



## RUNNING SHOE LIST/GUIDE

### NEUTRAL:

ADIDAS	ASICS	BROOKS	MIZUNO	NEW BALANCE	NIKE
ADISTAR BOOST	GEL- KINSEI	GLYCERIN	WAVE ENIGMA	1080*	AIR VOMERO
BOSTON	GEL- NIMBUS	GHOST	WAVE RIDER	880	AIR PEGASUS
BOOST GUIDE	GEL - PURSUE	DYAD*	WAVE SAYONARA	870 REVLITE	ZOOM ELITE
	GEL – CUMULUS*	DEFIANCE			FLYKNIT LUNAR
SAUCONY	GEL - PULSE				
TRIUMPH					
RIDE					

### SUPPORT:

ADIDAS	ASICS	BROOKS	MIZUNO	NEW BALANCE	NIKE
SUPERNOVA BOOST	GEL KAYANO	TRANSCEND	WAVE INSPIRE	1260*	STRUCTURE
ADIDAS RESPONSE	GT- 3000	ADRENALINE GTS	WAVE CONNECT	940*	LUNA ECLIPSE
	GT- 2000*	VAPOUR		860*	LUNARGLIDE
SAUCONY	GT – 1000*	RAVENNA			
	DS TRAINER				
PROGRID HURRICANE	NOOSA TRI				
GUIDE					

### CONTROL:

ASICS	BROOKS	MIZUNO	NEW BALANCE	SAUCONY
GEL PARADOX*	BEAST*	WAVE PARADOX	940*	PRODRID HURRICANE
GEL FOUNATION*	ADDICTION*			
	ADRENALINE GTS			
	TRANSCEND			

(\* shoe comes in wider options)

### Trail Runners:

ADIDAS KASKADIA	Support
ASICS GEL FUJI TRABUCO 3	Support
ASICS GEL FUJI SENSOR 3	Neutral
BROOKS CASCADIA 9	Neutral
BROOKS ADRENALINE ASR 11(GTX)	Support
BROOKS GHOST 7 (GTX)	Neutral
BROOKS PUREGRIT 3	Neutral
MIZUNO KAZAN	Support
NEW BALANCE 980 TRAIL	Support
TRAIL SALAMON XA PRO	Control
SALAMON TRAIL PRO	Support
SAUCONY PEREGRINE	Support

### Walking Shoes

ASICS GEL BALLARAT	Neutral
ASICS GEL CARDIO ZIP	Support
ASICS GEL FOUNDATION WALKER	Control
ASICS GEL ODESSY	Support
BROOKS ADDICTION WALKER	Control
BROOKS DYAD WALKER	Neutral
NEW BALANCE 857	Support/Control
NEW BALANCE 625	Neutral

Running shoes come in all shapes and sizes, all with different features that aim to enhance comfort and performance for the individual runner. Unfortunately there is no wonder shoe that will fix all problems. Instead, based on our knowledge of running biomechanics, sports injuries and footwear we can recommend a number of shoes that will most likely be the best fit for your foot.