

## Sole Supports      2005 Shoe Recommendations

### **Serious Motion Control Shoes:** (Shoes with substantial medial support and fairly straight lasts)

Brooks Beast Mens	Mizuno Wave Renegade II	Asics Kayano X
Brooks Ariel Womens	Nike Kantara 2	Brooks Addiction 6
Asics Gel- Evolution	Saucony Grid Stabil	

### **Stability Shoes:** (Durable, stable shoes, fairly straight lasted)

Adidas Adistar Control	Saucony Grid Hurricane 6	Saucony Grid Omni 4
Brooks Adrenaline GTS 6	Adidas Supernova Control	Brooks Trance NXR
Nike Structure Triax	Mizuno Wave Alchemy	New Balance 856

### **Moderate Overpronation Shoes:** (Shoes that provide some medial support, semi-curved lasts)

Asics GT-2100	Adidas Supernova	Pearl Izumi Push Float
Mizuno Wave Inspire	Nike Zoom Elite	New Balance 755

### **Neutral Cushioned Shoes:** (Curve and semi-curved lasted shoes with cushion)

Mizuno Wave Rider 7	Nike Pegasus	Asics Nimbus VI
Brooks Glycerin	Mizuno Wave Maverick 3	Nike Shox 2:45
Nike Shox TL	Adidas Adistar Cush	Brooks Dyad 2
Mizuno Wave Creation 5	Brooks Radius '04	Nike Monster Shox

### **Stability Trail Shoes:** (Shoes with motion control and trail features)

Adidas Supernova Trail	Vasque Endorphin	Brooks Adrenaline ASR
Pearl Izumi Take	Vasque Velocity	New Balance 781
Montrail Hardrock	Saucony Omni Trail	

### **Neutral Trail Shoes:** (Neutral trail shoes that provide decent stability)

Asics Eagle Trail 3	Vasque Amp	Brooks Cascadia
Adidas Response Trl		

### **Walking Shoes:** (Shoes that provide proper support for walking)

Saucony Grid Stabil LE	Brooks Addiction WT	Brooks Synergy
Brooks Turin	Asics Foundation Walker	Saucony Grid Motion

### **Insoles:**

Superfeet	Spenco	Secondwind
Ortho Step	Birkostep (Birkenstock)	Powerstep