

## Shoe Recommendations

Theories and evidence for shoe recommendations are emerging. It is no longer necessary that flat feet need a motion control/stability shoe. Current research has shown the most critical factor in choosing the “right” shoe is perceived fit/comfort. Make sure when you try on a shoe you use your usual socks and do so at the end of the day so your feet are as swollen/spread out as they can be.

Experienced runners who have proper foot strike and strength can use less supportive shoes. Those new to running or overweight may benefit from a more supportive shoe. Arthritic knees tend to do better with a lower heel to toe ratio. Whereas those with Achilles issues do best with a higher heel to toe ratio.

*Note: These shoes are not in rank order.*

### Trail

Adidas Terrex Agravic  
Altra Torin  
ASICS GT-2000  
ASICS FujiTrabuco Lyte  
Hoka Stinson ATR  
Nike Wildhorse  
On Cloudventure  
Brooks PureGrit 8  
Brooks Cascadia

### Motion Control

ASICS GT-1000  
ASICS GT-2000  
Brooks Beast/Ariel  
Saucony Redeemer  
On Cloudace  
New Balance 1540

### Cushioning

Adidas Supernova  
Altra Escalante  
ASICS Gel-Contend  
ASICS Gel-Nimbus  
ASICS Novablast  
Brooks  
Glycerin/Levitate  
Nike Vomero/Zoom Fly  
Hoka Bondi & Clifton  
New Balance 1080  
Saucony Freedom  
On Cloudstratus

### Runners with no injury history

ASICS GT-2000/Cumulus  
Hoka One Clayton  
Nike Pegasus  
On Cloud X

### Stability

Adidas Supernova ST  
ASICS Kayano  
Brooks Adrenaline  
Hoka Gaviota  
New Balance 860/880  
Nike Air Structure Triax  
Saucony Guide