

## Recommended Shoe List for 2012

(Listed Alphabetically)

Asics 2170 (Stability, M-L)

Asics Cumulus (Neutral, S-M)

Asics Evolution (Motion Control, M-L)

Asics Fortitude (Stability, M-L)

Asics Foundation (Stability, M-L)

Brooks Addiction (Motion Control, L)

Brooks Adrenaline 12 (Stability, S-M)

Brooks Dyad (Neutral/Stability, S-M-L)

Brooks Ghost 4 (Neutral, M-L)

Brooks Glycerin (Neutral, S-M)

Brooks Trance 11 (Stability, M-L)

Mizuno Wave Rider 15 (Neutral, S-M)

New Balance 840 (Neutral/Stability, M-L)

New Balance 860V2 (Stability, M-L)

New Balance 1012 (Motion Control, L)

Saucony Echelon 2 (Neutral/Stability, S-M-L)

Saucony Pro-Guide 5 (Stability, S-M-L)

Saucony Stabil (Motion Control, L)

### Signs of a Good Shoe:

- Heel should feel stable when you walk or run
- Ability to find and feel the arch of the shoe
- Ability to push off your big toe when walking or running
- MINIMAL to NO give in outer heel counter

**Motion Control:** Good for flat feet

**Stability:** Good for medium/low arch feet and PRI orthotics in some cases

**Neutral:** Good for high arch feet and best with PRI orthotics

**S-M-L-:** Indicates the frame of the individual the shoe can support  
(example S would support a small frame person)

Asics shoes insole color: Blue = cushion/neutral    Red = motion control    Yellow = stability

### Walking Shoes (black)

Asics 2170

Asics Foundation

Brooks Addiction

Brooks Adrenaline

### Trail Shoes

Brooks Cascadia

### Speed Work

Saucony Mirage 2