

FMS Shoe Review | SPRING 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	Clifton 11	8	2	8	9.10	\$154.95
Hoka	Clifton Pro	8	2	8	10.20	\$164.95
Hoka	Solimar 2	5	6	6	7.75	\$124.95
Hoka	Bondi 9	9	5	5	9.50	\$174.95
Hoka	Mach 7	7	4	5	8.30	\$144.95
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	FC Rebel v5	6	2	6	7.40	\$144.95
New Balance	Supercomp Trainer v3	8	3	6	9.50	\$179.95
New Balance	1080 v15	10	3	6	8.75	\$169.95
New Balance	Supercomp Rebel v1	9	2	6	7.90	\$199.95
New Balance	880 v15	7	4	6	9.75	\$149.95
Nike	Vomero 18	8	2	10	10.60	\$149.95
Nike	Pegasus 42	6	2	10	9.75	\$144.95
Nike	Pegasus Plus	7	3	10	8.38	\$169.95
Nike	Vomero Premium	10	3	10	10.80	\$229.95
On	Cloud Surfer Next	7	3	6	8.80	\$149.95
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	Cloudmonster 3 Hyper LS	8	2	6	7.25	\$279.95
On	Cloud Surfer 2	8	2	9	8.40	\$159.95
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
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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
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

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	Cloudbloom Strike 2	8	4	5	6.90	\$249.95
Saucony	Endorphin Pro 5	8	2	8	7.25	\$239.95

Your Recommended Categories/Shoes: