

# FMS Shoe Review | SPRING 2026

**FORWARD**



**MOTION**  
**SPORTS**

[www.forwardmotion.com](http://www.forwardmotion.com)

432 Hartz Avenue

Danville, CA 94526

925.820.9966

Sun & Mon 10am - 5pm

Tues - Sat 10am - 6pm

## 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 supinators or under-pronators.

| BRAND       | MODEL                | CUSHION | PCR | DROP | WEIGHT | RETAIL   |
|-------------|----------------------|---------|-----|------|--------|----------|
| Asics       | Novablast 5          | 7       | 3   | 8    | 9.00   | \$149.95 |
| Asics       | Gel-Nimbus 28        | 9       | 2   | 8    | 10.70  | \$169.95 |
| Brooks      | Glycerin 23          | 9       | 2   | 10   | 9.80   | \$174.95 |
| Brooks      | Ghost 17             | 7       | 3   | 12   | 9.50   | \$149.95 |
| Hettas      | Tempo                | 6       | 4   | 10   | 9.00   | \$198.95 |
| Hoka        | Clifton 10           | 8       | 2   | 5    | 9.00   | \$154.95 |
| Hoka        | Bondi 9              | 9       | 5   | 4    | 10.80  | \$174.95 |
| Hoka        | Mach 7               | 7       | 4   | 5    | 8.30   | \$144.95 |
| Hylo        | Impact               | 10      | 2   | 8    | 9.20   | \$164.95 |
| Mizuno      | Neo Zen              | 8       | 2   | 8    | 9.40   | \$159.95 |
| Mizuno      | Wave Rider 29        | 7       | 5   | 12   | 9.90   | \$149.95 |
| New Balance | 880 v15              | 7       | 4   | 8    | 8.90   | \$149.95 |
| New Balance | FC Rebel v4          | 6       | 3   | 6    | 7.40   | \$144.95 |
| New Balance | 1080 v15             | 10      | 3   | 6    | 9.30   | \$169.95 |
| New Balance | Supercomp Trainer v3 | 8       | 2   | 6    | 9.50   | \$179.95 |
| Nike        | Vomero Premium       | 10      | 3   | 10   | 10.80  | \$229.95 |
| Nike        | Vomero 18            | 8       | 2   | 10   | 10.10  | \$149.95 |
| Nike        | Pegasus Plus         | 7       | 3   | 10   | 8.38   | \$169.95 |
| Nike        | Pegasus 42           | 6       | 2   | 10   | 9.40   | \$144.95 |
| On          | Cloud Surfer Next    | 7       | 3   | 10   | 8.25   | \$149.95 |
| On          | Cloud Surfer 2       | 8       | 2   | 10   | 8.40   | \$159.95 |
| On          | Monster 3            | 8       | 2   | 6    | 10.60  | \$179.95 |
| On          | Cloud X4             | 5       | 4   | 8    | 8.80   | \$149.95 |
| Saucony     | Ride 19              | 7       | 4   | 8    | 9.90   | \$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       | GT-2000 v14     | 6       | 7   | 8    | 9.40   | \$139.95 |
| Asics       | Gel Kayano 32   | 9       | 7   | 10   | 10.70  | \$164.95 |
| Brooks      | Adrenaline 25   | 7       | 5   | 12   | 10.40  | \$154.95 |
| Brooks      | Beast 24        | 7       | 9   | 12   | 12.30  | \$159.95 |
| Brooks      | Ariel 24        | 7       | 9   | 12   | 10.70  | \$159.95 |
| Hoka        | Arahi 8         | 7       | 6   | 5    | 9.60   | \$149.95 |
| Hoka        | Gaviota 6       | 9       | 8   | 6    | 10.40  | \$179.95 |
| Hylo        | Axis            | 8       | 5   | 8    | 9.40   | \$169.95 |
| Mizuno      | Wave Inspire 22 | 6       | 6   | 12   | 10.60  | \$149.95 |
| New Balance | 860 v14         | 6       | 7   | 10   | 10.50  | \$139.95 |
| Nike        | Structure Plus  | 8       | 5   | 10   | 10.90  | \$169.95 |
| Nike        | Structure 26    | 7       | 5   | 10   | 10.80  | \$144.95 |
| On          | Cloud Flyer v5  | 7       | 6   | 10   | 10.60  | \$169.95 |
| On          | Cloud Runner 3  | 7       | 6   | 10   | 10.60  | \$159.95 |
| Saucony     | Omni 23 ST      | 6       | 8   | 8    | 10.10  | \$169.95 |
| Saucony     | Guide 19        | 7       | 6   | 6    | 9.40   | \$149.95 |

### 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 |
|-------|-------|---------|-----|------|--------|--------|
|-------|-------|---------|-----|------|--------|--------|

 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    | 9.80   | \$144.95 |
| Brooks  | Cascadia 19  | 7       | 5   | 8    | 11.25  | \$149.95 |
| Hoka    | Speedgoat 7  | 7       | 4   | 4    | 9.90   | \$164.95 |
| Hoka    | Challenger 8 | 8       | 3   | 4    | 9.00   | \$154.95 |
| Hoka    | Stinson 7    | 7       | 7   | 5    | 12.25  | \$174.95 |
| Nike    | Wildhorse 10 | 7       | 4   | 4    | 9.75   | \$164.95 |
| On      | Surfer Trail | 7       | 2   | 7    | 9.00   | \$159.95 |
| Salomon | Genesis      | 6       | 5   | 8    | 9.25   | \$149.95 |
| Salomon | Thundercross | 5       | 4   | 4    | 9.60   | \$139.95 |
| Saucony | Perrigine 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   |
|--------------|------------------|---------|-----|------|--------|----------|
| Hettas       | Speed            | 6       | 5   | 10   | 8.80   | \$198.95 |
| Hoka         | Rocket X         | 8       | 3   | 5    | 6.50   | \$249.95 |
| Hoka         | Cielo X1 3.0     | 9       | 2   | 7    | 8.10   | \$274.95 |
| Nike         | Vapor Fly 4      | 8       | 2   | 8    | 8.25   | \$69.95  |
| Nike         | Alpha Fly 3      | 9       | 2   | 8    | 7.70   | \$294.95 |
| Nike         | Streak Fly       | 6       | 3   | 8    | 5.10   | \$189.95 |
| On           | Cloudboom Strike | 8       | 4   | 8    | 7.80   | \$279.95 |
| Saucony      | Endorphin Pro 5  | 8       | 2   | 8    | 7.30   | \$239.95 |
| Under Armour | Velociti Elite 2 | 8       | 4   | 2    | 7.90   | \$249.95 |

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Your Recommended Categories/Shoes: