

THE TECHNICAL RUNNING SHOE GUIDE

Dennis Rehbock

(A clinical guide)

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This newly revised guide includes Traditional running shoe models available in South Africa,

Carbon plated shoes, Sports socks, Maximalistic running shoes, Minimalistic Running Shoes.

Only shoe & sock 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 experts in the field, the individual sporting companies and information published in sporting magazines and the internet.

This is not a review of the running shoe models that are available.

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.

Carbon plates or similar in shoe devices are included.

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

NEW FORMAT

BIOMECHANICAL GUIDE

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**BIOMECHANICAL
SHOE GUIDE**

Established 1999





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STRONG ANTIPRONATION / MOTION CONTROL RUNNING SHOES

Updated: 08/99 (89), 8/2021, 10/2021, 6/2022, 7/2022












ADIDAS 	Solar Glide ST 4 RF27–FF17–HD10mm
ASICS 	GT4000 3 RF22–FF12–HD10mm (21-11-10mm)
NEW BALANCE 	860 V12 Fresh foam X M D/2E/4E W B/D RF20 –FF10- HD10mm
NIKE 	Air Zoom Structure 24 RF22–FF12–HD10mm

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MILD ANTIPRONATION / STABILITY RUNNING SHOES

Updated: 8/99 (94) ,5/2021,8/2021, 10/2021, 3/2022, 6/2022, 7/2022




ADIDAS 	
ALTRA 	Provision 2.5 RF25–FF25-HD0mm 58 Asher C m/s density Impulso RF23–FF23-HD0mm 55 Asher C m/s density
ASICS 	<p>Gel Kayano 28 RF23–FF13–HD10mm (24-11-13mm) Flytefoam Propel & Flytefoam,,Dynamic Duomax,, Gender-specific softness, Plush feel3D Space construction technology</p> <p>Gel Kayano Lyte 2 RF23–FF13–10HDmm (25-12-13mm) No medial post Flytefoam NANO</p> <p>GT2000 10 D/2E RF22–FF14–HD8mm (21-13-8mm) Wide toe box Lite truss 3D Space construction technology) Litetruss technology Flytefoam & Flyte foam Propel</p> <p>GT1000 11 D RF21–FF13–HD8mm (20-12-8mm) Litetruss technology</p>
BROOKS 	<p>Adrenaline GTS 22 RF24-FF12-HD12mm Cushion me Guide rails Loft DNA</p> <p>Launch GTS 9 (guidance section – bet N and MAP) RF22-FF12-HD10mm Speed - BIOMOGO DNA M/S. Guide rails. GTS – <u>go to support</u></p> <p>Glycerin 20 GTS RF24–FF14-HD10mm DNA Loft v3</p>
HOKA ONE ONE 	Arahi 4 M&W RF29-FF24-HD5mm W-RF27-FF22-HD5mm
MIZUNO 	Wave Inspire 17 RF31–FF19-HD12mm
NEW BALANCE 	<p>Fuelcell Prism V1 – Widths; M – D, W – B RF21-FF15-HD6mm (M - 244g W - 208g) Lt weight stability – medial heel wedge Fuelcell</p> <p>Vongo V5 RF-FF-Hmm Medial; increased dens material Fresh Foam</p>
NIKE 	NO
PUMA 	Eternity Nitro RF34-FF25-HD8mm - Neutral – mild a/p
SAUCONY 	Guide 15 RF34.5-FF26.5-HD8mm PWRRUN midsole PWERRUN + insole MED WRAP Hollow tech medial support
UNDER ARMOUR 	Hovr Guardian 3 RF26.5–FF18.5-HD8mm

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NEUTRAL RUNNING SHOES

Updated: 8/99 (105), 10/2020, 4/2021, 5/2021, 8/2021, 12/2021, 3/2022, 6/2022, 7/2022

