



Before discount: RM336
After 30% discount: RM235
Lineage: Past Supernovas
Ride: 3.5/5
Ventilation: 5/5
Forefoot Cushioning: 3/5
Heel Cushioning: 4/5
Stability: 2.5/5
Durability: 4/5
Wet Traction: 3/5



Still in near pristine condition despite a couple of wet runs. To think that I've never washed the shoe before, it's amazing how white this pair of shoes have stayed.