

# FMS Shoe Review | SUMMER 2024

## 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	Gel-Nimbus 26	9	2	8	10.70	\$159.95
Asics	Novablast 4	7	3	8	9.00	\$139.95
Brooks	Ghost 16	7	3	12	9.50	\$139.95
Brooks	Glycerin 21	9	2	10	9.80	\$159.95
Hettas	Tempo	6	4	10	9.00	\$198.95
Hettas	Cruise	7	3	10	9.30	\$198.95
Hoka	Skyward X	9	4	5	8.50	\$224.95
Hoka	Skyflow	8	4	4	9.75	\$159.95
Hoka	Mach 6	7	4	5	8.30	\$139.95
Hoka	Bondi 8	9	5	4	10.80	\$164.95
Hoka	Clifton 9	8	2	5	9.00	\$144.95
Mizuno	Wave Rider 28	6	5	12	9.90	\$139.95
New Balance	Supercomp Trainer v2	8	2	6	9.50	\$179.95
New Balance	1080 v13	10	3	6	9.30	\$164.95
New Balance	FC Rebel v4	6	3	6	7.40	\$139.95
New Balance	880 v14	6	4	8	8.90	\$139.95
Nike	Vomero 17	7	2	10	10.10	\$159.95
Nike	Pegasus Plus	8	3	10	8.38	\$169.95
Nike	Pegasus 41	6	2	10	9.40	\$129.95
On	Cloud X3	5	4	8	8.80	\$149.95
On	Hyper Monster	8	2	6	8.90	\$219.95
On	Cloud Surfer	7	2	10	8.30	\$159.95
Salomon	Aero Glide 2	7	4	10	9.20	\$159.95
Saucony	Ride 17	7	4	8	9.90	\$139.95
Saucony	Kinvara Pro	8	5	8	10.10	\$179.95
Under Armour	Velociti 3	7	3	8	8.60	\$129.95
Under Armour	Infinite Elite	10	2	8	11.50	\$159.95

## 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 31	9	7	10	10.70	\$159.95
Asics	GT-2000 v12	6	7	8	9.40	\$139.95
Brooks	Beast 23	7	9	12	12.30	\$159.95
Brooks	Adrenaline 23	7	5	12	10.40	\$139.95
Brooks	Ariel 23	7	9	12	10.70	\$159.95
Hoka	Arahi 7	7	6	5	9.60	\$144.95
Hoka	Gaviota 5	9	8	6	10.40	\$174.95
Mizuno	Wave Inspire 20	6	6	12	10.60	\$139.95
Mizuno	Horizon	7	8	8	11.40	\$169.95
New Balance	860 v14	6	7	10	10.50	\$139.95
New Balance	Vongo v6	7	7	6	10.90	\$164.95
Nike	Structure 25	7	5	10	10.80	\$139.95
On	Cloud Flyer v5	7	6	10	10.60	\$169.95
On	Cloud Runner 2	7	5	10	10.60	\$149.95
Saucony	Omni 22	6	7	8	10.10	\$139.95
Saucony	Tempus 2	8	5	8	8.90	\$159.95
Saucony	Guide 17	7	6	6	9.40	\$139.95

# 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
Brooks	Cascadia 18	6	5	8	11.25	\$139.95
Brooks	Caldera 7	8	3	6	10.00	\$149.95
Hoka	Speedgoat 6	7	4	4	9.90	\$154.95
Hoka	Challenger 7	8	3	4	9.00	\$144.95
Hoka	Stinson 7	7	7	5	12.25	\$169.95
New Balance	Hierro v7	6	4	8	10.60	\$139.95
Nike	UltraFly	6	7	8	10.10	\$249.95
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	Perrigrine 14	6	5	4	9.50	\$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
Asics	Magic Speed 4	7	4	8	8.25	\$169.95
Hettas	Speed	6	5	10	8.80	\$198.95
Hoka	Cielo X1	9	2	7	8.10	\$274.95
Nike	Vapor Fly 3	8	2	8	8.25	\$269.95
Nike	Alpha Fly 3	9	2	8	7.70	\$284.95
Nike	Zoom Fly 5	6	2	8	10.10	\$159.95
Saucony	Endorphin Pro 4	8	2	8	7.30	\$224.95
Under Armour	Velociti Elite 2	8	4	2	7.90	\$249.95

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Your Recommended Categories/Shoes: