

# THE TECHNICAL RUNNING SHOE GUIDE

*Dennis Rehbock*

## **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.**



### JUST UPDATED

1/2025 FALK

1/2025 ASICS

2/2025 SAUCONY

3/2025 NEW BALANCE

### PENDING

3/2025 ALTRA

3/2025 DIADORA

3/2025 JOMA

2/2025 ADIDAS

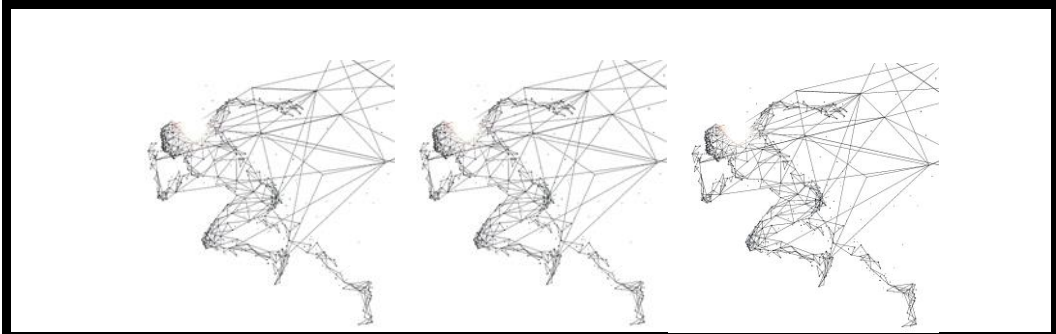
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# THE TECHNICAL RUNNING SHOE GUIDE

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# **BIOMECHANICAL SHOE GUIDE**

*Established 1999*

**Updated: 3/2025**







## STRONG ANTIPRONATION / MOTION CONTROL RUNNING SHOES






Updated: 08/99 (100), 8/2021, 10/2021, 6/2022, 7/2022, 10/2022, **2/2023, 3/2024, 5/2024,**  
10/2024, 11/2024, 3/2025

<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 4</b> RF28–FF20–HD8mm <b>Gel Kayano 31</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 880 V14</b> <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,
<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 (106) ,5/2021,8/2021 10/2022, 2/2023, 4/2023, 6/2023, 3/2024, 5/2024, 10/2024, 3/2025




<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 31</b> RF40–FF30–HD10mm (28-18-10mm)</p> <p><b>Gel Kayano Lyte 2</b> RF23–FF13–10HDmm (25-12-13mm) No medial post Flytefoam NANO</p> <p><b>GT2000 13 D/2E</b> RF22–FF14–HD8mm (21-13-8mm) RF22–FF14–HD8mm (21-13-8mm) FLYTEFOAM MIDSOLE, Rearfoot visible gel</p> <p><b>GT1000 13 D</b> RF21–FF13–HD8mm (20-12-8mm) Litetruss technology</p> <p><b>GT PERSUE 10</b> RF25–FF17–HD8mm (24-16mm) Neutral to support, FLYTEFOAM BLAST +, PureGel, 3D Guidance system</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–HD6m</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>

<p><b>NEW BALANCE</b></p> 	<p><b>FRESH FOAM X VONGO v6</b>  <b>Widths (M/W): 2E   D</b>  RF32mm – FF26mm – HD6mm  Medial; Dual Density Post  Weight (M/W): 303 (g)   243 (g)  Midsole - Fresh Foam X (FFX) – TOP bed 15/35 – BOTTOM bed 15/45 durometer</p>
<p><b>NIKE</b></p> 	<p><b>NO</b></p>
<p><b>PUMA</b></p> 	<p><b>Deviate Nitro – RF40-FF30-HD8mm Innoplate / carbon composite plate - Nitrofoam – “Max cushioning with improved efficiency for long runs”</b></p>
<p><b>SAUCONY</b></p> 	<p><b>GUIDE 18 RF35-FF29-HD6mm PWRRUN midsole PWERRUN + insole, 2 widths, Center path technology (guides the foot for a stable ride), broad base technology, side wall geometry to hug the foot, + 2E fitting</b></p> <p><b>HURRICANE 24 RF38-FF32-HD6mm PWRRUN PB &amp; PWRRUN FRAME, Max cushioning &amp; protection, Ortholite sockliner,</b></p>
<p><b>UNDER ARMOUR</b></p> 	<p><b>Hovr Guardian 3 RF26.5–FF18.5-HD8mm</b></p>


## NEUTRAL RUNNING SHOES


Updated: 8/99 (119) 9/2022, 10/2022, 12/2022, 2/2023, 4/2023, 8/2023, 3/2024, 5/2024, 10/2024, 11/2024, 3/2025


<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 27</b> M D/2E W B/D RF43.5–FF35.5–HD8mm (40.5–32.5–8mm) Increased stack heights reduced heel drop, FLYTEFOAM BLAST &amp; ECOFOAM m/s, PureGel in RF</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 v3</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>
<b>NIKE</b> 	<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 mes</p>

FOREFOOT ZOOM AIR (10MM/) M PSI 20/ W PSI 15

**Air Zoom Pegasus Flyease (Men & Women) 15** RF24–FF14–HD10mm  
(Woman RF23-FF13.3-HD9.7mm) ?

- Everyday Road running. Technology: FLYEASE entry system, REACT foam-cushioning, engineered mesh,

FOREFOOT ZOOM AIR (10MM/) M PSI 20/ W PSI

**Air Pegasus Turbo Next Nature (Men & Women) HD8mm**

– Everyday Road running

Technology: FLYKNIT, ZOOMX foam-cushioning

**Air Zoom Vomero 16 (Men & Women)** – Everyday Road running

Technology: ZOOMX foam-cushioning, FF ZOOM AIR (10MM) M/W PSI 20, HEEL RF24–FF14–HD10mm ?

Update: Oct '23

**Nike ZoomX Invincible Run Flyknit 2 (Men & Women)**

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 & stability)

**Nike React Infinity Run Flyknit 3 (Men & Women)** 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 & stability)

**Nike React Miler 3** 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 & stability)

**Renew Ride 3** – Everyday Road running / Versatile

Technology: Renew cushioning, soft mesh upper, ROCKER GEOMETRY

**Air Zoom WinFlo 9** FF14.5–HD10.5mm – Everyday Road running

Technology: CUSHLON foam-cushioning, forefoot & heel ZOOM AIR,

full rubber outsole

**Nike Quest 5** – Everyday Road running

Technology: IP Foam-cushioning, engineered mesh, full rubber outsole

**Nike ZoomX Vaporfly Next %**

Technology: ZOOMX foam-cushioning, full length CARBON PLATE

**Nike Zoom Alphafly NEXT % 2** RF–FF–HD8mm (From 4mm)

Technology: ZOOMX foam-cushioning, full length CARBON PLATE, FLYKNIT,





VISIBLE ZOOM AIR PODS, wider FF by 2mm & RF by 3mm, well-padded tongue



40mm STACK



**Nike Streakfly** – 5k, 10k Road Racing

Technology: ZOOMX foam-cushioning, mid-foot CARBON PLATE

**Nike Zoom Fly 5**– Road Racing

	Technology: REACT foam-cushioning, full length CARBON PLATE, FLYKNIT cuff
<b>MR PRICE MAXED</b> 	<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> <b>Gravity edge trainer</b> <b>Gravity edge runner</b>
<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</del> RF20-FF14-HD6mm Energy blade, Energy Surge Foam, R.Ca <del><b>Spectur</b> - 2023</del> RF-FF-HD6mm Energy blade, Energy Surge Foam, R.Camber, S <b>Aero Glide</b> RF-FF-HDmm Energy surge foam m/s, Maxed-out cushioning, Plush stacks <b>Aero Volt</b> RF-FF-HDmm Superlight, Plush premium fit, Energy foam cushioning-cushioned-light-energy return <b>Aero Blaze</b> RF-FF-HDmm Light weight & cushioning, Light energy return m/s,
<b>SAUCONY</b> 	<b>TRUIMPH 22</b> RF37-FF27-HD10mm M E, 2E PWRRUN PB, Ortholite innersole, Supreme comfort. We dare you to run in it.  <b>RIDE 18</b> RF35-FF27-HD8mm PWRRUN + & advanced beaded foam, midsole 2 w Comfort first, Foam superiority, Dynamic fi <b>Most responsive &amp; comfortable ride</b>  <b>KINVARA 15</b> RF31-FF27-HD4mm PWRRUN + midsole with PWRRUN and cushi <b>ROAD – CORE – FAST &amp; LIGHT</b>

<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

<p><b>ON</b> </p>	<p><b>ON CLOUDSURFER 7</b> PR RF–FF-HD6mm – Performance running, Cloudtec No speedboard, Helion superfoam</p> <p><b>ON CLOUDGO</b> PR RF–FF-HD6mm – Cloudtec cushioning TPU Speedboard, Helion super foam</p> <p><b>ON CLOUDSTRATUS</b> PR RF–FF-HD6mm – Performance running, Cloud\Tec layers, PP speedboard, Helion superfoam</p> <p><b>ON CLOUDRUNNER</b> PR RF–FF-HD6mm – Performance running, 0 gravity foam</p> <p><b>ON CLOUDFLOW</b> PR RF–FF-HD6mm – Polypropylene speed board, Helion superfoam - Racer / trainer</p> <p><b>ON CLOUDFLYER 4</b> PR RF–FF-HD6mm – Trainer, TO MARATHON DIST, Polypropylene speed board,</p> <p><b>ON CLOUD X</b> PR RF–FF-HD6mm – Helion superfoam, Speedboard</p>
<p><b>OLYMPIC</b> </p>	<p><b>Men's Swift R1199</b> RF30–FF20–HD10mm Phylon m/s Release Oct / Nov 2024</p> <p><b>Men's Bounce 3 R1099</b> RF25–FF15–HD10mm Release June 2024</p>

**SOFT RUNNING SHOES    SOFT RUNNING SHOES**

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

**Most modern running shoes are soft midsoled MAXIMALIST shoes.**

**Please see the neutral section.**