<p>ADIDAS </p>	<p>Ultra Boost 22 RF30.5–FF20.5–HD10mm More Boost - Ultra responsive, Upper - Primeknit+ forge</p> <p>Ultra Boost PB RF122–FF12–HD10mm Ltd in Adidas outlet stores</p> <p>Solar Boost 2 RF32–FF22–HD10mm – firmer smoother ride, Ltd in Adidas outlet stores</p> <p>Solar Boost 3 RF32–FF22–HD10mm – firmer smoother ride, LEP more responsive stiff ride, UNISEX COLOUR</p> <p>Solar Glide 5 RF32–FF22–HD10mm LEP 2.0 Guided propulsive toe off</p> <p>Supernova RF21.5 – FF12 – HD9.5mm</p> <p>Supernova + RF21.5 – FF12 – HD9.5mm More ff Boost</p> <p>Boost OG RF30–FF22–HD10mm(Lifestyle</p> <p>Super Nova RF21.5–FF12–HD9.5mm Entry level</p> <p>Sensebounce + RF18 FF10–HD8mm Wider</p>
<p>ALTRA </p>	<p>One V3 RF23–FF23–HD0mm M&W</p> <p>Escalante RF25–FF25–HD0mm M&W April 2017</p> <p>Torin 5 RF28–FF28–HD0mm 58 Asher C m/s density Good cushioning M&W</p> <p>Paradigm 2 RF34–FF34–HD0mm 58 Asher C m/s density M&W</p>
<p>ASICS </p>	<p>Gel Nimbus 24 M D/2E W B/D RF26–FF16–HD10mm (28-15-13mm) M 310g W 255g, Flytefoam Top m/s FF Blast bottom m/s 3D Space construction technology</p> <p>Gel Nimbus Lite 3 M D/2E W B/D Flytefoam RF25–FF15–HD10mm (27-14-13mm) M 270g W 220g MAXIMUM COMFORT, Plush ride</p> <p>Gel Cumulus 24 Up to a 12 USA fit in ladies RF24–FF16–HD8mm (22-14-8mm) Flytefoam Blast, 3D Space construction technology</p> <p>MetaRide RF31–FF31–HD0mm ENERGY SAVING No carbon plate</p> <p>GlideRide 3 RF32–FF26–HD6mm (31-25-6mm) ENERGY SAVING No carbon Plate between the Flytefoam and Flytefoam Blast Rocker sole Guidesole technology</p> <p>Evoride 2 RF22–F17–HD5mm (21-16-5mm) ENERGY SAVING</p>

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	<p>Novablast 3 RF-FF-HD10mm (21-16-5mm) Flytefoam blast Rebound effect</p> <p>Gel Pulse 13 RF21-FF13-HD8mm (20-12-8mm)</p>
<p>BROOKS</p> 	<p>Glycerin 20 RF24-FF14-HD10mm Cushion me – Loft DNA</p> <p>Ghost 14 RF24-FF12-HD12mm Cushion me - Loft DNA. Same as Adrenaline GTS..</p> <p>Launch 9 RF21.5-FF10-HD11.5mm Speed - BIOMOGO DNA M/S</p>
<p>HOKA ONE ONE</p> 	<p>Clifton 8 M&W – max cushioning RF29-FF24-HD5mm W- RF27-FF22-HD5mm</p> <p>Bondi 6 M&W RF33-FF29-HD4mm W-RF31-FF27-HD4mm</p> <p>Rincon M&W RF29-FF24-HD5mm W-RF26-FF21-HD5m</p> <p>Carbon X RF32-FF27-HD5mm W-RF30-FF25-HD5mm – Carbon</p>
<p>INOV-8 </p> <p>ALL TRAIL & OTHER ADVENTURE SHOES</p>	<p>Trailfly Ultra 300 AX RF 25 –FF 19 - HD6mm Width 5 ; Cleats 4mm ; Powerflow Max Midsole ; Graphene Grip Rubber Outsole</p> <p>Terraultra G 270 RF 12 – FF 12 - HD0mm Width 5 ; Cleats 4mm ; Powerflow Max Midsole Graphene Grip Rubber Outsole</p> <p>Trailtalon 290 RF19 – FF11 - HD8mm Width 4 ; Cleats 4mm ; Two Piece Powerflow Midsole ; Inov-8 Rubber Outsole</p> <p>Trailtalon 235 RF11– FF7 - HD4mm ; Width 4 ; Cleats 4mm ; Powerflow Midsole ; Inov-8 Rubber Outsole</p> <p>Parkclaw G 280 RF20 – FF12 - HD8mm Width 5 ; Cleats 4mm ; Graphene Grip Outsole Rubber ; G-Fly Midsole</p> <p>Roclite G 275 RF16 – FF8 - HD8mm Width 3 ; Cleats 6mm ; Powerflow Midsole; Graphene Grip Outsole Rubber</p> <p>Roclite G 290 RF11– FF7 - HD4mm Width 3 ; Cleats 6mm ; Powerflow Midsole ; Graphene Grip Rubber Outsole</p> <p>Roclite Pro G 400 GTX RF20 – FF12 - HD8mm Width 4 ; Cleats 6mm ; Gore-Tex, Schoeller upper ; Powerflow Midsole ; Graphene Grip Rubber Outsole</p> <p>F-Lite G 230 RF9 – FF6 - HD3mm Width 2 ; Fitness, Cardio. Graphene Grip Rubber Outsole</p> <p>F-Lite 245 RF9 – FF6 - HD3mm Width 4 ; Fitness, Cardio. Exteroflow midsole ; Inov-8 Rubber Outsole</p> <p>Bare-XF 210 RF3 – FF3 - HD0mm Width 3 ; Training, Barefoot walking / running, yoga ; Inov-8 Rubber Outsole</p> <p>F-Lite G 300 RF14 – FF8 - HD6mm Width 5 ; Fitness, Training ; Graphene Grip Rubber Outsole</p>
<p>MIZUNO </p>	<p>Wave Horizon 5 RF-FF-HD12mm Cushioning & energy return</p> <p>Wave Sky 5 RF31-FF21-HD10mm Mizuno Enerzy</p> <p>Wave Rider 25 RF31-FF19-HD12mm Mizuno Enerzy</p> <p>Wave Revolt RF31-FF20-HD11mm Mizuno Enerzy</p>






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<p>NEW BALANCE</p> 	<p>Fresh foam 1080 V11 M D/2E, W B/D RF27-FF19-HD8mm Fresh Foam X</p> <p>880 V11 M D,2E,4E, W B,D RF22-FF12-HD10mm Multiple widths – Freshfoam X</p> <p>680 V7 RF27-FF17-HD10mm M – 280G W – 238G Fresh foam</p> <p>Fuelcell Propel V2 RF21-FF15-HD6mm</p>
<p>NIKE</p> 	<p>Air Zoom Pegasus 39 RF22-FF12-HD10mm</p> <p>Air Zoom Pegasus Flyease RF22-FF12-HD10mm ?</p> <p>Air Pegasus Turbo Next Nature RF24-FF16-HD8mm</p> <p>Air Zoom Vomero 16 RF24-FF14-HD10mm ?</p> <p>Zoom X Invincible Run Flyknit 3 RF30.5-FF21.5-HD9mm ?</p> <p>React Miler 3 RF30.5-FF21.5-HD9mm ?</p> <p>Renew Ride 3</p> <p>Air Zoom WinFlo 9 RF25-FF14.5-HD10.5mm ?</p> <p>Quest 5 RF22-FF12-HD10mm ?</p>
<p>MR PRICE MAXED</p> 	<p>Maxed Gravity edge trainer</p> <p>Maxed Gravitus trainer</p> <p>Maxed marathon trainer 2020 - Comrades</p> <p>Gravitus knit trainer</p> <p>Gravitus trainer</p> <p>Gravity edge trainer</p> <p>Gravity edge runner</p>
<p>PUMA</p> 	<p>Deviate Nitro – RF40-FF30-HD8mm Innoplate / carbon composite plate - Nitrofoam – “Max cushioning with improved efficiency for long runs”</p> <p>Eternity Nitro – RF34.5-FF25-HD8mm Runguide, Nitrofoam, Optifit</p> <p>Magnify Nitro – RF30-FF22F-HD8mm “MAX CUSHION MEETS MAX COMFORT FOR EVERY RUN”</p> <p>Run XX Nitro Wmn – OUT SOON - RF-FF-HDmm “EVERYDAY CUSHIONING & SUPPORT FOR HER”</p> <p>Velocity Nitro 2 - RF33.5-FF23.5-HD8mm “CUSHIONING & RESPONSIVENESS FOR EVERY RUN” Dual midsole – 80/5 Nitro 20% Proform lite</p> <p>Electrify Nitro – RF27-FF19-HD8mm “CUSHIONING FOR BOTH NEW AND EVERY DAY RUNNERS” NITRO FOAM HEEL –LIGHT & RESPONSIVE FOAM”</p> <p>Liberate Nitro - RF-FF-HD8mm</p>

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<p>SAUCONY saucony </p>	<p>Endorphin Pro 3 RF39.5-FF31.5-HD8mm Endorphin Pro 2 RF35.5-FF27.5-HD8mm Carbon plate Endorphin Shift 2 RF38-FF34-HD4mm MEDIAL STAB Truimph 19 RF32.5-FF24.5-HD8mm M E,2E - 2 Widths Ride 14 RF32-FF24-HD8mm PWRRUN Ride 15 - 4/2022 Kinvara 13 RF28.5-FF24.5-HD4mm PWRRUN Endorphin Speed 2 RF35.5-FF27.5-HD8mm Pebax Kinvara 12 RF23 -FF19-HD4mm (Racer/trainer)</p>
<p>UNDER ARMOUR </p>	<p>Hovr Machina 3 RF26-FF18-HD8mm Connect shoe to phone via run app – map my run – CARBON PLATE (Y) Mega Clone 2 RF-FF-HDmm Hovr Sonic 5 RF23-FF15 -HD8mm Connect shoe to phone via run app – map my run Hovr Phantom 2 RF-FF-HDmm</p>
<p>PIVOT </p>	<p>Forge Z1 RF30-FF22-HD8mm</p>
<p> ON</p>	<p>On Cloudstratus RF-FF-HD8mm ON Cloud RF-FF-HD6mm – lifestyle ON Cloud Waterproof 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 ON Cloud Terry RF-FF-HD6mm</p>
<p>OLYMPIC </p>	<p>Men Race 4 RF-FF-HDmm Mens Icarus RF-FF-HDmm Mens Swift RF30-FF20-HD10mm Phylon m/s Mens Bounce – EL RF25-FF15-HD10mm</p>

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SOFT RUNNING SHOES SOFT RUNNING SHOES

Updated: 8/99 (35), 6/2018

**Most modern running shoes are soft midsoled shoes are.
Please see the neutral section.**
