

# FMS Shoe Review | FALL 2021

## Neutral

These shoes are designed to allow the foot to travel through its natural path. Typically, the higher arched foot or more rigid structure will need the cushion and flexibility provided in this type of shoe. Neutral shoes are great for supinator's or under-pronators.

BRAND	MODEL	CUSHION	PCR	DROP	WEIGHT	RETAIL
Altra	Torin 5	7	3	0	9.00	\$149.95
Altra	Escalante Racer	5	2	0	6.80	\$139.95
Asics	Gel-Nimbus 23	7	3	10	11.00	\$149.95
Brooks	Glycerin 19	8	2	10	10.70	\$149.95
Brooks	Ghost 14	7	3	12	9.90	\$129.95
Brooks	Levitare 5	8	2	8	10.40	\$149.95
Hoka	Bondi 7	10	5	4	10.20	\$149.95
Hoka	Rincon 3	6	4	5	7.70	\$114.95
Hoka	Clifton 8	8	4	5	8.90	\$129.95
Hoka	Bondi X	8	4	5	10.60	\$199.95
Mizuno	Wave Sky 5	8	3	10	11.80	\$149.95
Mizuno	Wave Rider 25	6	3	12	9.60	\$134.95
New Balance	Beacon V3	6	2	6	7.95	\$119.95
New Balance	1080 V11	9	3	8	10.05	\$149.95
New Balance	880 v11	7	4	10	10.70	\$124.95
Nike	Pegasus 38	6	2	10	9.58	\$119.95
Nike	Zoom Fly 4	7	2	11	8.70	\$159.95
On	Cloud Swift V2	8	3	7	7.76	\$139.95
On	Flow V3	6	3	6	8.40	\$139.95
On	Cloud X2	5	3	6	8.10	\$139.95
On	Cloud	5	3	6	8.10	\$129.95
Saucony	Triumph 19	8	3	8	10.20	\$149.95
Saucony	Kinvara 12	6	3	4	7.50	\$109.95
Saucony	Ride 14	7	3	8	9.70	\$119.95
Saucony	Endorphin Speed 2	7	2	8	7.90	\$159.95
Under Armour	Megaclone	7	2	8	10.89	\$139.95
Under Armour	Flow Velociti Wind	6	2	8	8.50	\$159.95
Under Armour	Sonic 3	5	3	8	10.20	\$109.95

## Control

These shoes are designed for mild to moderate to severe pronators, helping to guide the foot through a neutral foot-strike position. These shoes incorporate structural devices that aid in minimizing pronation or "controlling the motion of the foot."

BRAND	MODEL	CUSHION	PCR	DROP	WEIGHT	RETAIL
Asics	GT-2000 v10	6	6	10	10.10	\$119.95
Asics	Gel Kayano 28	8	8	10	10.90	\$159.95
Brooks	Beast 20/Ariel 20	9	10	12	13.80	\$159.95
Brooks	Launch 8 GTS	6	4	10	8.10	\$119.95
Brooks	Adrenaline GTS 21	7	6	12	10.60	\$129.95
Brooks	Addiction GTS 15	6	9	12	12.20	\$139.95
Hoka	Gaviota 3	9	7	5	11.30	\$149.95
Mizuno	Wave Inspire 17	7	6	12	10.10	\$134.95
New Balance	860 V11	6	7	12	10.70	\$124.95
New Balance	Vongo V5	8	7	8	9.70	\$149.95
Nike	Infinity React V2	6	5	9	9.90	\$159.95
Nike	React Miler	6	3	10	10.70	\$129.95
On	Cloud Stratus V2	7	3	8	10.76	\$169.95
On	Cloud Flyer v3	7	3	7	9.88	\$159.95
On	Cloud Ace v2	8	5	7	11.82	\$119.95
Saucony	Hurricane 23	7	5	8	11.40	\$149.95
Saucony	Guide 14	6	5	8	10.50	\$119.95
Saucony	Omni 20	5	9	8	11.70	\$129.95
Under Armour	Infinite 3	4	5	8	10.68	\$119.95

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### Recommended Category

- Neutral
- Control
- Minimal/Barefoot
- Trail
- Racing

### PCR— Pronation Control Rating

The higher the # the more stable and firm the shoe. The lower the # the softer and more flexible.

### Cushion

The higher the # the more the shoe will absorb shock to help with impact forces on the joints (back, hip, knee, ankle and foot).

### Drop

Relates to the differential between the height of the forefoot and the heel of the shoe. A traditional drop is between 10-12 mm.

*\*All weights are ounces and based on a men's size 9 weighed on the same scale at Forward Motion Sports.*

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# Minimal/Barefoot

These shoes are designed to put your foot in a "natural" position by hitting more mid-foot. This position centers your hips over your knees and keeps you more in alignment throughout your footstrike and minimizing some of the pronation associated with a more traditional height shoe.

BRAND	MODEL	CUSHION	PCR	DROP	WEIGHT	RETAIL
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For this category, there are not any shoes in the system at this time.

# Trail

Trail shoes are designed to stabilize and protect the foot over varied terrain. A lower center of gravity (closer to the ground) gives better stability. Extra lugs help with traction and added protection against rocks and roots. These shoes need to also be flexible in order to go up, over and around the rocks and roots and inclines that make up the trails you may travel.

BRAND	MODEL	CUSHION	PCR	DROP	WEIGHT	RETAIL
Altra	Lone Peak 5.0	6	5	0	11.10	\$119.95
Brooks	Cascadia 16	6	3	8	10.50	\$129.95
Hoka	Speedgoat 4	7	4	4	10.80	\$149.95
Hoka	Torrent 2	6	5	5	9.30	\$119.95
Hoka	Stinson ATR 6	9	6	5	9.80	\$159.95
New Balance	More Trail v2	8	3	4	11.60	\$164.95
Nike	Terra Kiger 6	5	2	8	10.50	\$129.95
On	Cloud Ultra V1	5	5	8	10.41	\$179.95
Saucony	Peregrine 11	6	4	4	10.00	\$119.95
The North Face	Vectiv Enduris	7	5	6	11.15	\$139.95
The North Face	Vectiv Flight	5	5	6	10.05	\$199.95
The North Face	Vectiv Infinite	6	5	6	10.80	\$169.95

# Racing

Usually a stiffer feeling shoe. Firmer without the "squish" of a very soft shoe. These shoes are characterized as being "responsive". Very lightweight and a feel that "moves you forward".

BRAND	MODEL	CUSHION	PCR	DROP	WEIGHT	RETAIL
Altra	Escalante Racer	5	2	0	6.80	\$139.95
Hoka	Bondi X	8	4	5	10.60	\$199.95
Hoka	Carbon X V2	6	3	5	8.40	\$179.95
Mizuno	Wave Rebellion	7	2	8	8.80	\$179.95
Nike	Zoom Fly 4	7	2	11	8.70	\$159.95
Nike	Vaporfly Next%	9	2	11	7.10	\$249.95
On	Cloud X V2	5	3	6	8.10	\$139.95
Saucony	Endorphin Pro 2	8	2	8	7.50	\$199.95
Saucony	Endorphin Speed 2	7	2	8	7.90	\$159.95

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Your Recommended Categories/Shoes: