



THE TECHNICAL RUNNING SHOE GUIDE

Dennis Rehbock

(A clinical guide)

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INOV-8 GUIDE

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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By Dennis Rehbock, Sports Podiatrist





“The athletes’ interaction with the environment is the single most important factor when designing products”

Introduced: 10/2010, (12), 05/2012, 1/2013, 10/2016, **9/2017**, 4/2019, **5/2019**

STRONG ANTIPRONATION	Road – in 2020
MILD ANTIPRONATION	Road – in 2020
NEUTRAL	Road – in 2020
RACING	
TRAIL	<p>Trailroc 285 RF16–FF8-HD8mm 4mm micro cleat 2 arrow</p>  <p>7.2019 to Trailroc 280 RF20–FF12-HD8mm 4mm micro cleat Width 3 Trailtalon 290 RF19–FF11-HD8mm 4mm cleats Width 4</p>  <p>Trailtalon 235 RF11–FF7-HD4mm 4mm cleats Width</p>  <p>TerraUltra 260 RF9–FF9-HD0mm 4mm cleats Width 4</p>  <p>X-Talon 212 RF–FF-HD8mm 8mm cleats Width 1</p>  <p>Roclite 275 RF16–FF8-HD8mm 6mm cleats Width 3</p> 

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	<p>Roclite 290 RF11–FF7-HD4mm 6mm cleats 4mm vrs of 375 Width 3</p>  <p>Roclite 345 RF–FF-HDmm Goretex hiking boot Width 3</p> 
OTHER	<p>Various training shoes –</p> <p>Fast lift – weight lifting</p> <p>F-lite 290 HD8mm, HD4mm, & 0HDmm Width 4</p> <p>F-lite 230 HD3mm Width 2</p> <p>Bare XF 210 HD3mm Width 4</p> <p>F-train 240 HD8mm Width 3</p>

NEW TECHNOLOGY

Graphene – stronger and harder wearing sole - <https://www.ft.com/video/96b6f4a7-f1eb-4e49-85ce-c49cbd0d7c08>, Graphene, Metaplate, Powerflow midsole,

ZERO – 0mm HD

1 ARROW – 3mm / 4mm HD

2 ARROW – 6mm / 8mm HD

Inov-8 use a scale of 1 (narrow last) to 5 (wide last)


THE INOV-8 ARROW SYSTEM

In 2003, years before anyone else, inov-8 pioneered the Arrow System. The number of arrows shown on the lower heel of any inov-8 shoe signifies the drop of that shoe. The drop is the heel-to-forefoot differential, measured in mm.


MORE ARROWS = BIGGER DROP, and increased underfoot cushioning.

FEWER ARROWS = SMALLER DROP, and increased underfoot responsiveness.

Increase your speed by lowering the numbers of arrows.



8MM / 4MM DROP:
High levels of underfoot cushioning,
lower levels of responsiveness and speed.



4MM / 3MM DROP:
Medium levels of underfoot cushioning,
responsiveness and speed.

ZERO 0MM DROP:
Higher levels of responsiveness and speed.

Distributor 2019 - Trailpex T/A Mountain Ventures

Retailers:

Drifters Jhb 011 783 9200

Drifters Cape Town 021 418 4511

Run Specialist Store Bree St 021 418 1051

Run Specialist Store Edward St 021 910 2546

Outdoor Escape Stellenbosch 021 883 2444

Trailbusters PE 041 5813710