

# THE TECHNICAL RUNNING SHOE GUIDE

*Dennis Rehbock*

*(A clinical guide)*

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## **BIOMECHANICAL GUIDE**

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.**



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# THE TECHNICAL RUNNING SHOE GUIDE

*Dennis Rehbock*

## ***A Notes about this clinical guide***

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.

This guide is aimed at cataloging what brands and running shoe models are available in South Africa.

It is NOT able to tell you exactly what model of shoe you should wear.

When choosing the correct running shoe for you and your biomechanics, you may need to go to your sports podiatrist and / or your specialist running shoe store for help.

This guide will include, as far as possible, the shoe model name, the version of the shoe, the stack heights and heel drops. More information like midsole materials and technology, carbon plates are added.

If a shoe model has carbon plates, TPU plates or any similar device in it, it would be included in the Carbon plated / Super shoe category.

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.

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

Carbon plated shoes, Sports socks, information on maximalistic running shoes, minimalistic Running Shoes.

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.

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# **BIOMECHANICAL SHOE GUIDE**

*Established 1999*

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## STRONG ANTIPRONATION / MOTION CONTROL RUNNING SHOES





Updated: 08/99 (97), 8/2021, 10/2021, 6/2022, 7/2022, 10/2022, **2/2023, 3/2024, 5/2024,**  
10/2024

<b>ADIDAS</b> 	<b>Solar Control</b> RF29.5mm–FF19.5–HD10mm Inc boost pellets, stable L.E.P 2.0 frame, Stable Platform
<b>ASICS</b> 	<b>GT4000 3</b> RF22–FF12–HD10mm (21-11-10mm) <b>Gel Kayano 30</b> RF40–FF30–HD10mm (28-18-10mm)
	<b>Addiction GTS 15</b> RF24-FF12 12mm <b>Cushion Support</b>
<b>HOKA</b> 	<b>Graviota 5</b> RF39–FF33-HD6mm W-RF37–FF31-HD6m <b>Arahi 7</b> RF37-FF32-HD5mm W-RF34-FF29-HD5mm
<b>NEW BALANCE</b> 	<b>FRESH FOAM X 860 v14</b> <b>Widths (M/W): D, 2E, 4E   B, D</b> RF26mm - FF18mm – HD8mm Firm cushioned traditional stability shoe Weight (M/W): 30 (g)   243 (g) Midsole - Fresh Foam X (FFX) – Softer / less denser top layer, lesser dense / harder bottom layer EVA film technology
<b>NIKE</b> 	<b>Nike Air Zoom Structure 24 (Men &amp; Women)</b> RF22–FF12–HD10mm - Everyday Road running Technology: CUSHLON foam-cushioning, FF ZOOM AIR (7mm) M/W PSI 20

## MILD ANTIPRONATION / STABILITY RUNNING SHOES




Updated: 8/99 (104) ,5/2021,8/2021 10/2022, 2/2023, 4/2023, 6/2023, 3/2024, 5/2024, 10/2024

<b>ADIDAS</b> 	<p><b>Solar Glide 6</b> RF29.5–FF19.5–HD10mm Inc boost pellets, stable frame,</p> <p><b>Supernova Solution</b> RF35mm – FF25mm – HD10mm Dreamstrike+ Power foam, Stability support rods</p>
<b>ALTRA</b> 	<p><b>Experience Form</b> RF32–FF28–HD4mm (M). RF30 – FF26 - HD4mm (W)</p> <p style="background-color: yellow;">Sept 2024</p>
<b>ASICS</b> 	<p><b>Gel Kayano 30</b> RF40–FF30 –HD10mm (28-18-10mm) FF Blast + ECO, PureGEL, Plush feel, 4D GUIDANCE SYSTEM</p> <p><b>Gel Kayano Lyte 2</b> RF23–FF13–10HDmm (25-12-13mm) No medial post Flytefoam NANO</p> <p><b>GT2000 11 D/2E</b> RF22–FF14–HD8mm (21-13-8mm) RF22–FF14–HD8mm (21-13-8mm) FLYTEFOAM MIDSOLE, Rearfoot visible gel</p> <p><b>GT1000 11 D</b> RF21–FF13–HD8mm (20-12-8mm) Litetruss technology</p>
<b>BROOKS</b> 	<p><b>Adrenaline GTS 23</b> RF24-FF12-HD12mm <span style="background-color: green;">Cushion me</span> Guide rails</p> <p><b>Launch GTS 10</b> (guidance section – bet N and MAP) RF22-FF12-HD10mm <span style="background-color: yellow;">Speed</span> - BIOMOGO DNA M/S. Guide rails. GTS – <u>go to support</u></p> <p><b>Glycerin 21 GTS</b> RF24–FF14-HD10mm DNA Loft v3</p>
<b>HOKA</b> 	<p><b>Graviota 5</b> RF39–FF33-HD6mm W-RF37–FF31-HD6mm</p> <p><b>Arahi 7</b> RF37-FF32-HD5mm W-RF34-FF29-HD5mm</p>
<b>MIZUNO</b> 	<p><b>Wave Inspire 20</b> RF37.5–FF25.5-HD12mm Mizuno wave – support type, Mizuno Wave, Mizuno Energy</p> <p><b>Wave Inspire 20 SP</b> RF37.5–FF25.5 HD12mm Mizuno wave – support type, Mizuno Wave, Mizuno Energy</p> <p><b>Wave Equate 8</b> RF37–FF25-HD12mm Mizuno wave – support type, Mizuno Double Fan Shaped Wave (support), Mizuno Energy</p> <p><b>Wave Paradox 5</b> RF39.5–FF25.5–HD12mm Mizuno wave – support type, Mizuno Double Fan Shaped Wave (support), Mizuno Energy</p>
<b>NEW BALANCE</b> 	<p><b>FRESH FOAM X VONGO v6</b> (out in June 2025)</p> <p>Widths (M/W): 2E   D</p> <p>RF32mm – FF26mm – HD6mm</p>




	<p>Medial; Dual Density Post</p> <p>Weight (M/W): 303 (g)   243 (g)</p> <p>Midsole - Fresh Foam X (FFX) – TOP bed 15/35 – BOTTOM bed 15/45 durometer</p>
<p>NIKE </p>	NO
<p>PUMA </p>	<p><b>Deviate Nitro</b> – RF40-FF30-HD8mm <b>Innplate / carbon composite plate - Nitrofoam</b> – “Max cushioning with improved efficiency for long runs”</p>
<p>SAUCONY </p>	<p><b>Guide 17</b> RF36-FF30-HD6mm PWRRUN midsole PWERRUN + insole, 2 widths, Centerpath technology (guides the foot for a stable ride), wide base, side wall geometry to hug the foot,</p>
<p>UNDER ARMOUR </p>	<p><b>Hovr Guardian 3</b> RF26.5–FF18.5-HD8mm</p>


## NEUTRAL RUNNING SHOES


Updated: 8/99 (116) 9/2022, 10/2022, 12/2022, 2/2023, 4/2023, 8/2023, 3/2024, 5/2024, 10/2024


<p><b>ADIDAS</b> </p>	<p><b>Ultra Boost 23</b> RF25mm–FF15mm–HD10mm 30% lighter BOOST material - Ultra responsive, Upper - Primeknit+ forge – L.E.P midsole</p> <p><b>Ultra Boost 22</b> RF30.5–FF20.5–HD10mm More Boost - Ultra responsive, Upper - Primeknit+ forge</p> <p><b>PureBoost 22</b> RF20mm–FF10mm–HD10mm Short distance, everyday use</p> <p><b>Solar Boost 2</b> RF32–FF22–HD10mm – firmer smoother ride, Ltd in Adidas outlet stores</p> <p><b>Solar Boost 3</b> RF32–FF22–HD10mm – firmer smoother ride, LEP more responsive stiff ride, UNISEX COLOUR</p> <p><b>Solar Boost 5</b> RF32–FF20.5–HD10mm – firmer smoother ride, 30% lighter than the original boost sole</p> <p><b>Ultra Bounce</b> RF25mm – FF16mm – HD – 9mm</p> <p><b>Solar Glide 5</b> RF32–FF22–HD10mm LEP 2.0 Guided propulsive toe off</p> <p><b>Supernova Rise</b> RF36mm – FF26mm – HD10mm</p> <p><b>Supernova</b> RF21.5 – FF12 – HD9.5mm</p> <p><b>Supernova +</b> RF21.5 – FF12 – HD9.5mm More ff Boost</p> <p><b>Super Nova</b> RF21.5–FF12–HD9.5mm Entry level</p> <p><b>Sensebounce +</b> RF18 FF10–HD8mm Wider</p>
<p><b>ALTRA</b> </p>	<p><b>Escalante 3</b> RF25–FF25–HD0mm M&amp;W</p> <p><b>Torin 7</b> RF30–FF30–HD0mm M&amp;W</p> <p><b>Rivera 3</b> RF28–FF28–HD0mm M&amp;W</p> <p><b>Experience Flow</b> RF32–FF28–HD4mm (M). RF30 – FF26 - HD4mm (W)</p>
<p><b>ASICS</b> </p>	<p><b>Gel Nimbus 26</b> M D/2E W B/D RF41.5–FF33.5–HD8mm (40.5–32.5–8mm) Increased stack heights reduced heel drop, Flytefoam, m/s FF Blast bottom + PureGel</p> <p><b>Gel Nimbus Lite 3</b> M D/2E W B/D Flytefoam RF25–FF15–HD10mm (27–14–13mm) M 270g W 220g <b>MAXIMUM COMFORT</b>, Plush ride</p> <p><b>Gel Cumulus 26</b> Up to a 12 USA fit in ladies RF38.5–FF30.5–HD8mm (37.5–29.5–8mm) Flight Foam Blast +, rearfoot PUREGEL, 3D Space construction technology</p> <p><b>MetaRide</b> RF31–FF31–HD0mm <b>ENERGY SAVING No carbon plate</b></p>






	<p><b>GlideRide 3</b> RF32-FF26–HD6mm (31-25-6mm) <b>ENERGY SAVING</b> No carbon Plate between the Flytefoam and Flytefoam Blast Rocker sole Guidesole technology</p> <p><b>Evoride 2</b> RF22-FF17–HD5mm (21-16-5mm) <b>ENERGY SAVING</b></p> <p><b>Novablast 3</b> RF-31FF23–HD8mm (20-22-8mm) Flytefoam blast +, Rebound effect</p> <p><b>Gel Pulse 13</b> RF23–FF13–HD10mm (23-13-10mm) Amplifoam m/s</p> <p><b>Gel Excite 9</b> RF23–FF13–HD10mm (22-12-10mm) Amplifoam m/s</p>
<p><b>BROOKS</b></p> 	<p><b>Glycerin 21</b> RF24–FF14-HD10mm <b>Cushion me</b> – Loft DNA v3</p> <p><b>Ghost 16</b> RF24-FF12-HD12mm <b>Cushion me</b> - Loft DNA. Same as Adrenaline GTS. <b>2E Width available</b></p> <p><b>Launch 10</b> RF24-FF14-HD10mm <b>Speed</b> Lightweight DNA cushioning M/S</p>
<p><b>HOKA</b></p> 	<p><b>Clifton 9</b> RF38–FF33-HD5mm W-RF37–FF32-HD5mm</p> <p><b>Bondi 8</b> RF33–FF29-HD4mm W-RF31–FF27-HD4mm</p> <p><b>Mach 6</b> RF37–FF32-HD5mm W-RF35–FF30-HD5mm</p> <p><b>Skyflow</b> M-RF40–FF35-HD5mm W-RF31–FF26-HD5mm</p>
<p><b>INOV-8</b> </p> <p><b>ALL TRAIL &amp; OTHER ADVENTURE SHOES</b></p>	<p><b>Trailfly Ultra 300 AX</b> RF 25 –FF 19 - HD6mm <b>Width 5 ; Cleats 4mm ;</b> Powerflow Max Midsole ; Graphene Grip Rubber Outsole</p> <p><b>Terraultra G 270</b> RF 12 – FF 12 - HD0mm <b>Width 5 ; Cleats 4mm ;</b> Powerflow Max Midsole Graphene Grip Rubber Outsole</p> <p><b>Trailtalon 290</b> RF19 – FF11 - HD8mm <b>Width 4 ; Cleats 4mm ;</b> Two Piece Powerflow Midsole ; Inov-8 Rubber Outsole</p> <p><b>Trailtalon 235</b> RF11– FF7 - HD4mm ; <b>Width 4 ; Cleats 4mm ;</b> Powerflow Midsole ; Inov-8 Rubber Outsole</p> <p><b>Parkclaw G 280</b> RF20 – FF12 - HD8mm <b>Width 5 ; Cleats 4mm ;</b> Graphene Grip Outsole Rubber ; G-Fly Midsole</p> <p><b>Roclite G 275</b> RF16 – FF8 - HD8mm <b>Width 3 ; Cleats 6mm ;</b> Powerflow Midsole; Graphene Grip Outsole Rubber</p> <p><b>Roclite G 290</b> RF11– FF7 - HD4mm <b>Width 3 ; Cleats 6mm ;</b> Powerflow Midsole ; Graphene Grip Rubber Outsole</p> <p><b>Roclite Pro G 400 GTX</b> RF20 – FF12 - HD8mm <b>Width 4 ; Cleats 6mm ;</b> Gore-Tex, Schoeller upper ; Powerflow Midsole ; Graphene Grip Rubber Outsole</p> <p><b>F-Lite G 230</b> RF9 – FF6 - HD3mm <b>Width 2 ;</b> Fitness, Cardio. Graphene Grip Rubber Outsole</p> <p><b>F-Lite 245</b> RF9 – FF6 - HD3mm <b>Width 4 ;</b> Fitness, Cardio. Exteroflow midsole ; Inov-8 Rubber Outsole</p> <p><b>Bare-XF 210</b> RF3 – FF3 - HD0mm <b>Width 3 ;</b> Training, Barefoot walking / running, yoga ; Inov-8 Rubber Outsole</p>




		<b>F-Lite G 300</b> RF14 – FF8 - HD6mm Width 5 ; Fitness, Training ; Graphene Grip Rubber Outsole
<b>MIZUNO</b>		<p><b>Wave Neo Ultra</b> RF39–FF31-HD8mm Mizuno Energy Series, Wave m/s</p> <p><b>Wave Neo Wind</b> RF36.5–FF26.5-HD12mm Mizuno Energy Lite, Wave Plate m/s</p> <p><b>Wave Prophecy 13</b> RF38–FF27.5-HD10.5mm Infinity wave midsole</p> <p><b>Wave Sky 7</b> RF41–FF33-HD8mm Mizuno Energy Core / Mizuno Energy:</p> <p><b>Wave Rider 27</b> RF38.5–FF26.5-HD12mm Mizuno Wave, Mizuno Energy</p> <p><b>Wave Rider 27 WIDTH OPTION</b> RF38.5–FF26.5-HD12mm Mizuno Wave, Mizuno Energy, Wave plate</p> <p><b>Wave Sunrise 5</b> RF37.5–FF29.5-HD8mm Mizuno Wave, Mizuno Energy, Wave plate</p> <p><b>Wave Ultima 15</b> RF38.5–FF26.5-HD12mm Mizuno Wave, Mizuno Energy, Wave plate</p> <p><b>Wave Kizuna 3</b> RF36–FF24-HD12mm Mizuno Wave, Mizuno Energy, Wave plate</p> <p><b>Wave Prodigy 5</b> RF36–FF24-HD12mm Mizuno Wave, Wave plate</p> <p><b>Wave Stream 2</b> RF37.5–FF25.5-HD12mm Mizuno Wave</p> <p><b>Wave Revolt 3</b> RF34–FF26-HD8mm Mizuno Wave, Wave plate</p> <p><b>Energy runnerZ</b> RF31–FF23-HD8mm Mizuno Wave, Wave plate</p> <p><b>Wave Horison 7</b> RF41–FF33-HD12mm Mizuno Wave, Wave plate</p>


<b>NEW BALANCE</b>		<p><b>1080 V14</b></p> <p><b>Widths (M/W): standard width only</b></p> <p>RF32mm – FF36mm – HD6mm</p> <p>Weight (M/W): 302 (g)   267 (g)</p> <p>Soft, plush, smooth midsole - Fresh Foam X (FFX)</p> <p><b>FRESH FOAM X MORE v5</b> <i>(updating to v5 in 2024)</i></p> <p><b>Widths (M/W): 2E   D</b></p> <p>RF33mm – FF29mm – HD4mm</p> <p>Weight (M/W): 312 (g)   244 (g)</p> <p>Max cushion,</p> <p>Midsole - Fresh Foam X (FFX)</p> <p><b>FRESH FOAM X 880 V14</b></p>
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	<p><b>Widths (M/W): D, 2E, 4E   B, D</b>  RF26mm - FF18mm – HD8mm  Weight (M/W): 270 (g)   209 (g) (Available in Kids)  Firm cushioned traditional neutral shoe – multiple widths  Midsole - Fresh Foam X (FFX) – TOP 15/45 BOTTOM12/40 durometer,</p> <p><b>Fresh Foam X Balos v1 (specialist stores only)</b>  RF33mm – FF27mm – HD6mm  Weight (M/W): 260 (g)   206 (g)  Ground contact EVE outersole, Bouncy feel, Max cushioning, Fresh foam X midsole (12/40 durometer)</p> <p><b>FRESH FOAM X EVOZ v3 (update to v4 early 2024)</b>  <b>Widths (M/W): 2E   D</b>  RF27mm - FF21mm – HD6mm  Weight (M/W): 276 (g)   210 (g)  Midsole - Fresh Foam X (FFX), Soft and plush comfort</p> <p><b>FRESH FOAM X EVOZ ST (update to v4 early 2024)</b>  <b>Widths (M/W): 2E   D</b>  RF27mm - FF21mm – HD6mm  Weight (M/W): 275 (g)   218 (g)  Midsole - Fresh Foam X (FFX) – 15/45 durometer, Soft and plush comfort</p> <p><b>FRESH FOAM 680 v8 (update to v8 early 2024)</b>  <b>Widths (M/W): 2E   D</b>  RF29mm – FF21mm – HD8mm  Weight (M/W): 268 (g)   218 (g)  Midsole – Fresh Foam (FF) &amp; Bio Eva, Everyday trainer</p>
<p><b>NIKE</b>  </p>	<p><b>Air Zoom Pegasus 39 (Men &amp; Women)</b> RF24–FF14– HD10mm (Woman RF23–FF14–HD9.7mm)  - Everyday Road running. Technology: REACT foam-cushioning, engineered mesh, FLYWIRE, FOREFOOT ZOOM AIR (10MM/) M PSI 20/ W PSI 15</p> <p><b>Air Zoom Pegasus 40 (Men &amp; Women)</b> RF24–FF14–HD10mm (Woman RF23–FF14–HD9.7mm)  - Everyday Road running. Technology: REACT foam-cushioning, engineered mesh, FLYWIRE, FOREFOOT ZOOM AIR (10MM/) M PSI 20/ W PSI 15</p> <p><b>Air Zoom Pegasus Flyease (Men &amp; Women)</b> 15 RF24–FF14–HD10mm (Woman RF23–FF13.3–HD9.7mm) ?  - Everyday Road running. Technology: FLYEASE entry system, REACT foam-cushioning, engineered mesh, FLYWIRE, FOREFOOT ZOOM AIR (10MM/) M PSI 20/ W PSI 15</p> <p><b>Air Pegasus Turbo Next Nature (Men &amp; Women)</b> HD8mm</p>

	<p>– Everyday Road running Technology: FLYKNIT, ZOOMX foam-cushioning</p> <p><b>Air Zoom Vomero 16 (Men &amp; Women)</b> – Everyday Road running Technology: ZOOMX foam-cushioning, FF ZOOM AIR (10MM) M/W PSI 20, HEE RF24–FF14–HD10mm ? Update: Oct '23</p> <p><b>Nike ZoomX Invincible Run Flyknit 2 (Men &amp; Women)</b> RF30.5–FF21.5–HD9mm (Woman RF28.5–FF19.5–HD9mm) – Everyday Road running. Technology: ZOOMX foam-cushioning, FLYKNIT, ROCKER GEOMETRY (mid-sole shape), WIDE HEEL NETS (support &amp; stability)</p> <p><b>Nike React Infinity Run Flyknit 3 (Men &amp; Women)</b> RF30.5–FF21.5–HD9mm (Woman RF28.5–FF19.5–HD9mm) – Everyday Road running. Technology: REACT foam-cushioning, FLYKNIT, ROCKER GEOMETRY (mid-sole shape), WIDE HEEL NETS (support &amp; stability)</p> <p><b>Nike React Miler 3</b> RF 28.5–FF19.5–HD9mm (Woman RF26.5–FF17.5– HD9mm) – Everyday Road running. Technology: REACT foam-cushioning, Engineered mesh, ROCKER GEOMETRY (mid-sole shape), WIDE HEEL NETS (support &amp; stability)</p> <p><b>Renew Ride 3</b> – Everyday Road running / Versatile Technology: Renew cushioning, soft mesh upper, ROCKER GEOMETRY</p> <p><b>Air Zoom WinFlo 9</b> FF14.5–HD10.5mm – Everyday Road running Technology: CUSHLON foam-cushioning, forefoot &amp; heel ZOOM AIR, full rubber outsole</p> <p><b>Nike Quest 5</b> – Everyday Road running Technology: IP Foam-cushioning, engineered mesh, full rubber outsole</p> <p><b>Nike ZoomX Vaporfly Next %</b> Technology: ZOOMX foam-cushioning, full length CARBON PLATE</p> <p><b>Nike Zoom Alphafly NEXT % 2</b> RF–FF–HD8mm (From 4mm) Technology: ZOOMX foam-cushioning, full length CARBON PLATE, FLYKNIT, VISIBLE ZOOM AIR PODS, wider FF by 2mm &amp; RF by 3mm, well-padded tongue 40mm STACK</p> <p><b>Nike Streakfly</b> – 5k, 10k Road Racing Technology: ZOOMX foam-cushioning, mid-foot CARBON PLATE</p> <p><b>Nike Zoom Fly 5</b>– Road Racing Technology: REACT foam-cushioning, full length CARBON PLATE, FLYKNIT cuff</p>
<p><b>MR PRICE MAXED</b> </p>	<p><b>Maxed Gravity edge trainer</b> <b>Maxed Gravitus trainer</b> <b>Maxed marathon trainer 2020 - Comrades</b> <b>Gravitus knit trainer</b> <b>Gravitus trainer</b></p>

	Gravity edge trainer Gravity edge runner
<b>PUMA</b> 	<b>PUMA DEVIATE NITRO 2</b> RF38-FF30-HD8mm <b>Propulsion, Nitro elite, PWRPL plate</b> <b>PUMA FOREVER RUN NITRO</b> RF36-FF26-HD10mm Max cushioning, Nitro, Run <b>PUMA MAGNIFY NITRO 2</b> RF36-FF29F-HD9mm Max cushioning <b>PUMA RUN XX NITRO Female specific</b> RF31-FF23-HD8mm Nitro, Runguide <b>PUMA VELOCITY NITRO 2</b> RF34-FF24-HD10mm Cushioning, Nitro, Pumagrip <b>PUMA ELECTRIFY NITRO 2</b> RF35-FF25-HD10mm Comfort, Nitro, Pumagrip <b>PUMA LIBERATE NITRO 2</b> RF28-FF20-HD8mm Lightweight, Nitro, Pumagrip
<b>SALOMON</b> 	<del><b>Phantasm</b> - 2023 RF20-FF14-HD6mm Energy blade, Energy Surge Foam, R.Ca</del> <del><b>Spectur</b> - 2023 RF-FF-HD6mm Energy blade, Energy Surge Foam, R.Camber, S</del> <del><b>Aero Glide</b> RF-FF-HDmm Energy surge foam m/s, Maxed-out cushioning, Plush stacks</del> <del><b>Aero Volt</b> RF-FF-HDmm Superlight, Plush premium fit, Energy foam cushioning-cushioned-light-energy return</del> <del><b>Aero Blaze</b> RF-FF-HDmm Light weight &amp; cushioning, Light energy return m/s,</del>
<b>SAUCONY</b> 	<b>TRUIMPH 21</b> RF37-FF27-HD10mm M E, 2E PWRRUN +, <b>CUSHIONING</b> <b>RIDE 17</b> RF35-FF27-HD8mm PWRRUN +, midsole 2 widths Comfort first, Foam superiority, Dynamic fit – <b>CUSHIONING</b> <b>KINVARA 14</b> RF31-FF27-HD4mm PWRRUN + midsole with PWRRUN and cushioning

<b>UNDER ARMOUR</b> 	<b>Hovr Machina 3</b> RF26-FF18-HD8mm Connect shoe to phone via run app – map my run – CARBON PLATE (Y) <b>Mega Clone 2</b> RF-FF-HDmm <b>Hovr Sonic 5</b> RF23-FF15-HD8mm Connect shoe to phone via run app – map my run <b>Hovr Phantom 2</b> RF-FF-HDmm
<b>PIVOT</b> 	<b>Forge Z1</b> RF30-FF22-HD8mm <b>Quphoria</b> RF25-FF20-HD5mm PEBAX midsole
<b>ON</b> 	<b>ON CLOUDSURFER 7</b> PR RF-FF-HD6mm – Performance running, Cloudtec No speedboard, Helion superfoam <b>ON CLOUDGO</b> PR RF-FF-HD6mm – Cloudtec cushioning TPU Speedboard, Helion super foam <b>ON CLOUDSTRATUS</b> PR RF-FF-HD6mm – Performance running, CloudTec layers, PP speedboard, Helion superfoam <b>ON CLOUDRUNNER</b> PR RF-FF-HD6mm – Performance running, 0 gravity foam <b>ON CLOUDFLOW</b> PR RF-FF-HD6mm – Polypropylene speed board, Helion superfoam - Racer / trainer <b>ON CLOUDFLYER 4</b> PR RF-FF-HD6mm – Trainer, TO MARATHON DIST, Polypropylene speed board,

	<b>ON CLOUD X</b> PR RF–FF–HD6mm – Helion superfoam, Speedboard
<b>OLYMPIC</b> 	<b>Men's Swift R1199</b> RF30–FF20–HD10mm Phylon m/s Release Oct / Nov 2024 <b>Men's Bounce 3 R1099</b> RF25–FF15–HD10mm Release June 2024

**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.**