

FMS Shoe Review | SPRING 2022

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
Asics	Gel-Nimbus 24	8	1	10	10.20	\$159.95
Brooks	Ghost 14	7	3	12	9.90	\$129.95
Brooks	Levitare 5	8	2	8	10.40	\$149.95
Brooks	Glycerin 20	8	2	10	10.10	\$159.95
Hoka	Bondi 7	10	5	4	10.20	\$149.95
Hoka	Rincon 3	6	4	5	7.70	\$114.95
Hoka	Bondi X	8	4	5	10.60	\$199.95
Hoka	Kawana	7	4	5	10.20	\$129.95
Hoka	Clifton 8	8	4	5	8.90	\$129.95
Mizuno	Wave Sky 5	8	3	10	11.80	\$149.95
Mizuno	Wave Rider 25	6	3	12	9.60	\$134.95
New Balance	1080 V11	9	3	8	10.05	\$149.95
New Balance	Beacon V3	6	2	6	7.95	\$119.95
New Balance	880 v11	7	4	10	10.70	\$124.95
Nike	Zoom Fly 4	7	2	11	8.70	\$159.95
Nike	Vomero 16	7	2	10	10.30	\$149.95
Nike	Pegasus 38	6	2	10	9.58	\$119.95
On	Cloud 5	5	3	8	8.80	\$139.95
On	Cloud X2	5	3	6	8.10	\$139.95
On	Cloud Monster	8	2	6	9.90	\$169.95
On	Cloud Swift V2	7	3	7	7.76	\$139.95
On	Cloud	5	3	6	8.10	\$129.95
On	Flow V3	6	3	6	8.40	\$139.95
Saucony	Triumph 19	8	3	8	10.20	\$149.95
Saucony	Ride 15	7	3	8	8.70	\$129.95
Saucony	Endorphin Speed 2	7	2	8	7.90	\$159.95
Saucony	Kinvara 13	6	3	4	7.70	\$129.95

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	Addiction GTS 15	6	9	12	12.20	\$139.95
Brooks	Adrenaline GTS 22	7	6	12	10.20	\$139.95
Hoka	Arahi 6	8	6	5	9.30	\$139.95
Hoka	Gaviota 4	9	7	5	10.50	\$159.95
Mizuno	Wave Inspire 18	7	6	12	10.30	\$139.95
New Balance	860 v12	6	7	10	11.40	\$134.95
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 Flyer v3	7	3	7	9.88	\$159.95
On	Cloud Ace v2	8	5	7	11.82	\$119.95
On	Cloud Stratus V2	7	3	8	10.76	\$169.95
Saucony	Hurricane 23	7	5	8	11.40	\$149.95
Saucony	Guide 15	6	5	8	9.50	\$129.95
Saucony	Tempus	8	6	4	0.00	\$159.95
Saucony	Omni 20	5	9	8	11.70	\$129.95

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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 6.0	6	5	0	10.60	\$139.95
Altra	Timp 4	7	5	0	9.30	\$149.95
Brooks	Cascadia 16	6	3	8	10.50	\$129.95
Hoka	Speedgoat 5	7	4	4	10.50	\$144.95
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 12	6	4	4	9.70	\$129.95

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	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	Streakfly	7	1	6	6.00	\$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

Your Recommended Categories/Shoes: