

# FMS Shoe Review | SUMMER 2020

## 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
361	Meraki 2	7	4	9	9.30	\$129.95
361	Spire 4	8	3	9	10.00	\$149.95
Altra	Torin Plush 4.5	8	4	0	9.10	\$134.95
Asics	Evo Ride	6	4	5	8.80	\$119.95
Asics	DS Trainer 25	5	5	8	9.00	\$129.95
Asics	Gel Nimbus 22	9	4	10	11.00	\$129.95
Brooks	Ghost 13	8	3	11	8.80	\$129.95
Brooks	Levitare 3	8	2	8	11.60	\$149.95
Brooks	Glycerin 18	9	2	10	10.20	\$149.95
Hoka	Clifton 7	8	3	5	8.60	\$129.95
Hoka	Rincon 2	7	5	5	7.70	\$114.95
Hoka	Clifton Edge	8	3	5	8.90	\$159.95
Hoka	Bondi 6	10	4	4	10.20	\$149.95
Inov-8	Roadclaw	7	4	8	9.70	\$129.95
Mizuno	Waveknit Rider 24	7	3	12	9.60	\$129.95
Mizuno	Rider 24	7	3	12	9.60	\$129.95
Mizuno	Wave Sky Waveknit 3	8	4	10	10.90	\$159.95
New Balance	Beacon V2	7	3	6	7.70	\$119.95
New Balance	More V2	7	5	4	9.60	\$159.95
New Balance	880 v10	7	4	10	10.70	\$124.95
New Balance	1080 v10	9	3	8	9.90	\$149.95
Nike	Pegasus 37	7	2	10	9.58	\$119.95
Nike	Pegasus Turbo 2	9	2	10	7.20	\$179.95
Nike	Zoom Vomero 14	8	3	11	9.90	\$139.95
On	Swift	8	4	7	10.10	\$149.95
On	Flow 2	7	3	6	8.30	\$139.95
Saucony	Triumph 18	9	4	8	11.10	\$149.95
Saucony	Ride 13	6	3	8	9.70	\$119.95
Saucony	Kinvara 11	6	4	4	7.80	\$109.95
Under Armour	Sonic 3	6	3	8	10.20	\$109.95
Under Armour	Machina	7	4	10	10.70	\$149.95

## 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
361	Strata 3	7	6	8	11.60	\$149.95
Asics	Gel Kayano 27	8	8	10	11.10	\$159.95
Asics	GT 2000 v8	7	7	10	10.30	\$119.95
Brooks	Beast 20	9	10	12	13.80	\$159.95
Brooks	Ravenna 11	6	4	10	9.40	\$129.95
Brooks	Adrenaline GTS 20	7	5	12	10.60	\$129.95
Brooks	Addiction 14	5	9	12	11.40	\$119.95
Hoka	Gaviota 2	9	7	5	10.60	\$149.95
Mizuno	Wave Inspire 16	7	6	12	10.10	\$134.95
New Balance	860 V10	6	7	10	11.80	\$124.95
New Balance	990v5	7	7	12	13.70	\$174.95
Nike	Infinity React	8	5	9	9.60	\$159.95
Nike	Structure 22	6	4	10	11.50	\$119.95
On	Stratus	6	4	8	11.10	\$169.95
On	Ace	8	5	7	11.80	\$199.95
On	Flyer V2	7	3	7	9.10	\$159.95
Saucony	Guide 13	7	5	8	10.20	\$119.95
Saucony	Hurricane 22	8	5	8	11.60	\$159.95
Saucony	Omni 19	6	9	8	11.40	\$129.95
Under Armour	Infinite 2	6	5	8	10.80	\$119.95

# FORWARD



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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
Altra	Escalante Racer	6	5	0	6.80	\$129.95
Altra	Escalante 2	7	5	0	9.20	\$129.95
Inov-8	F-Lite 230	5	4	3	8.10	\$124.95
Inov-8	F-Lite 260	6	5	8	9.20	\$139.95
Nike	Metcon 5	4	5	4	10.60	\$129.95
On	Cloud X 2	6	4	6	8.10	\$139.95
On	Cloud	6	3	6	8.10	\$129.95
Saucony	Kinvara 11	7	3	4	7.80	\$109.95

# 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 4.5	7	7	0	10.60	\$119.95
Brooks	Cascadia 15	7	3	8	10.76	\$129.95
Hoka	Speedgoat EVO	8	4	4	9.30	\$159.95
Hoka	Speedgoat 4	8	5	4	10.80	\$149.95
Hoka	Torrent 2	6	6	5	9.30	\$119.95
Hoka	Stinson ATR 6	9	6	5	9.80	\$159.95
Inov-8	Terraulta	7	7	0	9.17	\$149.95
New Balance	Hierro V5	7	4	8	12.20	\$134.95
Nike	Pegasus Trail 36	8	3	10	9.50	\$129.95
Nike	Terra Kiger 5	7	5	4	8.50	\$129.95
Saucony	Peregrine 10	7	6	4	10.70	\$119.95
Saucony	Peregrine 10 ST	7	5	4	11.30	\$119.95

# 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
Asics	DS Trainer 25	5	5	6	8.70	\$119.95
Hoka	Carbon X	6	4	5	8.80	\$179.95
Hoka	Carbon X-SPE	6	4	5	8.80	\$199.95
Inov-8	F-Lite 230	5	4	4	7.90	\$124.95
New Balance	1500 v4	4	5	6	8.60	\$129.95
Nike	Vaporfly Next%	8	2	11	7.10	\$249.95
On	Cloud X 2	6	4	6	8.10	\$139.95
On	Rush	4	3	5	7.80	\$129.95
On	Cloudbloom	5	1	9	7.76	\$199.95
Saucony	Endorphin Speed	7	2	8	7.80	\$159.95
Saucony	Endorphin Pro	8	2	8	7.50	\$199.95

Your Recommended Categories/Shoes: