



THE TECHNICAL RUNNING SHOE GUIDE

Dennis Rehbock

(A clinical guide)

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SKECHERS

Including Minimalistic running shoes, Natural running shoes, Minimalistic Running Shoe Scale, Football / Soccer, Rugby, Court sports shoes, Hockey, Netball, Cycling, and socks. Some Safety boots are included. Only shoe models that are available in South Africa are included.



As the prescription of the correct sport shoe for a patient is a complex task based on numerous factors, this publication is meant as a clinical guide only.

The categorization of the sport shoe models in this publication is the opinion of the author based on his professional experience, using available information sourced from the individual sporting companies and information published in sporting magazines and the internet.

This is not a review of the running shoe models.

It is beyond the ambit of this publication to list the individual attributes of each shoe model. For more information on each model consult the individual company.

Where possible Heel Drop values and Midsole Sack values are indicated.

The information contained in this guide is current at the time of publication, and every attempt has been made to ensure accuracy.

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skechers PERFORMANCE™ DIVISION

Introduced: 11/2013, (6), **2/201**, **9/201**, **6/2018**

Introducing the new 2019 range

STRONG ANTIPRONATION	
MILD ANTIPRONATION	GoRun Forza 3 RF–FF–HD6mm 2019 GoRun Forza 3 Ultra RF–FF–HD6mm
NEUTRAL	GoRun Ride 7 RF18–FF14–HD4mm 2019 GoRun Ride 7 Ultra RF–FF–HD6mm 2019 GoRun Pure Ultra RF–FF–HD6mm 2019 GoRun Horison Ultra RF–FF–HD4mm GoRun 6 RF–FF–HD4mm GoRun 600 EL (price) Training shoe
RACING	GoMeb Razor 2 RF–FF–HD4mm 2019 GoMeb Razor 3 Hyper RF–FF–HD4mm 3D printed upper graphics 2019 GoRun Run 7 Hyper RF–FF–HD4mm GoMeb Speed 5 Racer/trainer RF26.2–FF20.2–HD6mm
TRAIL	GoTrail Ultra 4 RF–FF–HD4mm
MAXIMALIST	
MINIMALIST / NATURAL	
OTHER	2019 GoWalk Walk Revolution Ultra – walking shoe GoTrain Endurance – multi activity shoe

TECHNOLOGY: Custom fit, Resalyte cushioning, Go impulse o/s, M strike, Flatlock stitching, Progressive flex, Bio-responsice o/s zones, Ortholite insole, Rock diffusion plate, GOdri upper, Quick fit portal – heel counter hole, Resalyte midsole, Goga max insole, Air cooled Goga Mat, Go knit upper, Gen 5 Midsole, Ultra Go cushioning, M strike technology, Ultra pillars, Socknit 360 upper, Ultra flight m/s cushioning, 3D structural mesh upper, Resagrip pillars, 3D printed upper graphics

