



## Recommended Running Shoe List 2021

### ***Excellent Neutral Stability – Moderate to Severe Pronators Best for Orthotic Patients***

**Brooks Adrenaline GTS 21 \***  
**New Balance 1260 V7 & 1540 V2**  
**New Balance Fresh Foam 860V11**  
Avia Avi-Lite Guidance 9  
Brooks Cascadia 15 & 15 GTX  
Asics Gel Kayano 27  
Adidas Ultraboost 19  
New Balance 940V4  
Adidas Supernova Guide 7  
**Mizuno Wave Rider 24**

**Asics Gel Nimbus 23**  
**Saucony Omni 19, Lib ISO 2**  
**Mizuno Wave Horizon 3**  
**New Balance Fresh Foam Beacon V2**  
**Under Armour Speedform Europa**  
Nike Zoom Structure 21  
**KIDS – New Balance 690, 860**  
**Asics GT2000 9 & GT4000**  
Solomon Ultra Pro, Wings Pro  
Hoka One Rincon 2

### ***Maximum Rock Solid Support – Great for BIG Athletes over 230 lbs.***

New Balance 990V5 \*  
**Brooks Beast 20 (Men) \***  
**Brooks Ariel 20 (Women) \***  
**Saucony Pro Grid Stabil CS3 \***

Saucony Redemmer ISO 2  
Nike Zoom Structure 20  
**Brooks Addiction 14**

### ***High Arch, Normal Arch, & Efficient Runners (About 30% of Runners)***

**Brooks Glycerine 18 \* & Ghost 14**  
**Nike Air Zoom Pegasus 37 Trail**  
Asics Dynaflyte & Gel Nimbus 22  
**New Balance 880 V10 GTX, 1080 V10**  
Mizuno Wave Rider 22  
Sketchers Go Run Ultra RR

**Saucony Guide 13**  
**Brooks Hyperion Tempo**  
**Saucony Endorphin Speed (\$\$)**  
Under Armour Hovr Machina Carbon  
Hoka One One Clifton 6

### ***Very Light Weight Shoes, Almost Barefoot Running, Low Heels (Bad) (Less than 10% of Runners)***

Nike Zoom Pegasus Turbo 2 (\$\$)  
Adidas Adizero Temp 6

Asics Metaride (\$\$)  
**Brooks Pure Flow 7**

Asics GL DS Trainer 23  
**Saucony Kinavera 11**