



PRESS RELEASE

PUMA REVEALS FAST-R NITRO™ ELITE 3: THE SUPER SHOE USING SCIENCE TO REVOLUTIONIZE YOUR RACE DAY

- [A biomechanics study](#) has demonstrated that Fast-R NITRO™ Elite 3 improves running economy and could knock minutes off your personal best.
- The lightest race day shoe ever produced by PUMA; Fast-R NITRO™ Elite 3 is engineered to make you Go Wild and have the time of your life.
- Available to purchase in limited supply exclusively at 'The High Point' – PUMAs ultimate Boston Marathon experience – from Friday 18th April.

Herzogenaurach, 17 April 2025

PUMA has officially unveiled the much anticipated Fast-R NITRO™ Elite 3, its fastest ever running shoe, engineered to aid your pursuit of a new personal best.

Debuting at the Boston Marathon, Fast-R NITRO™ Elite 3 combines state-of-the-art technology with cutting-edge design, providing runners a rate of efficiency that could potentially shave minutes off your race day records - evidenced in a [research study](#) conducted by the University of Massachusetts, Amherst.

The study, led by industry specialist Wouter Hoogkamer, concluded that Fast-R NITRO™ Elite 3 provides 3.15% improved running economy*, which for a 3-hour marathon runner translates to an unprecedented potential marathon time saving of more than 4 minutes and 30 seconds.

Commenting on the findings, Assistant Professor at the University of Massachusetts Amherst Wouter Hoogkamer, who specializes in the biomechanics and energetics of running said: "The most striking result from this study was the consistency of the running economy improvements. For every single participant the numbers showed that running was easiest - requiring the least amount of metabolic energy - in the Fast-R 3. This is remarkable. From years of research we know that our lab-measured improvements in running energetics translate to faster race times."

Engineered with elite runners and tested on real athletes, Fast-R NITRO™ Elite 3 weighs an astonishing 95 grams less than its predecessor. The decoupled midsole has received a fierce upgrade, with a new NITROFOAM™ ELITE compound providing next level cushion and responsiveness.

The restructured PWRPLATE offers unrivalled propulsion and elite efficiency, whilst retaining the silhouettes iconic extension through the forefoot and out past the toe – a unique design and performance benefit that was first introduced in the Fast-R NITRO™ Elite 2.

A breathable upper is comprised of premium, lightweight ULTRAWEAVE that ensures comfort and support throughout race day, whilst PUMA's industry leading PUMAGRIP outsole offers multi-surface traction to ensure you make it from start to finish with a new PB front of mind.

Romain Girard, VP of Innovation at PUMA said: "We redefined the creation process to be completely digital. Optimizing this approach has resulted in science and data that proves PUMA is not just competing in the running category, we're leading it. This is a truly generational shoe that sets a new standard for the entire category."

Ahead of his appearance at the Boston Marathon, Canadian Olympian Rory Linkletter said: "Make no mistake, Fast-R NITRO™ Elite 3 is the most radical ride I've ever experienced, and I have the Strava receipts to prove it. It's certainly the fastest shoe I've ever laced up."

Designed with PB Chasers in mind, Fast-R NITRO™ Elite 3 will not only be worn by PUMA's elite runners competing at the Boston and London Marathons, it will also be on the feet of 200 [PUMA Project3](#) participants striving to break their personal bests, and the chance to win \$3,000.

Rena Elmer, 41 from Texas who is aiming to break 2:30 at the Boston Marathon said: "It's great! I felt so fast and fluid. Definitely my favorite racing shoe and confident I will get a new PR in them."

Fast-R NITRO™ Elite 3 will be available to purchase in limited supply exclusively at 'The High Point' – PUMAs ultimate Boston Marathon experience located at 745 Boylston Street – from Friday 18 April.

A limited global drop will go live on PUMA.com, in PUMA flagship stores and in select retailers across North America, Europe, Latin America, Asia and Australia from Friday 25 April.

University of Massachusetts Amherst Study: [click here](#)

For more information, please visit: www.puma.com

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