

****Shoe Recommendations****

Cushioned

Shoe provides maximum midsole cushioning with minimal medial corrective support. Best suited for runners with high arches or for those looking for increased shock absorption.

Adidas: Adizero Boston, Supernova, Energy Boost

ASICS: (Gel-)Nimbus, Cumulus, Flux, Pursue, DynaFlyte, Fortitude**

Mizuno: (Wave) Rider, Enigma, Sayonara, Hitogami, Creation**

New Balance: 560, 880, Fresh Foam 1080, Hierro, Boracay and Zante; Vazee 2090, Pace and Rush

Nike: Zoom Pegasus, Elite, Vomero

Saucony: Cohesion, Ride, Kinvara, Breakthru, Triumph ISO, Freedom ISO, Echelon**

Brooks: Ghost, Defyance, Glycerin, PureFlow, Launch, Dyad**

Stability

For runners who need medial support with good midsole cushioning. Recommended to runners with moderate overpronation.

Adidas: Ultra Boost ST, Supernova Sequence Boost, Vengeful

ASICS: GT 1000, GT 2000, GT 3000, (Gel-) Kayano, DS Trainer, Noosa Tri, Exalt

Mizuno: (Wave) Inspire, Paradox, Catalyst, Horizon**

New Balance: 860, 990, 1260, 1500, Leadville, Fresh Foam Vongo, Vazee Prism

Nike: Lunar Glide, Lunar Eclipse, Zoom Structure

Saucony: Mirage, Guide, Hurricane ISO, Omni**

Brooks: PureCadence, Ravenna, Transcend, Adrenaline**

Motion Control - **

Maximum rearfoot control and extra medial support. Designed to significantly reduce foot and ankle movement throughout the runner's stride.

ASICS: Gel-Foundation

New Balance: 940, 1012, 1340, 1540

Nike: Zoom Odyssey

Saucony: Redeemer

Brooks: Beast/Ariel, Addiction

**** - Shoes marked are available in multiple widths and can easily accommodate an orthotic.**