



## Recommended Running Shoe List

Summer '09

### Neutral Cushioning –

**Asics :**

- Gel Nimbus 10 – *Our #1 Rated*
- Cumulus 10

**Brooks:**

- Glycerin 7
- Defyance 2

**Adidas:**

- Supernova Glide
- Adistar Ride

**Saucony:**

- Progrid Triumph 6
- Progrid **Ride**

**New Balance:**

- 1063
- 757

**Mizuno:**

- Wave Creation 10
- **Wave Rider 12 - #1 Runner's World**

### Stability/Mild Motion Control –

**Asics :**

- Gel Kayano 15
- Gel 3000
- **GT-2140 - #1 Runner's World**

**Brooks:**

- Adrenaline GTS 9
- Trance 8

**Adidas:**

- Adistar Salvation
- Supernova Sequence

**Saucony:**

- Progrid Hurricane 10
- Progrid **Guide**

**New Balance:**

- 859
- 769

**Mizuno:**

- Wave Nirvana 5
- Wave Inspire 5

### Moderate Motion Control –

**Saucony:**

- Progrid Omni 7 Ultimate

**New Balance:**

- 817
- 1011

**Mizuno:**

- Wave Alchemy 8

### Maximum Motion Control –

**Asics :**

- Evolution 4
- Foundation 8

**Brooks:**

- Beast (Men's)
- Ariel (Women's)
- Addiction 8

**Saucony:**

- Progrid Stabil CS

**Mizuno:**

- Wave Renegade 4