

RECOMMENDED RUNNING SHOES 2010

1. MAXIMUM NEUTRAL MOTION CONTROL (BEST LONG TERM STABILITY)

NEW BALANCE 1123* & 1012*

BROOKS BEAST MEN*

BROOKS ARIEL WOMEN*

NEW BALANCE 859

NEW BALANCE 587*

ASICS GEL 1150 AND GT 2150

BROOKS TRANCE 9*

NEW BALANCE LADIES 850

NIKE AIR STRUCTURE TRIAX 13+

MIZUNO WAVE RENEGADE 4

MIZUNO WAVE INSPIRE 5

ADIDAS ADIFUSION MC

SAUCONY PROGRID STABIL CS*

SAUCONY PROGRID OMNI 8

2. MODERATE NEUTRAL CONTROL (VERY GOOD STABILITY) MOST RUNNERS

BROOKS ADRENALINE GTS 10

NEW BALANCE 749 & 769*

SAUCONY PROGRID HURRICANE 10

REEBOK PREMIER ROAD PLUS KFS V1

AVIA ISIS WOMEN

NIKE AIR ZOOM PRECEPT

ETONIC STABLE PRO V

NIKE AIR PERSEUS 3

NIKE EQUALON +4

ASICS GEL-KAYANO 16

NEW BALANCE 993 & 1225*

ADIDAS RESPONSE CONTROL

MIZUNO WAVE NEXUS 4

ASICS GEL EVOLUTION 4

ASICS GEL DS TRAINER XI

ADIDAS ADISTAR SALVATION

SAUCONY PROGRID STABIL CS

3. MILD MOTION CONTROL (BASIC STABILITY)- TEENS (LOWER COST)

ADIDAS RESPONSE TRAIL

NIKE AIR SHOX FSM

BROOKS ADDICTION 8

NEW BALANCE 850

REEBOK PREMIER PHOENIX

SAUCONY PROGRID GUIDE 3

BROOKS SWITCH 3

BROOKS INFINITY 2

MIZUNO ALCHEMY 9

BROOKS GHOST 2

4. HIGH ARCHED EFFICIENT RUNNERS (NEED CUSHION & SUPPORT) 2% OF RUNNERS

BROOKS DYAD 5

NIKE AIR PEGASUS +26

ASICS GEL CUMULUS 10

NEW BALANCE 883, 1064

SAUCONY PROGRID ECHELON

NIKE AIR STRUCTURE TRIAX

NEW BALANCE 758 & 903

NIKE AIR MAXX 180

BROOKS GLYCERIN 8

REEBOK PREMIER AERO LITE

*RECOMMENDED FOR HEAVY RUNNERS

RED SHOES INDICATE THE BEST CRITICALLY REVIEWED SHOES IN THE TRADE MAGAZINES