

# FMS Shoe Review | SUMMER 2026

## 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   |
|-------------|-------------------------|---------|-----|------|--------|----------|
| Asics       | Novablast 6             | 7       | 3   | 8    | 8.50   | \$154.95 |
| Asics       | Gel-Nimbus 28           | 9       | 2   | 8    | 10.25  | \$169.95 |
| Brooks      | Glycerin 23             | 9       | 2   | 8    | 10.30  | \$174.95 |
| Brooks      | Ghost 18                | 7       | 3   | 10   | 10.15  | \$149.95 |
| Hettas      | Tempo                   | 6       | 4   | 10   | 9.00   | \$198.95 |
| Hoka        | Bondi 9                 | 9       | 5   | 5    | 9.50   | \$174.95 |
| Hoka        | Clifton 11              | 8       | 2   | 8    | 9.10   | \$154.95 |
| Hoka        | Mach 7                  | 7       | 4   | 5    | 8.30   | \$144.95 |
| Hoka        | Clifton Pro             | 8       | 2   | 8    | 10.20  | \$164.95 |
| Hylo        | Impact 2                | 10      | 2   | 6    | 9.25   | \$164.95 |
| Mizuno      | Neo Zen 2               | 8       | 2   | 6    | 8.15   | \$159.95 |
| Mizuno      | Wave Rider 30           | 7       | 5   | 10   | 9.10   | \$149.95 |
| New Balance | 880 v15                 | 7       | 4   | 6    | 9.75   | \$149.95 |
| New Balance | Supercomp Trainer v3    | 8       | 3   | 6    | 9.50   | \$179.95 |
| New Balance | Supercomp Rebel v1      | 9       | 2   | 6    | 7.90   | \$199.95 |
| New Balance | FC Rebel v5             | 6       | 2   | 6    | 7.40   | \$144.95 |
| New Balance | 1080 v15                | 10      | 3   | 6    | 8.75   | \$169.95 |
| Nike        | Vomero 18               | 8       | 2   | 10   | 10.60  | \$149.95 |
| Nike        | Pegasus 42              | 6       | 2   | 10   | 9.75   | \$144.95 |
| Nike        | Vomero Premium          | 10      | 3   | 10   | 10.80  | \$229.95 |
| Nike        | Pegasus Plus            | 7       | 3   | 10   | 8.38   | \$169.95 |
| On          | Cloud X5                | 6       | 4   | 7    | 8.80   | \$159.95 |
| On          | Monster 3               | 8       | 2   | 6    | 10.00  | \$179.95 |
| On          | Cloud 6                 | 5       | 2   | 8    | 9.25   | \$149.95 |
| On          | Cloud Surfer 2          | 8       | 2   | 9    | 8.40   | \$159.95 |
| On          | Cloudmonster 3 Hyper LS | 8       | 2   | 6    | 7.25   | \$279.95 |
| On          | Cloud Surfer Next       | 7       | 3   | 6    | 8.80   | \$149.95 |
| Saucony     | Ride 19                 | 7       | 4   | 8    | 8.75   | \$144.95 |
| Topo        | Phantom 4               | 6       | 6   | 5    | 10.40  | \$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   |
|-------------|--------------------|---------|-----|------|--------|----------|
| Asics       | Gel Kayano 33      | 9       | 7   | 8    | 10.50  | \$169.95 |
| Asics       | GT-2000 v14        | 6       | 7   | 8    | 9.25   | \$139.95 |
| Brooks      | Ariel 26           | 7       | 9   | 12   | 10.70  | \$169.95 |
| Brooks      | Adrenaline 25      | 7       | 5   | 10   | 9.80   | \$154.95 |
| Brooks      | Beast 26           | 7       | 9   | 12   | 12.30  | \$169.95 |
| Brooks      | Glycerin GTS       | 8       | 5   | 10   | 10.70  | \$179.95 |
| Hoka        | Arahi 8            | 7       | 6   | 8    | 9.25   | \$149.95 |
| Hoka        | Gaviota 6          | 9       | 8   | 6    | 9.25   | \$179.95 |
| Hylo        | Axis               | 8       | 5   | 8    | 10.00  | \$169.95 |
| Mizuno      | Wave Inspire 22    | 6       | 6   | 10   | 9.75   | \$149.95 |
| New Balance | 860 v15            | 6       | 7   | 8    | 9.70   | \$149.95 |
| Nike        | Structure 26       | 7       | 5   | 10   | 10.00  | \$144.95 |
| Nike        | Structure Plus     | 8       | 5   | 10   | 10.30  | \$169.95 |
| On          | Cloud Runner 3 Max | 8       | 6   | 8    | 10.50  | \$179.95 |
| On          | Cloud Runner 3     | 7       | 6   | 8    | 10.25  | \$159.95 |
| Saucony     | Guide 19           | 7       | 6   | 6    | 9.40   | \$149.95 |
| Saucony     | Omni 23 ST         | 6       | 8   | 8    | 11.00  | \$169.95 |

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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   |
|-------|-----------|---------|-----|------|--------|----------|
| Hoka  | Solimar 2 | 5       | 6   | 6    | 7.75   | \$124.95 |

# 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   |
|---------|------------------|---------|-----|------|--------|----------|
| Asics   | Trabuco 14       | 6       | 5   | 4    | 9.75   | \$144.95 |
| Brooks  | Cascadia 19      | 7       | 5   | 6    | 10.75  | \$149.95 |
| Hoka    | Speedgoat 7      | 7       | 4   | 4    | 8.80   | \$164.95 |
| Hoka    | Challenger 8     | 8       | 3   | 8    | 9.50   | \$154.95 |
| Hoka    | Stinson 7        | 7       | 7   | 5    | 11.75  | \$174.95 |
| Hoka    | Transport 2      | 6       | 5   | 5    | 10.80  | \$149.95 |
| Hoka    | Mafate 5         | 7       | 4   | 5    | 11.70  | \$184.95 |
| Nike    | Wildhorse 10     | 7       | 4   | 9    | 10.25  | \$164.95 |
| Saucony | Peregrine 16     | 6       | 5   | 4    | 9.50   | \$149.95 |
| Topo    | Mountain Racer 4 | 6       | 6   | 5    | 10.40  | \$154.95 |

# 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   |
|---------|--------------------|---------|-----|------|--------|----------|
| Hoka    | Rocket X 3         | 8       | 3   | 5    | 7.40   | \$249.95 |
| Nike    | Vapor Fly 4        | 8       | 2   | 8    | 5.75   | \$269.95 |
| Nike    | Alpha Fly 3        | 9       | 2   | 8    | 7.25   | \$294.95 |
| Nike    | Streak Fly 2       | 6       | 3   | 8    | 4.25   | \$189.95 |
| On      | Cloudboom Strike 2 | 8       | 4   | 5    | 6.90   | \$249.95 |
| Saucony | Endorphin Pro 5    | 8       | 2   | 8    | 7.25   | \$239.95 |

Your Recommended Categories/Shoes: