



# THE TECHNICAL RUNNING SHOE GUIDE

*Dennis Rehbock*

## **BIOMECHANICAL VERSION**

*(A clinical guide)*

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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 to ensure accuracy.

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## STRONG ANTIPRONATION / MOTION CONTROL RUNNING SHOES

Updated: 08/99 (74), 4/2018, 5/2019















ADIDAS 	Solar Glide ST RF27–FF17–HD10mm Inc boost pellets on medial – Energized stability Ultra Boost ST (to mild) Inc boost pellets on medial RF–FF–HD8mm
ASICS 	Gel Fortitude RF22–FF12–HD10mm (21/11)
BROOKS 	
MIZUNO 	
NEW BALANCE 	860 V9 M D,2E,4E W B/D RF24 –FF12-HD10mm Rubix M 2E W D RF26 – FF18 – HD8mm
NIKE 	Air Zoom Structure 22 RF22–FF12–HD10mm
SAUCONY 	Omni ISO RF28-FF20-HD8mm Most stable Out Sept 2019
PUMA 	
361° 	
REEBOK 	
UNDER ARMOUR 	
PEARL IZUMI 	
NEWTON 	

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## MILD ANTIPRONATION / STABILITY RUNNING SHOES

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<b>ADIDAS</b> 	Ultra Boost ST (to strong) <b>RF–FF–HD8mm</b> Solar Drive ST <b>RF30 – FF20 – HD10mm</b> Medial eva m/s block
<b>ASICS</b> 	MetaRide (Limited distribution) - BOB project <b>RF30–FF30–HD0mm</b> Gel Kayano 26 <b>RF22–FF12–HD10mm</b> (24/11-13) – 2xFlytefoam m/s GT4000 <b>RF22–FF12–HD10mm</b> (21-11-HD10MM) GT3000 V5 (FF support Duomax) Mild to strong <b>RF22–FF12–HD10mm</b> GT2000 V7 D/2EFlytefoam m/s <b>RF22–FF12–HD10mm</b> (21-11-HD10) GT1000 V7 M&W D <b>RF21–FF13–HD8mm</b> (20/12-8)
<b>BROOKS</b> 	*Adrenaline GTS 19 <b>RF24-FF12-HD12mm</b> Cushion me Guide rails Loft DNA **Ravenna 10 (guidance section – bet N and MAP) <b>RF22-FF12-HD10mm</b> Energize me - BIOMOGO DNA M/S
<b>MIZUNO</b> 	Wave Inspire 12 <b>RF –FF -HD12mm</b> Wave Elixir 7
<b>NEW BALANCE</b> 	1260 V7 M 2E, W D <b>RF20 –FF12-HD8mm</b> Vongo V3 <b>RF-FF-HD8mm</b>
<b>NIKE</b> 	
<b>PUMA</b> 	Speed 1000 S Ignite <b>RF-FF-HD12mm</b> Ignite foam Faas 600 S v2 <b>RF18-FF10-HD8mm</b>
<b>SAUCONY</b> 	Guide ISO 2 <b>RF27-FF19-HD8mm</b>
<b>ALTRA</b> 	Provision 2.5 <b>RF25–FF25-HD0mm</b> 58 Asher C m/s density Impulse <b>RF23–FF23-HD0mm</b> 55 Asher C m/s density
<b>HOKA</b> 	Arahi 3 M&W <b>RF29-FF24-HD5mm</b> W- <b>RF27-FF22-HD5mm</b>
<b>361°</b> 	361° - Strata 3 <b>RF21–FF13-HD8mm</b> 361° - Sensation 3 <b>RF21–FF12-HD9mm</b>
<b>REEBOK</b> 	
<b>UNDER ARMOUR</b> 	Hovr Guardian <b>RF26.5–FF18.5-HD8mm</b>
<b>SHECHERS</b> 	GoRun Forza 3 <b>RF–FF–HD6mm</b> <b>2019</b> GoRun Forza 3 Ultra <b>RF–FF–HD6mm</b>

