

# FMS Shoe Review | SUMMER 2023

## 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 7	7	5	0	9.80	\$149.95
Asics	Gel-Nimbus 25	9	2	8	10.50	\$159.95
Brooks	Ghost 15	7	3	12	10.10	\$139.95
Brooks	Glycerin 20	9	2	10	10.10	\$159.95
Hoka	Bondi 8	10	5	4	10.80	\$164.95
Hoka	Clifton 9	8	2	5	8.70	\$144.95
Hoka	Rincon 3	6	4	5	7.70	\$124.95
Mizuno	Wave Rider 27	6	5	12	10.50	\$149.95
New Balance	FC Rebel v3	6	3	6	7.40	\$129.95
New Balance	More v4	9	4	4	10.50	\$149.95
New Balance	880 v13	6	4	10	10.60	\$139.95
New Balance	Supercomp Trainer	9	3	8	11.30	\$179.95
New Balance	1080 v12	10	3	8	10.30	\$159.95
Nike	Vomero 16	7	2	10	10.30	\$149.95
Nike	Pegasus 40	6	2	10	9.40	\$129.95
On	Cloud Surfer	7	2	10	8.60	\$159.95
On	Cloud Go	8	3	11	9.00	\$149.95
On	Cloud X3	5	4	8	8.60	\$149.95
On	Cloud 5	4	2	7	8.90	\$139.95
Salomon	Aero Glide	7	5	10	8.90	\$159.95
Saucony	Endorphin Speed 3	7	3	8	8.10	\$169.95
Saucony	Ride 16	6	4	8	8.80	\$139.95
Under Armour	Velociti 3	7	3	8	8.60	\$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	Gel Kayano 30	8	7	10	10.70	\$159.95
Asics	GT-2000 v11	6	7	8	9.70	\$139.95
Brooks	Addiction 15	6	9	12	12.20	\$139.95
Brooks	Beast 20	7	9	12	11.70	\$159.95
Brooks	Ariel 20	7	9	12	10.70	\$159.95
Brooks	Adrenaline 23	7	5	12	10.10	\$139.95
Hoka	Arahi 6	7	6	5	9.30	\$139.95
Hoka	Gaviota 5	9	7	5	11.40	\$169.95
Mizuno	Wave Inspire 19	6	6	12	10.70	\$139.95
New Balance	Vongo v5	7	7	8	10.20	\$149.95
New Balance	860 v13	6	7	10	10.90	\$139.95
On	Cloud Stratus v2	8	5	6	10.80	\$169.95
On	Cloud Runner	7	5	9	10.60	\$149.95
On	Cloud Flyer v4	6	6	11	10.60	\$169.95
Saucony	Omni 21	6	9	8	11.10	\$139.95
Saucony	Tempus	7	6	8	8.90	\$159.95
Saucony	Guide 16	6	6	8	8.80	\$139.95
Under Armour	Infinite 5	6	5	8	10.40	\$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
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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 7	5	6	0	11.00	\$149.95
Altra	Timp 4	7	5	0	10.90	\$159.95
Brooks	Cascadia 17	6	5	8	11.00	\$139.95
Brooks	Caldera 6	8	4	6	11.00	\$149.95
Hoka	Torrent 3	6	5	5	8.70	\$129.95
Hoka	Speedgoat 5	7	4	4	10.30	\$154.95
Hoka	Stinson 7	7	6	5	11.70	\$169.95
Mizuno	Wave Mujin 9	5	5	10	12.00	\$149.95
New Balance	More Trail v3	8	4	4	11.30	\$159.95
New Balance	Hierro v7	6	4	8	10.60	\$139.95
Salomon	Pulsar Trail Pro	5	4	6	9.50	\$159.95
Salomon	Pulsar Trail	5	5	6	9.90	\$139.95
Salomon	Ultra Glide 2	7	5	6	9.80	\$149.95
Saucony	Perrigrine 13	7	5	4	9.20	\$139.95

# 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
New Balance	FC Rebel v3	6	3	6	7.40	\$129.95
Nike	Streak Fly	6	3	6	6.00	\$159.95
Nike	Vapor Fly 3	8	2	8	6.50	\$249.95
Nike	Alpha Fly 2	9	2	8	7.90	\$274.95
Saucony	Endorphin Pro 3	8	2	8	7.20	\$224.95
Saucony	Endorphin Speed 3	7	2	8	8.10	\$169.95
Under Armour	Elite Velociti	8	3	8	7.50	\$249.95

Your Recommended Categories/Shoes: