

The Shoe For You

Shoes can be lumped into 3 main categories (from softest to most supportive): cushioned, stability, motion control.

Wearing orthotics may or may not change which category of shoe applies to you. It's best to consult your physio or a *knowledgeable* shoe salesperson when making your decision.

Each shoe company makes shoes in all three categories, and usually two or three models in each category. Below, at least one shoe per major company is listed in each category. I've endeavoured to list the most common and well-rated shoes.

Cushioned Shoes: have a large amount of low-density (pale-coloured) foam in the sole; the footprint (aka "the last") of the shoe typically has more of a curve; they are designed to absorb impact and are typically best suited to people with rigid and/or high-arched feet

Reebok Premier Fusion, Saucony Grid Jazz, Adidas Response Cushion, Saucony Grid Shadow, Brooks Radius, Nike Air Pegasus, ASICS Gel Cumulus, ASICS Gel Fortitude, ASICS Gel Nimbus, New Balance 757, Reebok Premier Road Cushion, Nike Free, Saucony Progrid Trigon, Brooks Dyad, Mizuno Wave Rider, Merrell CT Converge, New Balance 1062

Stability Shoes: have a small amount of medium density (usually grey) foam in the arch of the foot, to help prevent the foot and leg from rolling toward the midline (pronating). They are typically best suited to people with mild pronation control problems, which is the majority of the running population.

ASICS 1140, ASICS 2140, Mizuno Wave Nexus, Mizuno Wave Elixir, Mizuno Wave Alchemy, Brooks Switch, Saucony Progrid Trigon Guide, Brooks Adrenaline, New Balance 768, Nike Air Structure Triax, Reebok Premier Road Plus, Brooks Infiniti, Puma Complete Magnetist, ASICS Gel Kayano

Motion Control: have a larger amount of medium- or high-density (light or dark grey) foam on the inside of the shoe; frequently this is accompanied by some sort of plastic or other firm material embedded on the inside of the sole; the footprint tends to be quite straight; these are best suited to people with flatter or flexible feet and/or people with more pronounced overpronation.

Adidas Response Control, ASICS Gel Foundation, New Balance 817, Brooks Addiction, Brooks Beast/Ariel, Adidas Supernova Control, Mizuno Wave Renegade, Saucony Progrid Stabil, Pearl Izumi SynchroGuide, New Balance 1011, Nike Cesium