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## NEUTRAL RUNNING SHOES






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<p><b>ADIDAS</b> </p>	<p>Ultra Boost 19 RF29–FF19HD10mm NEW More Boost - Ultra responsive            Solar Boost RF32–FF22–HD10mm – firmer smoother ride            Solar Glide RF32 – FF22 – HD10mm            Solar Drive RF30 – FF20 – HD10mm            Boost OG RF–FF–HD10mm (lifestyle)            **Pure Boost M only (versatile) – wider - HD8mm            Ultra            Pure Boost GO – (versatile) RF31.8–FF23.0–HD7.            Ultra Boost Uncaged (Lt weight - Casual) HD10mm            Ultra Boost Laceless HD10mm</p>
<p><b>ASICS</b> </p>	<p>DynaFlyte 3 – FlyteFoam m/s RF20-FF12–HD8mm (19/11)            Gel Nimbus 21 M D/2E W B Flytefoam RF23-FF13–HD10mm (24-11HD-13mm)            Gel Cumulus 21 M D W B Up to a 12 USA fit in ladies RF23–FF13–HD10mm            Gel-Flux 5 FF gel RF23–FF13–HD10mm (22/12)            Gel Pulse 11 RF23–FF13–HD10mm (22/12)            Dynaflyte 4 Racer trainer            Road Hawk FF 2 – mileage cat RF21-FF11–HD10mm (24/11-13mm)</p>
<p><b>BROOKS</b> </p>	<p>Glycerin 17 RF24–FF14-HD10mm <b>Cushion me</b> – super DNA            Ghost 12 M+W RF24-FF12-HD12mm <b>Cushion me</b>            Levitate RF-FF-HD8mm DNA APM            Launch 6 RF-FF-HD10mm <b>Energize me</b>            Revel 3</p>
<p><b>MIZUNO</b> </p>	<p>Wave Enigma 6 RF25–FF13-HD12mm            Wave Rider 20 RF –FF -HD14mm            Wave Ovation 2            Wave Precision 13            Wave Sayonara 4 RF –FF -HD10mm</p>

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## NEUTRAL RUNNING SHOES

<p><b>NEW BALANCE</b></p> 	<p>Fresh Foam More Men 2E Women D RF36-FF32-HD4mm          Fresh Foam Zante V4 RF16-FF10-HD6mm Men US9.5 212g          Fresh foam 1080 V8 M D/2E, W B/D RF20-FF212-HD8mm          880 V8 M D,2E,4E, W B,D RF-FF-HD10mm          Sonic M D W B RF-FF-HD6mm Out in 1/2019          Fuel Cell Impulse RF-FF-HD6mm          Beacon RF22-FF16-HD6mm</p>
<p><b>NIKE</b></p> 	<p>Air Pegasus 35 RF22-FF12-HD10mm Full length zoom air          Air Pegasus 35 Turbo RF31-FF18-HD10mm M/S Zoom X material          Air Zoom Vomero 14 RF24-FF12-HD12mm (to v14 1.2019) Mixed m/s materials – Full length zoom air &amp; full react foam          Epic React          Odyssey React          Legend React          WinFlo 6 – 4.2019          Quest</p>
<p><b>SAUCONY</b></p> 	<p>Triumph ISO 5 Everun RF30-FF22-HD8mm - D/2E FOR MEN          O/s crystal rubber          Ride ISO 2 RF27-FF19-HD8mm          Freedom ISO 2 RF22-FF18-HD4mm O/s crystal rubber          Jazz 21 RF25-FF17-HD8mm</p>
<p><b>PUMA</b></p> 	<p>Speed 600 FUSEFIT 8mm OFFSET Mix of IGNITE and EVA PROfoam          Speed 300 RACER 8mm OFFSET ONLY PROfoam          Speed Sutamina 12mm OFFSET ONLY PROfoam          Hybrid NX 12mm OFFSET Hybrid midsole (combination of IGNITE and NRGY)          Hybrid Runner 8mm OFFSET Hybrid midsole</p>
<p><b>ALTRA</b></p> 	<p>The One V3 RF23-FF23-HD0mm 48 Asher C m/s density Lt cushioning / racer / trainer          Torin 2.0 RF26-FF26-HD0mm 58 Asher C m/s density Good cushioning          Paradigm 1.5 RF34-FF34-HD0mm 58 Asher C m/s density Also Maximalist          Instinct 3,5 (m) RF24-FF24-HD0mm Mod cushioning MENS VERS          Intuition 3.5 (l) RF24-FF24-HD0mm Mod cushioning LADIES VERS</p>

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## NEUTRAL RUNNING SHOES

<b>HOKA</b> 	Clifton 6 M&W – max cushioning RF29–FF24-HD5mm W-RF27–FF22-HD5mm Bondi 6 M&W RF33–FF29-HD4mm W-RF31–FF27-HD4mm Mach 2 M&W RF24-FF19-HD5mm W-RF24-FF19-HD5mm NEW Carbon X RF32–FF27-HD5mm W-RF30-FF25-HD5mm – Carbon -
<b>361°</b> 	361° - Spire 3 RF21–FF12-HD9mm 361° - Meraki RF21–FF12-HD9mm
<b>UNDER ARMOUR</b> 	Hovr Infinite RF29–FF21-HD8mm Hovr Sonic 2 RF24–FF16 -HD8mm Hovr Phantom SE RF24–FF16-HD8mm
<b>SALOMON</b> 	SonicPro (road shoe) RF24–FF16-HD8mm
<b>REEBOK</b> 	Floatride Run RF26mm-FF18mm-HD8mm Floatride 6000 RS RF26mm-FF18mm-HD8mm til June Harmony Road 3 RF-FF-HD10mm - ONE SERIES Forever Floatride Energy RF-FF-HD10mm 250g Flexagon RF-FF-HD10mm Fusion flexweave cage RF-FF-HD9mm Uncaged 7mm Fast flexweave – high intensity training shoe – running
<b>K-SWISS</b> 	
<b>SKETCHERS</b> 	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
<b>MR PRICE</b> 	MXD Gravity AND Maxed Elite Train
	ON Cloud RF–FF-HD6mm – lifestyle ON Cloudace RF-FF-HD6mm – high mileage ON Cloudflow RF–FF-HD6mm - Racer / trainer ON Cloudflyer RF–FF-HD7mm - Trainer On Cloud X RF–FF-HD6mm - Running remixed – Multi ON Cloudsurfer RF–FF-HD6mm – Trainer ON Cloudswift RF–FF-HD7mm – Trainer












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## SOFT RUNNING SHOES      SOFT RUNNING SHOES

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**Some NEW soft midsole running shoes are appearing in the market. Please see the neutral section. See Boost, Fresh Foam, Ignite, FlyteFoam.**

ADIDAS 	See Neutral Running Shoes – <b>Boost &amp; Ultraboost &amp; Solarboost</b>
ASICS 	See Neutral Running Shoes - <b>FlytFoam</b>
BROOKS 	See Neutral Running Shoes – <b>Super DNA. Biomogo DNA, DNA Amp</b>
MIZUNO 	See Neutral Running Shoes
NEW BALANCE 	See Neutral Running Shoes – <b>Fresh Foam, Fuel Cell, Revlite</b>
NIKE 	See Neutral Running Shoes
PUMA 	See Neutral Running Shoes - <b>Ignite</b>
SAUCONY 	See Neutral Running Shoes
REEBOK 	See Neutral Running Shoes – <b>Float Foam</b>
UNDER ARMOUR 	
PEARL IZUMI	
NEWTON 	See Neutral Running Shoes
K-SWISS 	See Neutral Running Shoes