

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