

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.



BRAND GUIDE

UPDATED 2026

12/2025 ASICS

1/2026 ANTA

1/2026 OLYMPIC

1/2026 ADIDAS

1/2026 NIKE

2/2026 SAUCONY

UPDATED 2026

4/2026 NIKE

6/2026 NEW BALANCE

7/2026 ASICS

7/2026 THE SOCKS

UPDATED 2026

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	SAUCONY
	UNDER ARMOUR OUT OF DATE

BIOMECHANICAL SHOE GUIDE
<i>Established 1999</i>
Updated: 7/2026







BRAND SHOE
GUIDE - 1

Established 1999

Updated: 7/2026

ADIDAS
<i>Established 1949</i>
Updated: 1/2026
Special mentions: Cade Philips



Updated: 8/99 (77), 5/2019, 10/2019, 1/2020, /2020, 12/2020, 12/2021, 5/2022, 7/2022, 2/2023, 5/2024, 7/2024, 3/2025, 1/2026

STRONG ANTIPRONATION	SOLAR CONTROL RF29.5mm–FF19.5–HD10mm Inc boost pellets, stable L.E.P 2.0 frame, Stable Platform 
MILD ANTIPRONATION	SUPERNOVA SOLUTION RF35mm – FF25mm – HD10mm Dreamstrike+ Power foam, Foam stability support rods  SUPERNOVA SOLUTION 2 RF37mm-FF27mm-HD10mm mproved Sandwich mesh upper)  SUPERNOVA SOLUTION 3 RF37mm-FF29mm-HD8mm (denser foam in midfoot to offer enhanced stability) 
NEUTRAL	ULTRA BOOST 5 RF31mm–FF21mm-HD10mm 30% lighter BOOST material - Ultra responsive, Upper - Primeknit+ forge – torsion midfoot support  ULTRARUN 5 RF27mm–FF17mm-HD10mm 

ULTRA BOUNCE RF25mm – FF16mm – HD – 9mm



SUPERNOVA RISE RF36mm – FF26mm – HD10mm



SUPERNOVA RISE 2 RF37mm-FF27mm-HD10mm



SUPERNOVA RISE 3 RF37mm-FF29mm-HD8mm



SUPERNOVA PRIMA RF31mm- FF23–HD8mm Wider (the supernova
workhorse)



SUPERNOVA PRIMA 2 RF38mm-FF30mm-HD8mm (improved woven
upper)



ADISTAR 3 RF40mm-FF34mm-HD6mm (long easy-pace run, max
cushioning shoe)



ADIZERO ADIOS PRO 4 RF39mm–FF33mm–HD6mm upgraded Lightlock upper with maximum cushioning Lightstrike Pro, carbon infused energy rods2.0 and a Lightraxion and continental outsole.



ADIZERO ADIOS PRO 3 RF39.5mm–FF33mm–HD6.5mm Lightstrike Pro Midsole with carbon energy rod 2.0 and a continental outsole



ADIZERO BOSTON 13 RF36mm–FF30mm–HD6mm (Energy Rods 2.0)



ADIZERO EVO SL RF39mm – FF33mm – HD6mm (Nylon Dogbone)



ADIZERO BOSTON 12 RF38mm–FF31mm–HD7mm
Lightstrike & Lightstrike Pro midsole, Energy rods (the perfect part for speed work and tempo runs)



ADIZERO TAKUMI SEN 10 RF33mm–FF27mm–HD6mm
A mesh upper with lowered stack Lightstrike Pro midsole and energy rods 2.0, continental rubber outsole



ADIZERO ADIOS 9 RF27–FF20–HD7mm Lightlock upper, Nylon Dogbone a lightstrike Pro midsole and lightraxion outsole with continental.



TERREX SPEED ULTRA RF28–FF20–HD8mm Boost midsole with Lightstrike cushioning, EVA stabilization frame, Gusseted Tongue.



TERREX 2 FLOW RF30–FF24–HD6mm



TERREX SPEEDFLOW RF–FF–HD8mm Prime-green upper, Lightstrike midsole, Continental outer-sole, Recycled materials, UNISEX COLOUR



TERREX SOLESTRIDE RF32–FF24–HD8mm Entry level



TERREX SOULSTRIDE RF32–FF24–HD8mm Moulded sockliner, Repetitor midsole, engineered mesh upper.



NEW TYPE OF SHOE	4 D FWD RF28-FF18HD10mm 4D printed midsole 
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ALTRA
<i>Established 2009</i>
Updated: 3/2024
Special mentions: Roger Zeino, Alex Hawkins



Introduced 1/2015 Updated: (7), 2/2015, 7/2015, 1/2017, 7/2017, 12/2021/, 4/2024

STRONG ANTIPRONATION	
MILD ANTIPRONATION	Experience Form RF32–FF28–HD4mm (M). RF30 – FF26 -HD4mm (W) Sept 2024 
NEUTRAL	Escalante 3 RF25–FF25-HD0mm M&W Torin 7 RF30–FF30-HD0mm M&W  Rivera 3 RF28-FF28-HD0mm M&W Experience Flow RF32–FF28–HD4mm (M). RF30 – FF26 -HD4mm (W) 
RACING	
TRAIL	Superior 6 RF21–FF21-HD0mm M&W  Loan Peak 8 RF25–FF25-HD0mm M&W  Timp 5 RF29-FF29-HD0mm M&W  Experience Wild RF32–FF28–HD4mm (M). RF30 – FF26 -HD4mm (W) Sept 2024 
MAXIMALIST	Olympus 5 RF33-FF33-HD0mm M&W
MINIMALIST / NATURAL	

OTHER

Lone Peak All-Wthr Mid 2.0 RF25-FF25-HD0mm M&W
(Waterproof Hiking Boot)



A Range of FootShape™ Fits
For a Range of Feet

TYPICAL SHOE SHAPE
Not shaped like a foot.

ORIGINAL FOOTSHAPE™ FIT
The FootShape™ Fit that started it all, Original is the roomiest of our three options.
Find it in:
Lone Peak Family
Olympus Family
VIA Olympus 2

STANDARD FOOTSHAPE™ FIT
Our most common FootShape™ Fit, right in the middle of Original and Slim.
Find it in:
Escalante 4
Escalante Racer 2
Torin 7
Paradigm 7
Provision 8
Superior 6
Timp Family
Mont Blanc BOA®
Mont Blanc Carbon
Experience Flow
Experience Form
Experience Wild

SLIM FOOTSHAPE™ FIT
Our slimmest-fitting option still allows room for your toes to spread out naturally.
Find it in:
Riviera 4
Vanish Tempo
Vanish Carbon 2
Outroad 3



Shoe Matrix

SPEED	NEUTRAL ROAD	SUPPORT ROAD	TRAIL	HIKE
From the road to the trail, these Speed shoes are lightweight and race-ready. The best part? You no longer have to compromise comfort for speed.	Neutral shoes are the sweet spot for most runners. They're available with our newly expanded family of Altra 550™ foams at varying cushioning levels.	Support shoes provide you with support when you need it and can help guide your foot.	Trail shoes feature unique tread patterns designed for a variety of off-road conditions, with a range of cushioning levels and trail-ready technology.	Whether you're setting out on a short hike or an all-day trek in the dirt, enjoy your adventure with protection from the elements, responsiveness, and comfort to keep your feet ready for anything.
 VANISH CARBON 2	 VIA OLYMPUS 2		 OLYMPUS 6	 OLYMPUS 4 HIKE MID GTX
 MONT BLANC CARBON	 EXPERIENCE FLOW	 EXPERIENCE FORM	 EXPERIENCE WILD	 TIMP 5 GTX
 MONT BLANC BOA®	 TORIN 7	 PARADIGM 7	 TIMP 5	 TIMP HIKER GTX
	 RIVIERA 4	 PROVISION 8	 OUTROAD 3	 LONE PEAK HIKER
			 LONE PEAK 8	 LONE PEAK ALL-WTHR MID 2
	 ESCALANTE 4		 SUPERIOR 6	 LONE PEAK ALL-WTHR LOW 2

Available in Gauteng –
Runaway Sports – 302 Freesia Street, Pretoria, Tel 012 3613733
Drifters Adventure- Sandton City Shopping Centre, contact Dave- 011 783 9200, Randburg Runner –
Randburg - 0832527551
Gone Outdoor Supply Co. 44 Stanley Ave. 0639576934
Running High – Bedfordview - 0114502421
Sportsmans Warehouse – Cresta, Centurion, Fourways, Atterbury, Eastrand
On Point Athlete Supply – Dullstroom – 0614685483
Hikers Paradise – Centurion – 0652201234


ANTA
<i>Established 1991 in Jinjiang, China</i>
Updated: 1/2026 New addition 12/2025
Special mentions: Bryan Pattison , Brand-folio, UAE



Introduced: 12/2025 (1) 1.2026

STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	ANTA ROCKET PRO Tempo runs or mid distance training Responsive springy feel Midsole – Dual density midsole – NITROEDGE – for responsive cushioning and good energy return, EVA BASE LAYER – durable and light and to support the softer midsole layer above ENBEDDED NYLON PLATE – midfoot stability and energy transfer RIDE – softer than a pure racing flat but firmer than a daily trainer Stack heights – RF28-FF22–HD6mm (28-22-6mm) Weight – M 227, W 210  ANTA ROCKET 6.0 Tempo runs or mid distance training Responsive springy feel Midsole – NITROEDGE – for responsive cushioning V-SHAPED ELASTIC PROPULSION PLATE – rebound and forefoot drive during faster running Moderate fast workouts – tempo, steady state, daily runs Stack heights – RF28-FF20–HD8mm (28-20-8mm) Weight – M 295, W 245 

ANTA MACH 5

Speed training & tempo runs

Road races 5km to 21km

Midsole – EVA & RUBBER – lightweight cushioning, grip & durability
AW-SHAPED NYLON FORK – enhances snappy roll-off. Cuts lateral torque while allowing forefoot flexibility

Stack heights – RF28-FF22–HD6mm

Weight – M 235



ANTA WALK 1.5 / JOURNEY WALKER 1.5

Daily walking, light jogging

Midsole – G7 MIDSOLE TECHNOLOGY – Cushioning & moderate energy return

NO PLATE

Outersole - rubber

Stack heights – RF31-FF23–HD10mm W 31-23-10mm

Weight – M 270 W 220



ANTA WALK 2.0 / JOURNEY WALKER 2

Daily walking, light jogging

Midsole – G7 MIDSOLE TECHNOLOGY – Softer high shock absorption foam

NO PLATE

Outersole – A grip rubber

Stack heights – RF33-FF25–HD8mm W 33-25-8mm

Weight – M 260 W 220



	ANTA BALLERO 3.0 SE Smooth cushioning with moderate rebound Light to medium daily running, gym cardio & active lifestyle Midsole – NITROEDGE FOAM – EVE/TPU BLOWN WITH NITROGEN – high energy return NO PLATE Outersole - rubber Stack heights – RF30-FF22–HD8mm Weight – M 300 
RACING RACE DAY MODELS	ANTA C202 6.0 PRO Marathon race day, long tempo runs, Midsole – DUAL LAYER NITROEDGE PRO FOAM – EVE/TPU BLOWN WITH NITROGEN – high energy return & long run comfort FULL LENGTH AVIATION GRADE CARBON PLATE – engineered to improve propulsion, reduce ground contact time, smooth out the stride from landing to toe-off Upper – A-web & xian fiber Outersole – A-grip pro – high traction & durability Stack heights – RF33-FF29–HD4mm Weight – M 190 
LIGHTWEIGHT & TEMPO	C 202 G9 Marathon race day, long tempo runs 10km to marathon Midsole – NITROEDGE PRO FOAM – responsive cushioning & excellent energy return ENHANCED CARBON PLATE WITH INCREASED CURVATURE TO PROMOTE ROLLING MOTION, REDUCE GROUND CONTACT & IMPROVE PROPULSION Upper – A-web & xian fiber Outersole – Full-length liquid anti-slip rubber Stack heights – RF33-FF29–HD4mm

Weight – M 181



C 202

Marathon race day, long tempo runs

10km to marathon

Midsole – DUAL LAYER NITROEDGE PRO FOAM – EVE/TPU BLOWN WITH NITROGEN – high energy return & long run comfort

EMBEADDED CARBON PLATE FOR PROPULSION WITH INCREASED CURVATURE TO PROMOTE ROLLING MOTION, REDUCE GROUND CONTACT & IMPROVE PROPULSION

Upper – A-web & xian fiber

Outersole – A-grip pro

Stack heights – RF33-FF29–HD4mm

Weight – M 210



PG 7

Running

& gym cross trainer

Midsole –

NON PLATED

Upper – Anatomically wide toe box & memory foam insole

Outersole – A-grip

Stack heights – RF-FF–HD6mm

Weight – M 280

	
TRAIL	


ASICS
<i>Established 1949 / 1977</i>
Updated: 7/2026
ial mentions: Allan Smith, Kaone Kayne Gill, John Andrew

HIGHLIGHTING

GEL-KAYANO 33



GT 2000 15



GT 1000 15



ASICS NOVABLAST 6



ASICS BLAZEBLAST

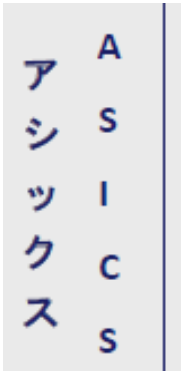


ASICS GEL FUJI LITE 7



METASPEED SKY TOKYO





Updated: 8/99 - 12/14 (86), **4/2021, 8/2021, 12/2021, 6/2022, 10/2023, 6/2023, 12/2023, 3/2024, 11/2024, 2/2025, 7/2025, 1/2026, 7/2026**

RUNNING CATEGORISATION					
ROAD RUNNING				TRAIL RUNNING	
FURTHER NEUTRAL	FURTHER STABILITY	FASTER BOUNCE	FASTER COMPETE	TRAIL PROTECTION	TRAIL LIGHTWEIGHT

FF Turbo ²	FF Turbo +	FF Turbo	FF Blast MAX	FF Blast +	FF Blast
Lightweight 👉👉👉👉	Lightweight 👉👉👉👉	Lightweight 👉👉👉👉	Lightweight 👉👉👉	Lightweight 👉👉👉	Lightweight 👉👉
Bounce 	Bounce 	Bounce 	Bounce 	Bounce 	Bounce
Feel Highly cushioned, extremely energetic	Feel Cushioned, extremely energetic	Feel Cushioned, extremely energetic	Feel Highly cushioned, highly energetic	Feel Highly cushioned, moderately energetic	Feel Cushioned, moderately energetic
AVAILABLE IN: MEGABLAST SONICBLAST	AVAILABLE IN: METASPEED PARIS SUPERBLAST 2	AVAILABLE IN: MAGIC SPEED 4 META FUJI TRAIL	AVAILABLE IN: GT-2000 14 NOVABLAST 5 GLIDERIDE MAX	AVAILABLE IN: NIMBUS 8 CUMULUS 27 KAYABO 32 DYNABLAST 5 NOOSA TRI 16 TRABUCO 13 TRABUCO MAX 4 FUJISPEED 4 FUJI LITE 6	AVAILABLE IN: GT-4000 4 TRABUCO TERRA GT-1000 14

STRONG ANTIPRONATION (Motion control)	GT4000 4 RF28–FF20–HD8mm (27-19-8mm) BUNION WINDOW, 2E width only, FLYTEFOAM, FF BLAST m/s, PUREGEL in heel, Litetruss   GEL KAYANO 33 RF40–FF32–HD8mm ADAPTIVE STABILITY, FF Blast MAX, FF Blast PLUS, PureGEL technology, Fluid support, slight firmer feel, Hybrid ASICSGRIP technology o/s, 4D guidance system to FluidSupport - In GEL-KAYANO 33, a softer top layer of FF BLAST MAX is layered over a denser layer of FF BLAST PLUS, working together to provide stability while maintaining a smooth, comfortable ride.   FLUIDSUPPORT technology delivers seamless support and comfort through dual-layer cushioning and advanced geometry. In GEL-KAYANO 33, a softer top layer of FF BLAST™ MAX is layered over a denser layer of FF BLAST™ PLUS, working together to provide stability while maintaining a smooth, comfortable ride. The reconfigured outsole further enhances that comfort, ensuring seamless transitions from heel strike to toe-off.   GEL-KAYANO™ 33 GEL-KAYANO™ 32
MILD ANTIPRONATION (Stability)	GEL KAYANO 33 RF40–FF32–HD8mm ADAPTIVE STABILITY, FF Blast MAX, FF Blast PLUS, PureGEL technology, Fluid support, slight firmer feel, Hybrid ASICSGRIP technology o/s, 4D guidance system to FluidSupport - In GEL-KAYANO 33, a softer top layer of FF BLAST MAX is layered over a denser layer of FF BLAST PLUS, working together to provide stability while maintaining a smooth, comfortable ride.   Gel Kayano Lyte 2 RF23–FF15–8HDmm (22-14-8mm) No medial post Flytefoam NANO  

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



GEL-CUMULUS 28

Your go – to daily trainer with more snap

Maximum comfort & cushioning

Midsole – full length FF BLAST PLUS and PUREGEL

Outersole – Fluidride with Asics LO-HRD rubber pod in heel

Stack heights - RF38.5-FF30.5–HD8mm W 37.5-29.5-8mm

Midsole height – M 32-24, W 31–23

Weight – M 259, W 223



MetaRide **RF31–FF31–HD0mm** **ENERGY SAVING** No carbon plate



GlideRide 3 **RF32-FF26–HD6mm (31-25-6mm)** **ENERGY SAVING** No carbon Plate between the Flytefoam and Flytefoam Blast Rocker sole Guidesole technology



GlideRide MAX **RF33-FF27–HD6mm (32-26mm)** **FF BLAST, ECO / FF BLAST MAX, Guidesole technology, TPU plate between the 2 layers of foam,**



Evoride RF27-FF22–HD5mm (26-21-5mm) **ENERGY SAVING, Flytefoam**



SUPERBLAST 3

Faster / Train

More stack, more bounce, more energy, more comfort

Maximum comfort & cushioning

Midsole – FF BLAST PLUS (bottom layer) and FF LEAP (top layer)

Trampoline pod set-up for extra energy underfoot

Outersole – Asicsgrip

Stack heights – RF47-FF39–HD8mm

Midsole height – M 38–30

Weight – M 239



MEGABLAST RF46–FF38–HD8mm Flytefoam **TURBO** foam midsole



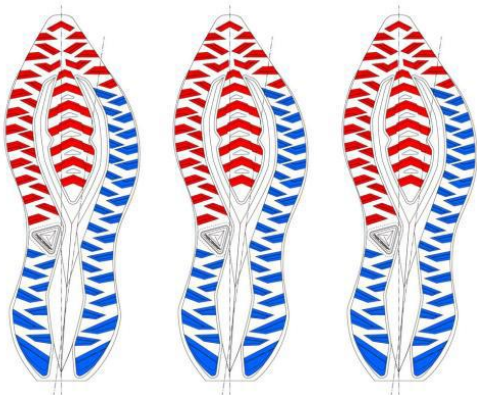
SONICBLAST 2 September 2026 RF46–FF38–HD8mm RF45–FF37–HD8mm **ASTRO PLATE**, FF **TURBO²** IN FF, FF BLAST MAX IN THE RF, Winged tongue



ASTRO PLATE SHAPE

	OLD NEW  NOVABLAST 6 RF-41.5FF33.5–HD8mm (40.5-32.5) FF TURBO ², FFBLAST MAX m/s, Soft cushioning, FF Turbo² trampoline pods – bounce effect, Tongue wing construction Bigger Bolder Bouncier  Gel Pulse 13 RF23–FF13–HD10mm (23-13-10mm) Amplifoam m/s  Gel Excite 9 RF23–FF13–HD10mm (22-12-10mm) Amplifoam m/s  ♂♀
RACING	MAGIC SPEED 5 More speed to move the body and mind A truly new sensation: The new MAGIC SPEED 5 is lighter, snappier and nimbler than ever. Midsole – FF LEAP & FF BLAST PLUS – dual midsole composition Full length CARBON PLATE between the 2 midsole layers Outersole – Asicsgrip Stack heights - RF37.5-FF30.5–HD7mm Increased stack heights reduced heel drop, Midsole height – M 31–24

	Weight – 196  Asics Metaspeed Sky Tokyo RF39.5-FF34.5–HD5mm Motionwrap, CARBON PLATE, ASICSGRIP FF LEAP, FF TURBO, 170g  Asics Metaspeed Edge RF28-FF20–HD8mm (25-15-9mm)  Asics Metaracer RF24-FF15–HD9mm (25-15-9mm)  Asics Glideride 3 RF32-FF26–HD6mm (31-25-6mm) ENERGY SAVING No carbon Plate between the Flytefoam and Flytefoam Blast Rocker sole Guidesole technology 
TRIATHLON	Noosa Tri 14 RF26–FF21–HD5mm (25-20-5mm) Flytefoam m/s  

TRAIL	BLAZEBLAST RF43–FF35–HD8mm(42-34) FF BLAST MAX, Asics grip & lugs (2.5mm) All bounce, now built for the trail. Uphill traction Downhill traction    GEL FUJI LITE 7 RF32–FF28–HD4mm FF BLAST PLUS, Asics grip (4mm lugs), Tongue wing Light on its feet. Sharp on every trail.   TRABUCO MAX 5 Maximum cushioning Trail / protection Improves airflow, water drainage, durability Midsole – FF BLAST PLUS Outersole – Asicsgrip Stack heights - RF38.5-FF33.5–HD5mm W 37.5mm-32.5) Midsole height – M 28 –23 W 27-22 Weight – 302 / 246  
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TRABUCO 14

Trail protection

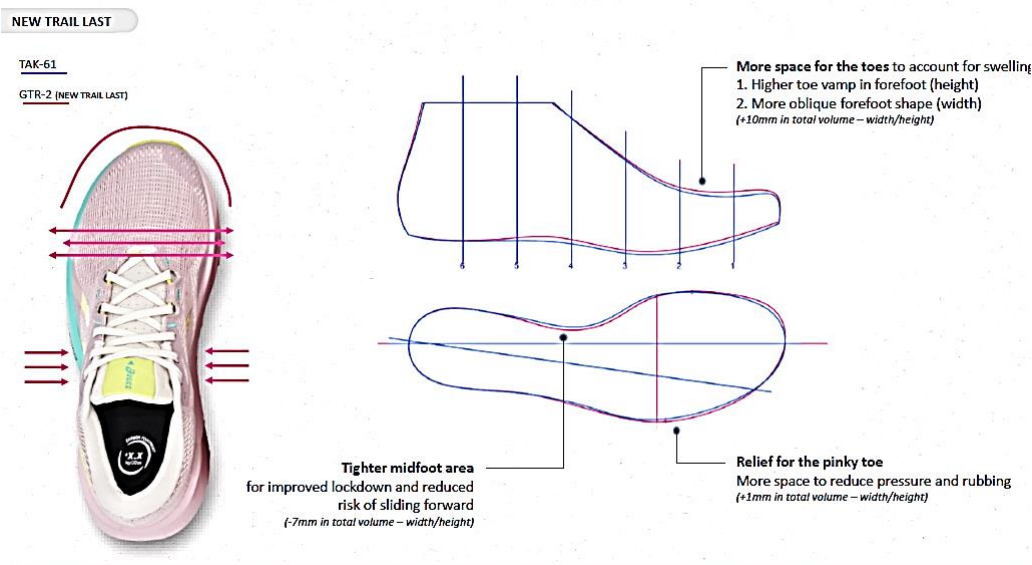
Midsole – FF BLAST MAX, Rock protection plate

Outersole – Asicsgrip

Stack heights - RF35-FF27–HD8mm W 34.mm-26

Midsole height – M 24–16 W 23-

Weight – 281 / 24915



Gel Fuji LYTE 6 RF32–FF28–HD4mm (31-27-4mm) Trail racer, new lug height



Gel Fuji Trabuco Terra RF20–FF12–HD8mm (19-11-8mm)



Gel Fuji Speed 4 R34F–FF29–HD5mm (23-18-5mm) FF BLAST +, pebax plate

	 Gel Sonoma 6 RF20–FF12–HD8mm (19-11-8mm) 
OTHER	Gel Odyssey (walking) - kids – also in white Gel Mission – Black – June 2018 ladies Galaxy 3 (same as Blackhawk) chain stores -N0 junior Patriot – able to (with difficulty) to use for midsole lift  KIDS Cumulus 22  GT 1000 11 GS 



 Called the – SPIRAL


BROOKS
<i>Established 1914</i>
Updated: 3/2025
Special mentions: Clive Chowles



Updated: 8/99 (57), 5/2020, 9/2021, 1/2021, 5/2022, 3/2024, 2/2024, 3/2025

STRONG ANTIPRONATION	Addiction GTS 15 RF24-FF12 12mm Cushion Support Guide rails DNA Midsole technology 
MILD ANTIPRONATION	Adrenaline GTS 24 RF24-FF12-HD12mm Cushion Support Guide rails Loft v2 DNA – Now makes up entire midsole  Launch GTS 11 (guidance section – bet N and MAP) RF24-FF14-HD10mm Speed – Lightweight DNA M/S. Guide rails. GTS – <u>go to support</u>  Glycerin 22 GTS RF28–FF18-HD10mm DNA Loft v3 Nitrogen-Infused Guide rails 
NEUTRAL	Ghost Max 2 RF25-FF13-HD12mm Cushion me - Loft DNA v3. Same tooling as Adrenaline GTS. 2E Width also available  Glycerin Max RF28–FF18-HD10mm Cushion me – Loft DNA v3 Nitrogen-Infused 

	Ghost 16 RF25-FF13-HD12mm Cushion me - Loft DNA v3. Same tooling as Adrenaline GTS. 2E Width also available  Glycerin 22 RF28-FF18-HD10mm Cushion me – Loft DNA v3 Nitrogen-Infused  Launch 11 RF24-FF14-HD10mm Speed - Lightweight DNA cushioning M/S  Launch GTS  Trace 3 	
RACING	Hyperion 2 DNA flash v2 foam is nitrogen-infused for an optimal combination of energy return and lightweight. RF26-FF18 8mm  Hyperion Max 2 DNA flash v2 foam is nitrogen-infused for an optimal combination of energy return and lightweight. RF26-FF18 8mm 	

	Hyperion Tempo 	
TRAIL	Cascadia 18 RF20-FF12-HD8mm - DNA M/S. Loft DNA v2  Caldera 8 RF26-FF-20 HD6mm Midsole drop- DNA Loft v3 – nitrogen infused M/S  Catamount 2 RF22-FF16-HD6mm Midsole Drop. DNA Flash nitrogen-infused. Skyvault propulsion plate provides responsive drive and push the pace.  Divide 5 	
MAXIMALIST	Ghost Max 2 RF28-FF22 6mm DNA loft V3 nitrogen-Infused midsole	


DIADORA
<i>Established 1948 (Caerano di San Marco, Italy)</i>
Introduces: 3/2025 Updated: 3/2025
Special mentions: Yusuf Vardi



New entry: 2/25 (1), 4/25

STRONG ANTIPRONATION (Motion control)	
MILD / MODERATE ANTIPRONATION (Stability)	
NEUTRAL	Nucleo 2 Men & women. 6 – 13 Uk RF35mm – FF30mm – HD5mm Anima midsole, Duratech 5000 outersole,  Nucleo 2 Y <u>Youth</u> model. 1 – 6 Uk RF35mm – FF30mm – HD5mm Anima midsole, Duratech 5000 outersole  Vigore 3 Men & women. 6 – 13 Uk (4 – 8 Uk) RF38mm – FF27mm – HD11mm Anima BLUSHIELD TECHNOLOGY midsole, Duratech 5000 outersole 

	Volo 4 Men & women. 6 – 13 Uk (4 – 8 Uk) RFmm – FFmm – HD10mm (w – 9mm) Anima BLUSHIELD TECHNOLOGY midsole, Duratech 5000 outersole  Mythos Blushield Volo 4 Hip 6 – 13 Uk RFmm – FFmm – HD10mm Anima BLUSHIELD TECHNOLOGY midsole, Duratech 5000 outersole  Strada 2 Entry level. 6 – 13 Uk RFmm – FFmm – HD10mm Anima midsole, Duratech 5000 outersole  Passo 5 Men & women. Entry level. 6 – 12 Uk (3 – 8 Uk) RF35mm – FF30mm – HD5mm Anima midsole, Duratech 5000 outersole 
RACING	Gara Carbon 6 – 13 Uk RF40mm – FF34mm – HD5mm Carbon plate, Anima pbx, Duratech 5000 sole 

TRAIL	Sestriere – XT 2 6 – 13 Uk RF35mm – FF30mm – HD5mm Anima midsole, Duratech 5000 outersole 
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HOKA

Established 2009

Updated: 11/2024

Special mentions: Info from Run-Away-Sport, Dries Schoombee, Jacques Janse van Rensburg, Gideon Du Toit





Introduced 10/2014, (13) 1/2017, introduced SA 3/2017, 8/2017,5/2019, 7/2019, 12/2021, 1/2024, 3/2024, 11/2024

DYNAMIC STABILITY	Graviota 5 RF36–FF30-HD6mm W-RF34–FF28-HD6m H Frame, early stage metarocker <i>Balance of cushioning and light weight support</i>  Arahi 7 RF29-FF24-HD5mm W-RF34-FF29-HD5mm 3mm higher stacks Metarocker, J-frame midsole support GLIDE <i>A surprisingly sleek stability shoe</i> 
NEUTRAL	Clifton 9 RF32–FF27-HD5mm W-RF34–FF24-HD5mm GLIDE <i>Daily running soft and lightLight</i> Clifton 10 now 8mm hd  Bondi 8 RF33–FF29-HD4mm W-RF31–FF27-HD4mm GLIDE <i>Maximal cushioning, all day comfort</i> 

	Skyflow M-RF40–FF35-HD5mm W-RF38–FF33-HD5mm Super critical foamed EVA <i>Everyday miles, daily running, plush ride</i> 
SPEED	Rincon 4 M&W RF36-FF31-HD5mm W-RF35-FF30-HD5mm 2 layer midsole <i>Daily running, light weight cushioning</i> running.  Mach X 2 RF44-FF39-HD5mm W-RF37-FF32-HD5mm Pebax plate, increased rocker profile, PEBA and EVA midsole foams,  Mach 6 RF37-FF32-HD5mm W-RF35-FF30-HD5mm Super critical mdsole foam, Pebax plate, increased rocker profile, PROFLY + foam and EVA <i>Everyday and tempo</i> 

	Cielo X 1 RF39–FF32-HD7mm W-RF37-FF-30-HD7mm Winged carbon fiber plate, 2 layer PEBA, Speed- centric rocker shape   Skyward X RF48–FF43-HD5mm W-RF46-FF-41-HD5mm Convex carbon fiber plate, peba M/S, Super critical rocker frame <i>Maximum efficiency and miles</i> 
TRAIL	Speedgoat 6 GTX M-RF40–FF35-HD4mm W-RF38-FF33-HD5mm  Speedgoat 6 M-RF40–FF35-HD4mm W-RF38-FF33-HD5mm Comfort and traction 

	Tecton X 3 ULTRA TRAIL RACING M-RF40–FF35-HD5mm W-RF39-FF34-HD5mm Cabon plated, idcut extended knit collar  Mafate Speed 4 COMFORT FOR LONG TRAILS M-RF33–F29 F-HD4mm W-RF31-FF27-HD4mm  Challenger 7 ATR M-RF31–F26F-HD5mm W-RF29-FF24-HD5mm Streets to peaks  Torrent 4 M-RF38–FF33-HD5mm W-RF32-FF27-HD5mm 
HIKING	Anacapa 2 Mid GTX M-RF40–FF30-HD10mm W-RF37-FF27-HD10mm 

	Kaha 2 GTX M-RF32–FF26-HD8mm W-RF28-FF24-HD4mm 
LIFESTYLE	Transport – lifestyle M-RF29–FF24-HD5mm W-RF27-FF22-HD5mm  Hopara Lifestyle M-RF30–FF24-HD5mm W-RF28-FF23-HD5mm  Kawana 2 Lifestyle M-RF30–FF25-HD5mm W-RF27-FF22-HD5mm  Bondai 8 Lifestyle M-RF33–FF29-HD4mm W-RF31-FF27-HD4mm  Solimar Lifestyle M-RF26–FF20-HD6mm W-RF24-FF18-HD6mm 

Speedgoat 6 Lifestyle
M-RF30–FF24-HD5mm W-RF28-FF23-HD5mm



Clifton 9 Lifestyle
M-RF32–FF27-HD5mm W-RF29-FF24-HD5mm



Transport Lifestyle
M-RF29–FF24-HD5mm W-RF27-FF22-HD5mm



Clifton Suede Lifestyle
M-RF–FF-HD5mm W-RF-FF-HD5mm



Ora slide 3 Stack 33mm 37mm



Crescendo MD 800m – 3km TRACK RF 20mm FF 20MM Thick stack heights



Crescendo XC Light cross country racer RF 29mm FF 28MM EVA midsole

SPIKES	 Cielo X2 MD spikes 800M – 3KM TRACK RF11mm FF7mm Middle distance  Cielo X2 LD spikes 3KM – 10KM TRACK F23mm FF20mm Middle distance 
KIDS	Clifton 9 Kids RF24–FF20-HD4mm 

Gauteng:

- RANDBURG RUNNER.
- SWEATSHOP.
- SPORTSMAN'S WAREHOUSE.
- TOTAL SPORTS.
- BASELINE RUNNERS

Pretoria:

- HOKA BY RUNBEATABLE.
- RUNAWAY SPORTS.
- SPORTSMAN'S WAREHOUSE.
- TOTAL SPORTS.

THE HEART OF HOKA

INNOVATION IS THE HEART OF HOKA.

Every HOKA shoe combines three technologies precisely tuned to give each athlete a specific experience. Race get more speed. Hikers more comfort. Trail runners more confidence. All in a shoe geometrically designed for unmistakable comfort.



CUSHIONED MIDSOLE THE PLUSH PERFORMANCE

Varying in thickness, composition and design to suit your activity, our plush, shock-absorbing midsole foams are fine tuned to cushion each step, then spring back up.



ACTIVE FOOT FRAME THE CRADLING COMFORT

Engineered to cradle your foot securely by raising or lowering the midsole walls.



METAROCKER™ THE SMOOTH STRIDE

Designed for a smooth and efficient transition underfoot, our curved MetaRocker™ can be dialed up to create a faster transition in the forefoot or dialed down to provide more ground contact and stability.

© 2014 HOKA

HOKA TECHNOLOGIES



J-FRAME™ STABILITY WITH FREEDOM
Designed to combat overpronation, our patented J-Frame™ delivers extended support with a firm, J-shaped foam on the medial side where the foot typically rolls inward.



H-FRAME™ SECURE EVERY STEP
Engineered for enhanced stability, the intuitive H-Frame interlocks through the midsole to create a secure base.



SWALLOWTAIL™ HEEL INDEPENDENT SUSPENSION
Our forked SwallowTail heel allows for adjustments on uneven terrain and smoother heel-to-toe transitions.



HUBBLE® HEEL EFFORTLESSLY SMOOTH TRANSITIONS
Our extended Hubble Heel is designed to reduce impact and create smoother heel-to-toe transitions.



PROFLY™ DUAL-DENSITY CUSHIONING
Designed to deliver an energetic ride, ProFly is a



PROFLYX™ AGGRESSIVE PROPULSION
Providing a propulsive ride, our midsole plates deliver a durable, lightweight solution for dynamic energy return.

MATERIALS + CREATION PROCESSES

We recognize that producing footwear and apparel has a global impact, and it carries an obligation to advance sustainable business practices and good business ethics. For more information on our efforts toward more sustainable manufacturing and information on corporate, human and environmental responsibility measures taken by HOKA and Deckers Brands, visit hoka.com/corporate-responsibility.



GORE-TEX
Footwear Fabric with Recycled Textile
An environmentally conscious approach to waterproofing, GORE-TEX footwear fabric with recycled textile utilizes an ePTFE (expanded polytetrafluoroethylene) film or membrane, post-consumer recycled fibers in its backer, and PFC-free chemicals.



GORE-TEX INVISIBLE FIT
With Recycled Content
Designed to virtually disappear, the GORE-TEX Invisible Fit membrane is bonded directly into the upper for lightweight, flexible protection from the elements.



MATRIX
A ridiculously light, extra-durable woven material with hydrophobic properties, MATRIX® is abrasion resistant to help you get the most out of your runs.



VIBRAM® MEGAGRIP
An industry leader in durable rubber for outdoor products, Vibram® Megagrip is a high-performance, extra-sticky rubber that provides enhanced grip on wet and dry surfaces.



VIBRAM® MEGAGRIP LITEBASE
With Litebase Construction
A high-performance rubber that reduces outsole weight while maintaining performance, Vibram® Megagrip with Litebase construction reduces outsole thickness about 40–50% and reduces the tread weight about 25–30%.



VIBRAM® WITH TRACTION LUG
Vibram® with Traction Lug technology increases the surface area of outsole rubber, allowing for more rubber contact with terrain.



VIBRAM® ECOSTEP RECYCLE
Delivering the same grip, performance, and durability that Vibram® is known for, Vibram® EcoStep Recycle is a pioneering eco-compound derived from up to 30% recycled materials.



VIBRAM® ECOSTEP RECYCLE EVO
The next evolution of Vibram EcoStep Recycle, EVO is a high-quality outsole compound that employs 30% recycled XS Trek for enhanced performance.



VIBRAM® XS TREK
Delivering an optimal balance of traction and durability, Vibram® XS Trek is a versatile, non-marking outsole compound that allows for adaptable, wet-to-dry traction.



RUBBERIZED FOAM
Lighter than traditional rubber and more resilient than EVA, rubberized foam delivers an energized ride with a proprietary blend of rubber and EVA.



SUGARCANE EVA FOAM
Designed to reduce our reliance on petrochemicals, our sugarcane and EVA blend delivers the same durability without impacting performance.



PEBA FOAM
An ultralight foam created using the supercritical foaming process, PEBA is used in our energetic models for enhanced rebound and resilience compared to traditional EVA.



PLATED TECHNOLOGIES
Providing a propulsive ride, our Pebax® and carbon fiber plates deliver a durable, lightweight solution for dynamic energy return.



SUPER CRITICAL FOAMING PROCESS
By using high pressure and temperature, we're able to boost foam expansion and create foam with a soft, unique feel.

Footwear Concepts

ROAD - RACE

RACE





TRAIL PRODUCT

For quick reference, see the S24 trail products along with their key features in the chart below.

MODEL	CUSHION	ACTIVITY	KEY MATERIALS
Challenger 7	Balanced	All-Terrain Running	4mm Lugs / Durabrasion Rubber
Challenger 7 GTX	Balanced	All-Terrain Running in wet environments	GORE-TEX Invisible Fit
NEW Speedgoat 6	Balanced	Trail Running	Vibram® Megagrip with Traction Lug/ 5mm Lugs
NEW Speedgoat 6 GTX	Balanced	Trail Running in wet environments	GORE-TEX Leaf membrane bootie construction
NEW Tecton X 3	Responsive	Trail Running/Trail Racing	Vibram® Megagrip Litebase with Traction Lug/ Dual-layer PEBA
NEW Torrent 4	Responsive	Trail Running	5mm lugs in High-abrasion Rubber
Mafate Speed 4	Responsive	Trail Running	Vibram® Megagrip with Litebase construction and Traction Lug

Full-screen Screenshot

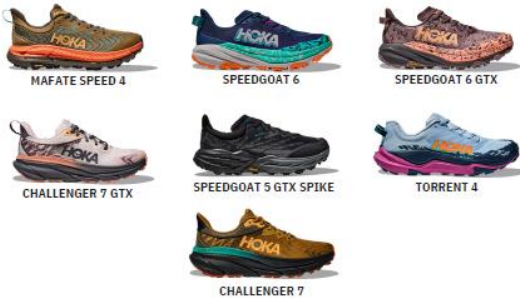


TRAIL

RACE



EVERYDAY RUN





HIKE

For quick reference, see the F24 Hike models along with their key features in the chard below.

MODEL	CUSHION	ACTIVITY	KEY MATERIALS
Kaha 2 Low/Mid GTX	Plush	Single-day or Multi-day Hiking	GORE-TEX footwear fabric with recycled textile
Anacapa 2 Low/Mid GTX	Balanced	Day Hiking	GORE-TEX footwear fabric with recycled textile

Full-screen Screenshot



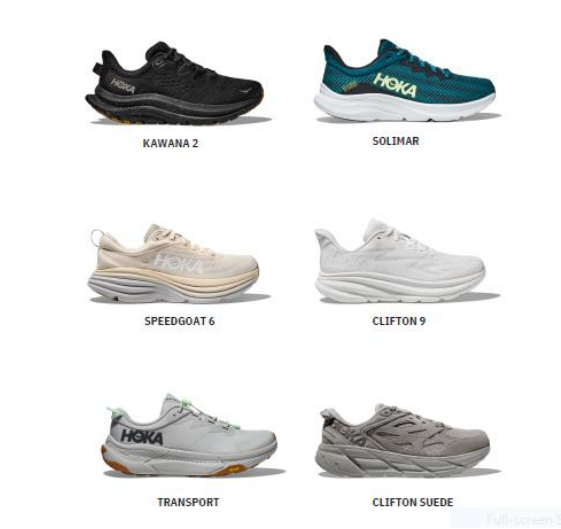


ACTIVITY CHART

HOKA develops each product with the goal of creating solutions for customers. The brand has offerings for various types of running, hiking, walking, etc. The chart below pairs the top HOKA models with the customers preferred activity. Reviewing and referencing this information will help with making informed decisions when recommended products throughout the customer journey.

ACTIVITY	STYLES		
Everyday Running (Neutral)	Bond 8	Clifton 9	Skyward X
Everyday Running (Stability)	Arahi 7	Gaviota 5	
Everyday Speed	Mach 6	Mach X	Rincon 3
Race Day	Rocket X2	Cielo X1	
Everyday Trail Running	Speedgoat 6	Mafate Speed 4	Torrent 3
All-Terrain Running	Sinison 7 ATR	Challenger 7	
Lightweight or Faster Trail Running	Tecton X2	Zinal 2	Torrent 3
Day Hiking	Anacapa Breeze Low/Mid	Anacapa 2 Low/Mid GTX	Trail Code GTX
Multi-day Hiking	Kaha 2 Mid GTX	Anacapa Mid Breeze	Anacapa Mid GTX
Gym Workouts	Solimar	Kawana	Rincon 3
Adventure	Transport	Transport GTX	Skyline-Float X

HOKA LIFESTYLE




INOV-8
<i>Established 2001</i>
Updated: 6/2022 OUT OF DATE
Special mentions: Morgan Goodchild



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

Introduced: 10/2010, (17), 5/2019, 12/2019, 1/2020, 5/2020, 3/2021, 9/2021, 6/2022

STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	
RACING	
TRAIL	PATH & TRAILS Trailfly Ultra 300 AX RF 25 –FF 19 - HD6mm Width 5 ; Cleats 4mm ; Powerflow Max Midsole ; Graphene Grip Rubber Outsole  TRAILFLY® ULTRA G 300 MAX GREEN/BLACK XXXX MEN'S  TRAILFLY® ULTRA G 300 MAX NAVY/MINT/BLACK 000978-NYMTBK-S-01 WOMEN'S Terraultra G 270 RF 12 – FF 12 - HD0mm Width 5 ; Cleats 4mm ; Powerflow Max Midsole Graphene Grip Rubber Outsole  TERRAULTRA® G 270 PINE/MINT 000954-PIMT-S-01 WOMEN'S  TERRAULTRA® G 270 GREEN/BLACK 000947-GNBK-S-01 MEN'S PATH & TRAILS Trailtalon 290 RF19 – FF11 - HD8mm Width 4 ; Cleats 4mm ; Two Piece Powerflow Midsole ; Inov-8 Rubber Outsole  TRAILTALON® 290 BLUE/NAVY/YELLOW 000712-BLNNYYW-S-01 MEN'S  TRAILTALON® 290 BLUE/NAVY/PINK 000713-BLNYPK-S-01 WOMEN'S

Trailtalon 235 RF11– FF7 - HD4mm ; Width 4 ; Cleats 4mm ; Powerflow Midsole ; Inov-8 Rubber Outsole



Parkclaw G 280 RF20 – FF12 - HD8mm Width 5 ; Cleats 4mm ; Graphene Grip Outsole Rubber ; G-Fly Midsole



MULTI-TERRAIN

Roclite G 275 RF16 – FF8 - HD8mm Width 3 ; Cleats 6mm ; Powerflow Midsole; Graphene Grip Outsole Rubber



Roclite G 290 RF11– FF7 - HD4mm Width 3 ; Cleats 6mm ; Powerflow Midsole ; Graphene Grip Rubber Outsole



FAST HIKE

Roclite Pro G 400 GTX RF20 – FF12 - HD8mm Width 4 ; Cleats 6mm ; Gore-Tex, Schoeller upper ; Powerflow Midsole ; Graphene Grip Rubber Outsole



	CARDIO F-Lite G 230 RF9 – FF6 - HD3mm Width 2 ; Fitness, Cardio. Graphene Grip Rubber Outsole  F-LITE® G 230 BLACK/GREY 000927-BKGY-P-01 MEN'S F-Lite 245 RF9 – FF6 - HD3mm Width 4 ; Fitness, Cardio. Exteroflow midsole ; Inov-8 Rubber Outsole  F-LITE® 245 GREY/GUM 000924-GYGU-S-01 MEN'S  F-LITE® 245 BLACK/GUM 000925-BKGU-S-01 WOMEN'S NATURAL Bare-XF 210 RF3 – FF3 - HD0mm Width 3 ; Training, Barefoot walking / running, yoga ; Inov-8 Rubber Outsole  BARE-XF® 210 V3 BLACK/GUM 000983-BKGU-S-01 MEN'S  BARE-XF® 210 V3 BLACK/GUM 000984-BKGU-S-01 WOMEN'S VERSATILITY F-Lite G 300 RF14 – FF8 - HD6mm Width 5 ; Fitness, Training ; Graphene Grip Rubber Outsole 
OTHER	F-Lite 235 RF11 – FF7 - HD4mm ; Width 5 ; Fitness, Versatility. Powerflow Midsole. Dynamic fascia band 
MINIMALIST	

Shoe categories: Snow & ice, Soft & muddy, Hard & rocky, Paths & trails, Road running.

Arrow system

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 / 6MM 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.

www.inov8sa.co.za
Drifters Jhb 011 783 9200
Hiker's Paradise Pta 012 663 7647
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
Runners Edge Stellenbosch 021 886 5095
Trailbusters PE 041 5813710
Bush and Bundu Pmb 033 394 3344
Trailshed Pmb 066 208 3185
Mount Co George 081 366 4394
Gone High Constantia, Cape Town 060 637 0986

joma
JOMA SPORTS
Established - 1965 - Toledo Spain
New insert: 4/2025
Special mentions: Tumelo Mokobane



Introduced: (1) **4/2025**

CARBON PLATED RUNNING	R - 1000 2404 M&L RF-FF-HD7mm ENDOPLATE CARBON FIBER PLATE, Foam reactive midsole, Fly reactive technology, <u>Premium</u>, competition, 21km – 42km  R - 3000 2408 M&L RF-FF-HD6mm CARBON PLATE, Fly reactive technology, Competition, Premium, 10km – 21km  R - 5000 2404 M&L RF-FF-HD6mm CARBON PLATE, Foam reactive midsole, Fly reactive technology, Competition & race walk, <u>Premium</u>  R - 2000 2404 M&L RF-FF-HD10mm Stable ?, Foam reactive midsole, Fly reactive technology, Premium, daily training SPECIAL EDITION – R2000 DUBAN MARATHON  SPECIAL EDITION – R2000 SOWETO MARATHON 
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SPECIAL EDITION – R2000
TWO OCEANS MARATHON



SPECIAL EDITION – R2000
PARIS MARATHON



R - 4000 2404 M&L RF-FF-HD6mm Neutral, Foam reactive midsole, Fly reactive technology, Premium



R - 6000 2404 M&L RF-FF-HD8mm Stable ?, Foam reactive midsole, Fly reactive technology, Premium



ACTIVE RF-FF-HDmm Neutral, Initiation



VITALY RF-FF-HD10mm Initiation, neutral, Foam reactive midsole, Fly reactive technology



META RF-FF-HD10mm Neutral, Initiation, Foam reactive midsole, Fly reactive technology



TITANIUM RF-FF-HD6mm Neutral, Training, Foam reactive midsole, Fly reactive technology



VICTORY RF-FF-HD8mm Neutral, Training, Foam reactive midsole, Fly reactive technology, Dual density phylon midsole



SPEED RF-FF-HD10mm Neutral, Training, Foam reactive midsole, Fly reactive technology



FENIX 8 RF-FF-HD8mm Neutral, High performance



VIPER RF-FF-HD6mm Stable, High performance



PADEL SMASH



PADEL T SPIN



PADEL SPIN




MIZUNO
<i>Established 1906</i>
Updated: 3/2024
Special mentions: Brian Kerby



REACH BEYOND

Updated: 8/99- 6/07 (35), 1/2016, 11/2016, 1/2019, 5/2021, 12/2021, 8/2022
3/2024



STRONG ANTIPRONATION	
MILD ANTIPRONATION	Wave Inspire 20 RF37.5–FF25.5-HD12mm Mizuno wave – support type, Mizuno Wave, Mizuno Enerzy  Wave Inspire 20 SP RF37.5–FF25.5-HD12mm Mizuno wave – support type, Mizuno Wave, Mizuno Enerzy  Wave Equate 8 RF37–FF25-HD12mm Mizuno wave – support type, Mizuno Double Fan Shaped Wave (support), Mizuno Enerzy  Wave Paradox 5 RF39.5–FF27.5-HD12mm Mizuno wave – support type, Mizuno Double Fan Shaped Wave (support), Mizuno Enerzy 
NEUTRAL	Wave Neo Ultra RF39–FF31-HD8mm Mizuno Enerzy Series, Wave m/s



Wave Neo Wind RF36.5–FF24.5-HD12mm Mizuno Enerzy Lite, Wave Plate m/s



Wave Prophecy 13 RF38–FF27.5-HD10.5mm Infinity wave midsole



Wave Sky 7 RF41–FF33-HD8mm Mizuno Enerzy Core / Mizuno Enerzy:



Wave Rider 27 RF38.5–FF26.5-HD12mm Mizuno Wave, Mizuno Enerzy



Wave Rider 27 WIDTH OPTIONS RF38.5–FF26.5-HD12mm Mizuno Wave, Mizuno Enerzy, Wave plate



Wave Sunrise 5 RF37.5–FF29.5-HD8mm Mizuno Wave, Mizun o Enerzy, Wave plate



Wave Ultima 15 RF38.5–FF26.5-HD12mm Mizuno Wave, Mizuno Enerzy, Wave plate



Wave Kizuna 3 RF36–FF24-HD12mm Mizuno Wave, Mizuno Enerzy, Wave plate



Wave Prodigy 5 RF36–FF24-HD12mm Mizuno Wave, Wave plate



Wave Stream 2 RF37.5–FF25.5-HD12mm Mizuno Wave

	 Wave Revolt 3 RF34–FF26-HD8mm Mizuno Wave, Wave plate  Energy runnerZ RF31–FF23-HD8mm Mizuno Wave, Wave plate  Wave Horison 7 RF41–FF33-HD8mm Mizuno Wave, Wave plate 
RACING	Wave Rebellion Pro 2 RF38–FF36.5-HD2.5mm Mizuno Energyz Lite, Mizuno Energyz Lite+  Wave Rebellion Flash 2 RF35–FF34.5-HD0.5mm Mizuno Energyz Lite, Mizuno Energyz Lite+

	 Wave Rebellion Sonic 2 RF32–FF24-HD8mm Mizuno Enerzy foam, Mizuno Wave plate  Wave X First 2 – middle distance spike RF–FF-HDmm 
TRAIL	Wave Rider GTX RF36–FF24-HD12mm Wgrip rubber  Wave Rider TT RF38–FF30-HD6mm Wgrip rubber 



Wave exceed tour 6 padel



Wave exceed lite 2 padel



Break shot 4 padel



TECHNICAL GLOSSARY

WAVE TECHNOLOGY

	ParallelWave Wave technology which uniformly disperses shock throughout the sole, providing excellent cushioning and enhanced stability.		Fan-shaped Wave Wave technology which features various Wave heights, delivering excellent cushioning and stability.
	InfinityWave Wave technology with a moveable and effective construction. Two parallel plates that sit together with soft cushioning pillars in-between to provide unrivalled cushioning and improved durability by absorbing and dispersing the impact at foot strike.		Double Fan-shaped Wave Wave technology that gives the highest levels of support combined with excellent cushioning.

ALL SPORTS

	Inspired by nature, Wave is a unique midsole technology that provides both cushioning and stability. Wave's unique shape absorbs and disperses the impact at foot strike, which results in a smoother, more cushioned feel on every step.		ap+, a lightweight midsole compound offering rebound and cushion durability, providing a high level of comfort.
	The DynamationFit system uses highly advanced motion capture and biomechanics technology. Mizuno has developed a design blueprint to engineer shoes that work with your foot throughout the gait cycle.	AIRmesh	Breathable and cool, AIRmesh allows each running shoe from Mizuno to maintain a high standard of breathability and comfort of the upper.
	Cool and Dry. Mizuno Intercool solves the problem of heat and humidity build-up in a running shoe. It does this by incorporating a full-length ventilation system in the sole of the shoe that removes heat and humidity from the foot through a system of ventilation channels.	Removable INSOCK	Removable insock for comfort and cushioning.
SPR+ REBOUND	An advanced lightweight cushioning material that absorbs shocks and keeps the transition smooth and fast due to its quick rebound properties.	Premium INSOCK	A high-grade removable insock for comfort and cushioning.
	MIZUNO COB (center of balance) is a midsole structure with multiple pods that activate body awareness to increase balance.		Provides a well cushioned landing with amazing energy return. This midsole material surpasses all expectations of comfort set by previous materials.
	Redefine what Energy return should feel like with this super soft and bouncy midsole material created by Mizuno for our top line products.		

TECHNICAL GLOSSARY

RUNNING TECHNOLOGIES

 AeroHug	The new MIZUNO upper technology holds the foot stable during the run for a secure fit and an unrivalled comfort. A soft fabric mesh stretches and wraps around the foot to create the most comfortable ride.		Pebax® Powered Wave Plate for lightweight energy return
 X10	Durability and Traction. X-10 is an extremely durable Mizuno carbon rubber that allows for longer wear in high impact areas and gives more traction at the heel strike.		The Wave Plate is constructed with a bio-sourced Pebax Racer® plate. This provides extremely lightweight support and energy return, empowering athletes with every step.
 XtReize	XtReize, Mizuno's technical trail concept featuring X lugs and Xt groove, leads to trail shoes that adapt to their surroundings and work in perfect harmony with the body.		An evolutionary lightweight midsole that delivers stress-free cushioned rides with high rebounds. It gives an energised, euphoric and super-comfortable run.
	ESS, an advanced performance outsole component that enhances traction where needed most and reduces weight.		ESS Rock Plate
 Wave	A unique midsole compound providing high comfort and performance, while being extremely lightweight.		Waterproof, breathable fabric membrane upper technology.
	An original rubber compound developed by Michelin that provides more grip and comfort.		Blown Rubber
 SmoothRide	An engineered approach to minimise the rapid acceleration and deceleration of the foot during transition, creating the smoothest ride possible.		XPOP
 WaveKNIT	A knit construction inspired by our Mizuno Wave technology. It's dynamic stretch and hold abilities provides a sock-like fit that feels natural every step.		XtGrip
 ELB	A lightweight midsole compound providing high level cushioning and rebound for energy efficient runs.		




NEW BALANCE
<i>Established 1906 in Boston, Massachusetts</i>
Updated: 6/2026
Special mentions: Bruno Sottocorona



Updated: 8/99 - 3/12 (66), 11/2020, 4/2021, 2/2023, 8/2024, 3/2025, 3/2026. 6/2026

STRONG ANTIPRONATION (Motion control)	860 v15 – COMFORT & SUPPORT FRESH FOAM X Widths (M/W): D, 2E, 4E B, D RF39.9mm – FF33.9mm – HD6mm Firm cushioned traditional stability shoe Weight (M/W): 30 (g) 243 (g) Midsole - Fresh Foam X (FFX) – top layer 12/40 bottom layer 15/45 Outersole - Ndurance & solid rubber 
MILD / MODERATE ANTIPRONATION (Stability)	
NEUTRAL	1080 v15 - COMFORT COLLECTION Width : M2E LD RF39.9mm – FF33.9mm – HD6mm Weight : 261g Everyday running shoe – new cushioning tech - Infinion (12/35) durometer Outersole Ndurance  880 v15 - COMFORT COLLECTION FRESH FOAM X Widths (M/W): D, 2E, 4E B, D RF32mm – FF26mm – HD6mm Weight (M/W): 270 (g) 209 (g) (Available in Kids) Firm cushioned traditional neutral shoe – multiple widths Midsole - Fresh Foam X (FFX) –12/40 durometer Outersole - Ndurance & solid rubber



ELLIPSE v1 – COMFORT COLLECTION
FRESH FOAM X
RF37.9mm – FF29.9mm – HD8mm
Weight (M/W): 260 (g) | 206 (g)
Midsole - Fresh foam X midsole (12/40 durometer)
Outersole – Ndurance



680 v9 - COMFORT COLLECTION
FRESH FOAM X
Widths (M/W): 2E | D
RF29mm – FF21mm – HD8mm
Weight (M/W): 268 (g) | 218 (g)
Stability plane support tech
Midsole – Fresh Foam X 19/35
Outersole – Ndurance & solid rubber
Everyday running or walking



520 v9 – COMFORT COLLECTION
FRESH FOAM
Widths (M/W): 2E | D
RF20mm – FF30mm – HD10mm
Midsole - Fresh Foam X (FFX) - 19/35 durometer hardness
Outersole – solid rubber



RACING	FUELCELL PROPEL v5 Widths (M/W): D B RFmm - FFmm - HDmm Weight (M/W): 280 g Everyday running Midsole – 2 layer FuelCellmidsole 10/35 durometer combined with a full length TPU plate  SC ELITE v5 – SPEED COLLECTION Widths (M/W): D B RF40mm - FF32mm – HD8mm Neutral marathon racing shoe Weight (M/W): 215 g 165 g Midsole – FuelCell cushioning, Ultra responsive PEBA midsole and a <u>carbon fiber plate.</u>  FUELCELL SC TRAINER v4 – SPEED COLLECTION Widths (M/W): D B RFmm - FFmm – HD6mm Neutral marathon racing shoe Weight (M/W): 271 g Midsole – 2 layer PEBA blend for energy return. New curved <u>carbon fiber plate</u> 
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	 DYNASOFT NITREL v6 RF18mm - FF12mm - HD6mm Weight (M/W): 285 g Neutral trail Midsole – DynaSoft midsole Outersole – AT tread - more rugged
TRACK	 FUEL CELL SUPER COMP LD-X v3 Unisex 3000m to 10000m PEBA midsole Carbon fiber plate
PADEL	796v5  696v6 

FOOTWEAR TECHNOLOGIES

- FRESH FOAM X** has the smoothest underfoot experience with a plush underfoot feel, and allows for a smoother transition, while giving the runner 360° of total comfort. Generally, has 10%-15% more energy return than Fresh Foam.

FRESH FOAM Engineered for precision comfort, Fresh Foam provides an ultra-cushioned and lightweight ride.

FUEL CELL is a nitrogen-infused foam that drives the athlete off the cushioning platform quickly and delivers long lasting performance.

REVLITE An innovative foam compound providing the same responsiveness and durability of foams 30% heavier. REVlite offers a lightweight ride without minimizing construction or sacrificing underfoot cushioning or stability.

ABZORB® Our top-of-the-line foam. A superior blend of cushioning and compression set features with DuPont™ Engage® and Isoprene rubber for the ultimate ride.

ABZORB® FL Our top-of-the-line midsole foam. An amazing blend of comfort and performance with DuPont™ Engage® and isoprene rubber provides the ultimate ride.

ABZORB® SBS Engineered non-cellular elastomer designed to provide optimal shock absorption and no compression set.
- ACTEVA®** 12% lighter than standard midsole foam with DuPont™ Elvaloy® and DuPont™ Engage® for exceptional durability.

ACTEVA® LITE 24% lighter than standard midsole foam with DuPont™ Elvaloy® and DuPont™ Engage® for optimal compression set properties.

ACTEVA® ULTRA LITE 32% lighter than standard midsole foam. An ultra-lite midsole material with optimal compression set made with DuPont™ Elvaloy®.

AT TREAD A dual-use outsole tread combining both trail and running lug designs for on and off-road.

C-CAP® Compression-molded EVA for superior midsole cushioning and flexibility.

ENCAP® A core of soft cushioning EVA in the midsole with a tough polyurethane rim for more support and durability.

EXTENDED WEB™ Structured lightweight arch support that extends into the medial heel and provides midfoot rigidity and medial rearfoot support.

ISS® Our internal support system hugs your midfoot for added comfort, fit, and stability.
- LIGHTNING DRY** Superior fabric keeps you dry and comfortable by managing moisture transfer.

LOCKDOWN LINER™ An adjustable, internal liner that is integrated into the lacing to provide a custom fit and securely hold the midfoot.

N2 is a new bottom unit cushioning technology. It's a responsive, durable, sustainable cushioning system in a low-profile execution. Delivering on all of these qualities but allowing the foot to be lower to the ground.

N-ERGY A resilient engineered elastomer designed to provide shock absorption and responsiveness for the optimal ride. Designed in multiple configurations to deliver unique consumer benefits.

N-FUSE® Soft-cushioning foam layered with a firmer structured foam for a midsole with added comfort and support from heel-strike to toe-off.

NDURANCE Rubber compound for maximum durability used in high wear areas.

NLOCK® Integrated lacing and webbing system that provides optimal fit, support and security.

PHANTOM LINER™ Seamless lining.



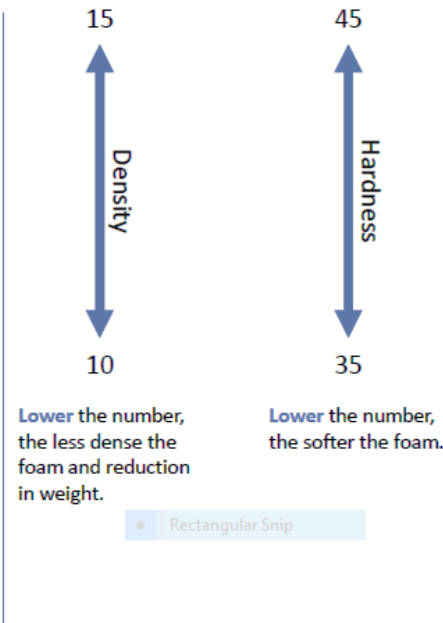
Portfolio of Foams

FUELCCELL

Fuelcell includes a range of foams that deliver incredible benefits for a range of consumer experiences. This includes foams with 100% PEBA, PEBA blends and high energy return EVAs.

FRESH X
FOAM

Fresh Foam X utilizes a small range of different densities and hardness to achieve a unique running experience in each model. This includes foams from a 35 hardness to a 45 hardness and .12 density to .15 density.



What is Fresh Foam X?

Density

Lower the number, the less dense the foam and reduction in weight.

Hardness

Lower the number, the softer the foam.

1080

12/40

Single Midsole

More

15/35

Single Midsole

880

15/45

Single Midsole

Vongo

15/35

Top Midsole

15/45

Bottom Midsole

860

12/40

Top Midsole

15/45

Bottom Midsole

Rectangular Snip

12, 15

/35, /40, /45



FOOTWEAR SIZES

MEN'S SIZE & CONVERSION GUIDE

US Men	US Women	UK	EU	Length (cm)
4	5.5	3.5	36	22
4.5	6	4	37	22.5
5	6.5	4.5	37.5	23
5.5	7	5	38	23.5
6	7.5	5.5	38.5	24
6.5	8	6	39.5	24.5
7	8.5	6.5	40	25
7.5	9	7	40.5	25.5
8	9.5	7.5	41.5	26
8.5	10	8	42	26.5
9	10.5	8.5	42.5	27
9.5	11	9	43	27.5
10	11.5	9.5	44	28
10.5	12	10	44.5	28.5
11	12.5	10.5	45	29
11.5	13	11	45.5	29.5
12	13.5	11.5	46.5	30
12.5	14	12	47	30.5
13	15	12.5	47.5	31
14	-	13.5	49	32

WOMEN'S SIZE & CONVERSION GUIDE

US Women	US Men	UK	EU	Length (cm)
4	2.5	2	34	21
4.5	3	2.5	34.5	21.5
5	3.5	3	35	22
5.5	4	3.5	36	22.5
6	4.5	4	36.5	23
6.5	5	4.5	37	23.5
7	5.5	5	37.5	24
7.5	6	5.5	38	24.5
8	6.5	6	39	25
8.5	7	6.5	40	25.5
9	7.5	7	40.5	26
9.5	8	7.5	41	26.5
10	8.5	8	41.5	27
10.5	9	8.5	42	27.5
11	9.5	9	42.5	28

FOOTWEAR SIZES

CRIB TO TODDLER | 0-4 YEARS

US Kids	Shoe Type	Length(in)	UK Kids	EU Kids
0	Crib	3 1/4	0	15
1	Crib	3 1/2	.5	16
1.5	Crib	3 3/4	1	16.5
2	Crib/Infant	3 3/4	1.5	17
2.5	Crib/Infant	4	2	18
3	Crib/Infant	4 1/4	2.5	18.5
3.5	Crib/Infant	4 1/4	3	19
4	Crib/Infant	4 1/2	3.5	20
4.5	Crib/Infant	4 3/4	4	20.5
5	Crib/Infant	4 3/4	4.5	21
5.5	Infant	5	5	21.5
6	Infant	5 1/4	5.5	22.5
6.5	Infant	5 1/4	6	23
7	Infant	5 1/2	6.5	23.5
7.5	Infant	5 3/4	7	24
8	Infant	5 3/4	7.5	25
8.5	Infant	6	8	25.5
9	Infant	6 1/4	8.5	26
9.5	Infant	6 1/4	9	26.5
10	Infant	6 1/2	9.5	27.5

LITTLE KID | 4-8 YEARS

US Kids	Shoe Type	Length(in)	UK Kids	EU Kids	US Women	US Men
10.5	Pre-School	6 3/4	10	28	-	-
11	Pre-School	6 3/4	10.5	28.5	-	-
11.5	Pre-School	7	11	29	-	-
12	Pre-School	7 1/4	11.5	30	-	-
12.5	Pre-School	7 1/4	12	30.5	-	-
13	Pre-School	7 1/2	12.5	31	-	-
13.5	Pre-School	7 3/4	13	32	-	-
1	Pre-School	7 3/4	13.5	32.5	-	-
1.5	Pre-School	8	1	33	3	1.5
2	Pre-School	8 1/4	1.5	33.5	3.5	2
2.5	Pre-School	8 1/4	2	34.5	4	2.5
3	Pre-School	8 1/2	2.5	35	4.5	3

BIG KID | 8-12 YEARS

US Kids	Shoe Type	Length(in)	UK Kids	EU Kids	US Women	US Men
3.5	Grade School	8 5/8	3	35.5	5	3.5
4	Grade School	8 3/4	3.5	36	5.5	4
4.5	Grade School	9	4	37	6	4.5
5	Grade School	9 1/4	4.5	37.5	6.5	5
5.5	Grade School	9 1/4	5	38	7	5.5
6	Grade School	9 1/2	5.5	38.5	7.5	6
6.5	Grade School	9 5/8	6	39	8	6.5
7	Grade School	9 3/4	6.5	39.5	8.5	7




NIKE
<i>Established 1972</i>
Updated: 4/2026
Special mention: David Blake



Updated: 8/99 (70), 7/2018 @SS, 12.2018, 1/2020, 4/2020, 8/2020, 7/2022, 5/2024, 5/2025, 8/2025, 8/2025, 1/2026, 4/2026

SUPPORTIVE CUSHIONING STRONG ANTIPRONATION Road Everyday Running Supportive & cushioned build for everyday comfort & stability	NIKE STRUCTURE 26 - Everyday Road running UPPER; Updated engineered mesh for optimal, comfort, breathability and support. MIDSOLE: Full ReactX OUTSOLE: High abrasion rubber in the heel for durability and traction, blown rubber in the forefoot for lightweight durability. Weight M10 321g, W8 262g Heel 29mm, forefoot 28mm, offset 10mm 
SUPPORTIVE CUSHIONING STRONG ANTIPRONATION	NIKE STRUCTURE PLUS – Everyday Road Running UPPER; Nuanced structural overlays help the silhouette feel more secure, and an engineered mesh upper delivers zonal breathability and support. A plush collar and tongue add comfort and containment while contributing to an improved fit MIDSOLE: The midfoot support system pairs with a ZoomX midsole and ReactX foam carrier that provide exceptional cushioning, reducing impact on the body. This combination of support and cushioning helps deliver the stability runners need while maintaining a more comfortable, fluid running experience — all without the use of firmer materials or rigid medial structures traditional to stability footwear. Weight W8: 248g; M10: 309g Heel 42mm, forefoot 32mm, offset 10mm The Structure Plus has received the American Podiatric Medical Association Seal of Acceptance, which is awarded to footwear and other products found to promote good foot health. 
RESPONSIVE CUSHIONING NEUTRAL Road Everyday Running Everyday responsive cushioning for all runs & runners Workhorse with wings.	Nike Air Winflo 12- An entry-level, neutral road running shoe designed for balanced, daily training. It features an updated midsole with increased cushioning compared to previous models, a breathable mesh upper, and a wider fit in the forefoot MIDSOLE: Full-length Cushlon 3.0 foam for cushioning, combined with a Nike Air unit in the heel for impact absorption. UPPER: Open-hole, breathable mesh for ventilation. OUTSOLE: Rubber outsole with flex grooves for flexibility and traction. Weight M10 322g, W7 261g Offset men 10mm, women 9mm 
	Nike Air Zoom Pegasus 42- Everyday Road running MIDSOLE: Full length ReactX foam, Zoom Air (Full Length + Curved).

Training, tempo, racing

UPPER: Multi-zoned single layer engineered mesh with haptic print and internal double layer lining. OUTSOLE: Waffle pattern with high abrasion rubber and flex grooves.
Weight M10 300g, W8 250g
Heel 37mm, Forefoot 27mm, offset 10mm (+3mm toe spring)



Maximum responsive cushioning for everyday training

PEGASUS PLUS - Everyday Road running, tempo runs, speedwork, and racing
MIDSOLE: The full-length ZoomX midsole is responsive and lightweight, offering a smooth heel-to-toe transition. UPPER: An evolved Flyknit upper features zones of breathability where runners need it most. OUTSOLE: High-abrasion rubber was added to the outsole so runners can feel confident putting in the miles in different terrain.
Weight M10, 245g, W8 205g
Heel 36mm, Forefoot 26mm, offset 10mm



Road Everyday Running
Comfortable, soft ride

NIKE PEGASUS PREMIUM – Everyday Road running
MIDSOLE: visible Air Zoom unit is sculpted from the forefoot to the heel, contoured to carry a runner’s power efficiently from their heel strike to their toe-off. Nike’s proprietary ZoomX foam in the midsole and ReactX foam in the heel creates a new cushioning system that optimizes energy return for runners, delivering a smooth, propulsive ride mile after mile. With its unique Air Zoom unit and strategically placed foam, the Pegasus Premium returns more energy to the runner than any other model in the Pegasus franchise to date. UPPER: To create a secure fit over the footbed, the upper is engineered with a circular knit. Together with the same dynamic midfoot system used in the Pegasus line, the upper is reinforced in specific areas of the lateral and medial forefoot that need more support during a run. OUTSOLE: High abrasion rubber outsole for traction and durability.
Weight M10 330g, W8 278g
Heel 45mm, Forefoot 35mm, offset 10mm



Road Everyday Running
Comfortable, soft plush ride for increased mileage that’s easy on the body

NIKE VOMERO 18 – Everyday Road running
MIDSOLE: a combination of ZoomX foam through the length of the shoe and ReactX in the heel and forefoot, providing runners with double-stacked cushion for the ultimate ride. UPPER: Engineered mesh upper with zonal haptic print providing breathable, lightweight support. OUTSOLE: Durable rubber, providing traction for high mileage, and its upward curve features increased rocker geometry, providing runners a smoother heel to toe transition.
Weight m10 325g W8 262.7g
Heel 45mm, Forefoot 35mm, offset 10mm

Road Running and recovery
Ultra comfortable, soft plush ride for increased mileage and recovery training.



NIKE VOMERO PLUS – Everyday Road running

MIDSOLE: Increased rocker geometry and a wide platform, furthers the silhouette’s ultra-cushioned sensation without compromising responsiveness and stability. Full-length ZoomX foam midsole leverages an evolved version of Nike’s lightest, softest and most responsive foam to deliver a propulsive feeling and roughly 85 percent energy return, making the Vomero Plus a top choice for longer runs. **UPPER:** Engineered mesh with multi filament and mono filament yarns providing breathable, lightweight support. **OUTSOLE:** High-abrasion rubber that delivers traction for high mileage.

Weight M10 292g W8 242g
Heel 45mm, Forefoot 35mm, offset 10mm



NIKE VOMERO PREMIUM – Road running and recovery

The pinnacle expression of Nike’s maximum cushioning road running footwear, the Nike Vomero Premium is designed to meet the needs of elite marathon runners, who traditionally use a combination of super shoes and soft trainers while preparing for a race. The new silhouette disrupts that standard, offering marathoners a single “super trainer” model to help them run more, recover faster and achieve their race-day goals. As the ultimate recovery trainer, the Vomero Premium combines the best of Nike performance technology with a plush 55mm heel stack height and learnings from the brand’s industry-leading super shoes to offer a new standard of maximum cushioning for recovery miles and easy runs.

MIDSOLE: ZoomX foam midsole provides ultimate propulsion and impact protection in every step, delivering roughly 85 percent energy return. Air Zoom units in the forefoot and heel give each unit more room to expand and contract, increasing their benefit and providing even greater energy return. When combined with the tallest heel stack in Nike’s road running footwear lineup, the above innovations transform the running experience — delivering an entirely new expression of maximum cushioning in a bold visual design that captures attention as only Nike can. **UPPER:** Mono blended upper for lightweight comfort. **OUTSOLE:** Waffle outsole with high abrasion rubber for traction & durability.

Weight M10 351g W8 278g
Heel 55mm, Forefoot 45mm, offset 10mm



	WOMEN'S NIKE LINEUP  <table><tr><td> VOMERO PREMIUM EASY RUN </td><td> VOMERO PLUS LONG RUN </td></tr><tr><td> VOMERO 18 DAILY RUN </td><td> ZOOM FLY 6 TEMPO </td></tr><tr><td> PEGASUS PLUS DAILY RUN </td><td> STRUCTURE PLUS STABILITY </td></tr></table>	 VOMERO PREMIUM EASY RUN	 VOMERO PLUS LONG RUN	 VOMERO 18 DAILY RUN	 ZOOM FLY 6 TEMPO	 PEGASUS PLUS DAILY RUN	 STRUCTURE PLUS STABILITY
 VOMERO PREMIUM EASY RUN	 VOMERO PLUS LONG RUN						
 VOMERO 18 DAILY RUN	 ZOOM FLY 6 TEMPO						
 PEGASUS PLUS DAILY RUN	 STRUCTURE PLUS STABILITY						
RACING SHOES	NIKE VAPORFLY NEXT% 4 Technology: ZOOMX foam-cushioning, full length CARBON PLATE weight M8.5 169g Heel 35mm, Forefoot 29mm, offset 6mm  NIKE ZOOM ALPHAFLY NEXT % 3 Technology: ZOOMX foam-cushioning, full length CARBON PLATE, ATOM KNIT UPPER, VISIBLE ZOOM AIR PODS, continuous bottom connects heel and forefoot. Fast shot outsole for lightweight, traction and durability Weight M10 220g,W8 176g Heel M10 40mm, Forefoot 30mm, offset 10mm  NIKE ZOOM FLY 6 Road Racing Technology: ZOOMX AND SR-02 MIDSOLE FOAMS, full length CARBON FIBER FLYPLATE, TWO LAYER WOVEN MESH UPPER Weight M10 256g, W8 218g Heel 42mm, Forefoot 34mm, offset 8mm						

	
TRAIL RUNNING	NIKE PEGASUS TRAIL 5 The new Nike Pegasus Trail 5 brings the workhorse mentality of the iconic Nike Pegasus offering a unique road-to-trail crossover design to any running surface. The fifth iteration offers runners a smooth ride and transition, with enhanced durability and traction to keep you going no matter where your run takes you. Updates An updated midsole design featuring Nike ReactX. With this new material in the Peg Trail 5, runners will feel more energy return in the same ride they love about the Peg Trail. ReactX* is engineered to cut down its carbon footprint in a pair of midsoles by at least 43% due to reduced energy in the manufacturing process, and increase energy return by 13%. All-new outsole debuting the Nike Trail All Terrain Compound (ATC) high abrasion rubber for increased traction. This all-new outsole places the hybrid Nike Trail ATC compound where you need it most for directional traction and grip on the trails – including the ride rail, heel pod and forefoot – while keeping the smooth transition you need on the road. An updated midfoot containment system features Flywire cabling locking down the lacing and new midfoot scrim on both the lateral and medial side for additional light-weight support. The Peg Trail 5 remains on the same MR64 last runners know and love from the Peg Trail, offering more room in the forefoot for comfort running in dynamic areas. A new engineered mesh upper, offering zonal breathability where you need in most and reinforcements through tighter-knit construction in high-wear zones (big toe, midfoot). An updated, stiffer heel pull tab for getting on and off the foot with ease, and for the occasional hang-dry after a wet or sweaty run. Weight M10 300g W8 243g Heel 37mm, Forefoot 27.5mm offset 9.5mm Lug depth 3.5mm  NIKE ZOOMX ZEGAMA TRAIL 2 A new engineered, lightweight mesh upper ensures runners’ feet get the proper amount of structure, containment and midfoot support for a locked-in fit without limiting flexibility. What’s new: Composed of a single layer of durable, fully engineered mesh, the new upper also has a vamp liner to increase breathability and drainaGAMA TRAILbility. Its stacked Nike ZoomX midsole is light, responsive and offers runners our highest energy return foam when going the distance. What’s new: The midsole is encapsulated in a thin, stiff, durable SR02 carrier that better protects the soft foam from the exterior elements on the trail while preserving all the desired cushioning — plus adding stability — on the interior. There’s also a little more foam underfoot in this model. The Zegama 2’s wide footbed provides instant comfort and stability. A wider, more anatomically correct footbed allows for the innate expansion of runners’ feet over the miles. An all-new Vibram® Megagrip outsole enhances traction, stability and

	durability to withstand potential elements on the trail — rocks, mud, water, roots and everything else. What’s new: Nike collaborated with Vibram® to create an all-new custom rubber outsole with multi-directional lugs, inspired by the company’s original Waffle design. Weight M10 320g W8 264g Heel 36mm, Forefoot 32mm, offset 4mm Lug depth 4mm  NIKE REAXTX WILD HORSE 10 Rugged versatility The Wildhorse 10 packs in new features that make the silhouette stand up to nearly any trail challenge, offering a 3mm taller stack height, forefoot rock shield and updated toe protection — all while dropping 35 grams from its predecessor. Midsole Nike’s long-lasting ReactX foam provides 13% more energy. Outsole The silhouette’s All-Terrain Compound outsole with 4mm lugs provides excellent grip and durability in all conditions. Weight M10 311g W8 244g Heel 40.3mm, Forefoot 30.8mm, offset 9.5mm Lug depth 4mm 
SPIKES	MAXFLY 2 The World’s Fastest Sprint Spike. Built with versatility to cover 100-400m distances included hurdles, the Maxfly combines an ultra-aggressive feel with the energy return of Zoom Air technology to propel the world’s fastest sprinters. An updated base of support system and new containing upper help to maximize the Air Zoom propulsion and improve stability and control on both the straightaways and especially turn running. Full length carbon Flyplate combined with a forefoot Air Zoom unit help make up a system built to maximize responsiveness and maximize energy loss. A new Flyweave upper is lightweight and comfortable and delivers containment suitable for even the World’s fastest sprinters. MAIN EVENTS 100-400m, 100-400m H SECONDARY EVENTS 800m  DRAGONFLY 2

The ZoomX Dragonfly is an elite long distance spike. Taking from the technology first used in the Nike Vaporfly, the Dragonfly combines a full length plate with ZoomX foam to create a propulsive feel that minimizes energy loss.

The extra ZoomX foam provides cushioning that is specifically beneficial for long distance racing.

The engineered upper is built to go the distance with a lightweight comfortable fit.

The Dragonfly’s combination of lightweight and cushion properties make it a versatile racing spike that is also good for training workouts

MAIN EVENTS

1500m, 1600m, Mile, 3000m, 5000m, 10000m

SECONDARY EVENTS

800m



VICTORY 2

A new Atomknit upper with new yarns and mid-foot containment lockdown cables combine with a base of support system that delivers improved stability and control of the shoe, especially around the turns. From a carbon fiber Flyplate to Air Zoom pods to ZoomX midsole to a new Atomknit upper, the Victory has all the tech built to smash records. While built for the middle distances, the Air Zoom Victory has a unique blend of aggressiveness and cushion that make it a versatile distance spike for 800-10,000m events.

MAIN EVENTS

800m, 1500m, 3000m, 5000m

SECONDARY EVENTS

10,000m, Steeplechase



MAMBA 6

The Mamba is an all-round elite distance spike that is well suited for events from 800-10,000m with extra traction across the bottom, specifically designed for the Steeplechase event. Featuring a spike plate that gives energetic connection to the track and an extremely lightweight and comfortable upper, the Mamba is a versatile elite level distance spike

MAIN EVENTS

Steeplechase, 800m, 1500m, 5000m

SECONDARY EVENTS

10,000m



ZOOM ROTATIONAL 6

A slick outsole with no traction pattern offers exceptional speed through the run and makes the Rotational an ideal shoe for technically sound throwers. A stiff plate underfoot allows for efficient power transfer. Flywire and a midfoot strap offer exceptional fit and support for even the most powerful throwers.

MAIN EVENTS

Shot Put, Discuss, Hammer Throw



RIVAL WAFFLE 6

Built for its versatility to take on road, grass, packed dirt and more, the Nike Zoom Rival Waffle is a great tool for cross-country racing across a variety of surfaces as well as a low profile racing flat. It features a long-lasting rubber sole with nubs that aggressively for confident traction. The Rival Waffle is also a great tool for their track and road training. With soft mesh and durable overlays, this lightweight design helps keep you comfortable.

MAIN EVENTS

Cross Country, Road Racing, Track Training



RIVAL SPRINT

The Rival S has an aggressive forefoot and midfoot plate with a generative cellular structure similar to the Superfly Elite and the Ja Fly to keep athletes on their toes for short and fast events. A reinforced upper provides superior lockdown for proper control and foot containment on the straightaway, around the turn and while jumping

MAIN EVENTS

100-400m

SECONDARY EVENTS

100m Hurdles

Long Jump, Pole Vault



RIVAL DISTANCE

The Rival D has a lightweight upper and a cushioned midsole that make it a versatile introductory spike for a wide range of middle distance and distance events. The extra cushion allows runners to go longer distances by protecting them from impact. The generative cellular forefoot plate provides traction and responsiveness.

MAIN EVENTS

400m - 10,000m

SECONDARY EVENTS

Long Jump, Triple Jump, High Jump, Pole Vault

100-400 Hurdles



RIVAL JUMP

The Rival Jump aims to provide an all around great package for entry level jumps events. A very sturdy midfoot lockdown system is in place to keep the foot locked in over the footbed. A good balance of cushioning and traction underfoot is ideal for jumping athletes

MAIN EVENTS

Long Jump



RIVAL MULTI

The Rival Multi has a similar forefoot to the Rival Sprint, but has more padding under the heel and a softer and more lightweight upper. These features make it a great introductory shoe for not only sprints but a variety of other events including Hurdles, Middle Distance and Jumps.

MAIN EVENTS

100m, 200m, 400m, 100-400m H, Jumps





MR PRICE MAXED

Established 1985

Updated: 7/2020 - OUT OF DATE

Special mentions:



Introduced: 10/2013, (6), 9/2017, 11/2017, 7.2020, 9/2022, 12/2022

CARBON PLATED	Maxed Elite Hi Racer (MAXED ELITE) R2700 Full carbon plate, Pebax midsole  Elite KM (MAXED ELITE) R1300 Torsion plate in m/s  Elite Zeus Running (MAXED ELITE) R800 Carbon propel technology 
STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	Elite 700 (MAXED ELITE) R1299 Full nylon m/s (?)  Gravity Run R460

Full EVE m/s



Gravity Hover R460



Elite Marathon Racer (MAXED ELITE) R700

X-Lyte m/s



Elite Marathon (MAXED ELITE) R600

Phylon midsole



Bolt Running R400

Mid milage run shoe



Elite Heritage Marathon (MAXED ELITE) R600

EVA m/s



X Charge Running R500



	Elite Marathon Racer (MAXED ELITE) R700 X-Lyte midsole  Elite Marathon Trainer (MAXED ELITE) R700  Heritage Run R600  Fast Echo Run R400  Knit Running R550 Sock fit upper  Gravity Run R450 Low milage 
RACING	Maxed Elite Hi Racer (MAXED ELITE) R2700 Full carbon plate, Pebax midsole 

	Elite KM (MAXED ELITE) R1300 Torsion plate in m/s  Elite Zeus Running (MAXED ELITE) R800 Carbon propel technology 
SPRINTING	Elite Sprint (MAXED ELITE) R550 Sprinting 
TRAIL	
OTHER	

TECHNOLOGY: Dual density sole,

And also the Maxed team at Comrades Last year 2016 [David Gatebe](#) 1st in a new record in the racer (Tomtom team) and Charles Tjiane 9th in the trainer and Mncedisi Mkhize 10th in the racer.. This year Comrades [Gift Kelehe](#) 3rd in the racer, Charles Tjiane 5th in the trainer, [Teboho Sello](#) 7th in the racer and [Prodigal Kumalo](#) 8th in the racer giving 4

Maxed golds this year... in 2014 6 of the first 15 wore Maxed :) Not bad for a R459.99 shoe

2022 4 ELITE MENS ATHLETES IN THE TOP 20 AT COMRADES




PUMA
<i>Established 1948</i>
Updated: 6/2025
Special mentions: James Mullen, Imran Adams, Nkosinathi Mdiniso



Updated: 8/99 (55), 5/2017, 3/2019, 1/2020, 12/2020, 3/2021, 4/2021, 12/2021, 4/2022, 9/2022, 6/2023, 9/2023

CARBON PLATED	PUMA FAST - R NITRO ELITE RF38-FF30-HD8mm Propulsive racer, Nitro elite, PWRPLATE 
	PUMA FAST - FWD NITRO ELITE RF36-FF27-HD9mm 5 – 10KM racer, Nitro elite, PWRPLATE 
	PUMA DEVIATE NITRO ELITE 2 RF38-FF30-HD8mm Propulsion, Nitro elite, PWRPLATE 
	PUMA DEVIATE NITRO 2 RF38-FF30-HD8mm Propulsion, Nitro elite, PWRPLATE – forked ff plate 
STRONG ANTIPRONATION	
MILD ANTIPRONATION	
NEUTRAL	PUMA DEVIATE NITRO 2 RF38-FF30-HD8mm Propulsion, Nitro elite, PWRPLATE – forked ff plate 
	PUMA FOREVER RUN NITRO RF36-FF26-HD10mm Max cushioning, Nitro, Runguide 
	PUMA MAGNIFY NITRO 2 RF36-FF29F-HD9mm Max cushioning

	 PUMA RUN XX NITRO Female specific RF31-FF23-HD8mm Nitro, Runguide  PUMA VELOCITY NITRO 2 RF34-FF24-HD10mm Cushioning, Nitro, Pumagrip  PUMA ELECTRIFY NITRO 2 RF35-FF25-HD10mm Comfort, Nitro, Pumagrip  PUMA LIBERATE NITRO 2 RF28-FF20-HD8mm Lightweight, Nitro, Pumagrip 
RACING	PUMA FAST - R NITRO ELITE RF38-FF30-HD8mm Propulsive racer, Nitro elite, PWRPLATE  PUMA FAST - FWD NITRO ELITE RF36-FF27-HD9mm 5 – 10KM racer, Nitro elite, PWRPLATE  PUMA DEVIATE NITRO ELITE 2 RF36-FF28-HD8mm Propulsion, Nitro elite, PWRPLATE 

	PUMA DEVIATE NITRO 2 RF38-FF30-HD8mm Propulsion, Nitro elite, PWRPLATE – forked ff plate 
TRAIL	PUMA FAST TRAC NITRO RF29-FF21-HD8mm Lightweight trail racer, Nitro infused, Pumagrip ATR  PUMA VOYAGE NITRO 3 RF34.5-FF24.5-HD10mm Technical trail, Nitro infused, Pumagrip ATR 
MAXIMALIST	
MINIMALIST / NATURAL	
TRACK & FIELD	PUMA EVOSPEED LONGJUMP 10 Track & field  PUMA EVOSPEED PREP SPRINT 2 Track & field  PUMA EVOSPEED DISTANCE 11  PUMA EVOSPEED JAVELIN 3 Track & field  PUMA EVOSPEED TRIPLE JUMP 10 Track & field

	 PUMA EVOSPEED ELECTRIC 10 Track & field  PUMA EVOSPEED THROW 10 Track & field  PUMA EVOSPEED HIGH JUMP 10 Track & field 
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TECHNOLOGY: 2023

NITRO
LIGHT & RESPONSIVE
Advanced foam technology providing superior responsiveness and cushioning in a lightweight package.
NITRO ELITE (NEW)
ELITE, LIGHT & RESPONSIVE
Elite technology providing pinnacle responsiveness in an extreme lightweight package
PROFOAM LITE
LIGHTWEIGHT RESPONSIVENESS
lightweight, high-rebound EVA that provides instant cushioning and gives a responsive ride.
RUNGUIDE
FOOTSTRIKE GUIDANCE

Firm density rim promotes proper alignment and keeps the foot cantered through each stride
PUMAGRIP
HIGH TRACTION RUBBER
Durable rubber compound that provides all-surface traction
PUMAGRIP-LT (NEW)
LIGHTWEIGHT RUBBER
Light weight rubber with good traction for the ultimate race-day performance
PWRplate(NEW)
CARBON FIBER PLATE
plate engineered to stabilize the midsole while maximizing energy transfer
PWRBAND (NEW)
UPPER SUPPORT
Targeted reinforcement for upper support & durability
PWRFRAME (NEW)
Engineered midsole 3D frame system providing enhanced support and stability

XETIC
SMARTER CUSHIONING
PU foam combined with engineered structure provides smarter cushioning.
PROFOAM
RESPONSIVE
high-rebound EVA that provides cushioning and a responsive ride.
JAMMING
UNRIVALED COMFORT
Comfortable beads enclosed in a soft casing provide unrivalled comfort.
SOFTFOAM +
STEP-IN COMFORT
Optimal step-in, long-lasting comfort for a plush, seamless ride.
SOFTRIDE
CUSHIONING AND COMFORT

PUMA's softest foam providing extreme cushioning and all-day comfort.

LQDCELL
STABLE CUSHIONING
Resilient compound of hexagonal cells, LQDCELL keeps you feeling stable on your feet while providing optimal cushioning.

10CELL
STABLE CUSHIONING
Enhances comfort and stability through a supportive, cell-like structure.

BETTER FOAM
Lightweight EVA made from natural bio-based materials for a reduced carbon footprint and a comfortable ride

InnoPLATE
CARBON FIBER PLATE
Innovative plate designed to act as a lever for maximum energy transfer at toe-off

OPTIFIT
ADAPTIVE PERFORMANCE FIT
Adaptive fit system offering a secure lockdown

TECHNOLOGY & FEATURES

“NITRO” VALIDATION

Nitro provide a better overall foam than any in Puma’s history.

VALIDATION FROM SATRA LAB TEST:

WEIGHT

- 46% lighter than Standard EVA
- 30% Lighter than Pro-Foam Lite

ENERGY RETURN shows little-to-no compromise vs ProFoam

- 74-80% Energy Return range
- After 500k cycles, foam still delivers good cushioning
- After 500k cycles, energy return increases

SHOCK ABSORPTION is above average in all NITRO shoes for SS21

- Deviate Nitro: 40% more shock absorption
- Liberate Nitro: 24% more shock absorption
- Space Runner: Baseline shock absorption

Soft cushioning delivers a smooth ride, for an EFFORTLESS RUN

TECHNOLOGY & FEATURES

INNOPLATE VALIDATION

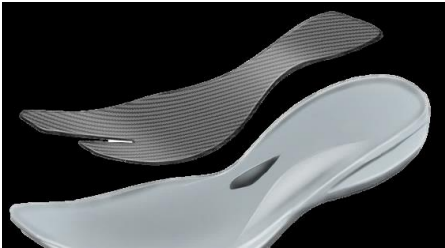
Innovative plate designed to act as a lever for maximum energy transfer at toe-off, by turning your foot into a lever.

BENEFITS:

- Carbon composite
- Engineered for optimal bending stiffness
- Full-length and curved for comfort
- Unique fork design to reduce weight
- Optimizes running efficiency

VALIDATION PER CHEMNITZ UNIVERSITY LABS

- Midsole flexibility of Deviate Nitro is 149 N, 2x-4x more stiff
- This bending stiffness is ideal for performance running or racing
- Eternity Nitro bends with half the force
- Liberate Nitro bends with a quarter of the force



TECHNOLOGY & FEATURES

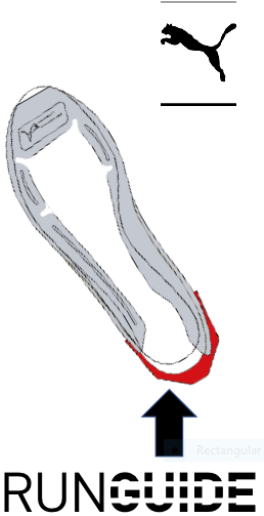
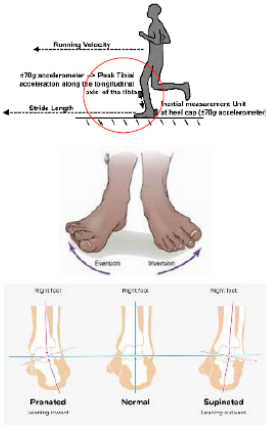
BIOMECHANICS VALIDATION

PUMA's advanced guiderail concept provides support for every foot-strike. Firm density rim promotes proper alignment and keeps the foot centered through each stride.

VALIDATION PER CHEMNITZ UNIVERSITY LABS

3D motion capture systems measure knee oscillation, time to stabilization, pronation angle

- Peak tibial acceleration fell within the **ideal range**
 - 6.0 - 6.4 Acceleration (g)
- Peak eversion velocity (vs inversion) of the gait cycle were optimized to work with your body as you run
 - 576.8 – 612.9 Angular Velocity (deg/s)
 - **Lowest in Eternity** with RunGuide
- Puma running shoes allow the body to work naturally with it's preferred rate & angle of pronation
 - Heel strike angle ranges from 17.7 = 21.8 (deg)



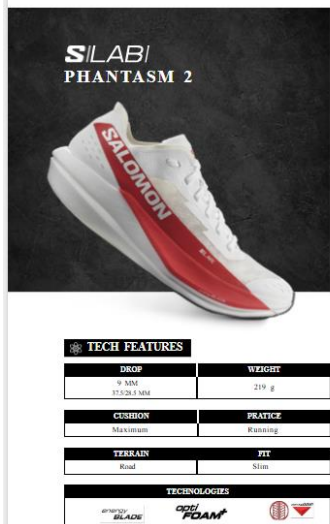
<i>SALOMON</i>
SALOMON
<i>Established 1947</i>
Updated: 7/2025
Special mentions: Claude Eksteen

**STRONG
ANTIPRONATION**

MILD ANTIPRONATION

TECHNICAL ROAD SHOES

SALOMON S-LAB PHANTASM 2 RF-FF-HD9mm LRacing shoe,
CARBON ENERGY BLADE, Optifoam



DYNAMIC PACE

MADE FOR RACING AT A FAST PACE

SLab Phantom 2 is a superlight racing dynamo that picks up where its predecessor left off: even lighter, more responsive and fully geared-up to smoke the competition—not to mention your PBs. The combination of our new superlight bouncy foam and a full length carbon plate make for explosive propulsive energy, housed in a premium racing fit.



WHAT YOU CAN HIGHLIGHT

- ① **Single layer mesh upper**
Strong, light and super-breathable upper
- ② **optFOAM+**
Is a super springy and comfortable midsole compound.
- ③ **energyBLADE Carbon**
A spoon-shaped carbon fiber plate specifically developed to input as much energy as possible into the stride
- ④ **Road castsGRIP®**
Friction, grip, and adhesion on flat and hard terrains

EXCEPTIONAL ENERGY
RETURN

FAST TRANSITION

SMOOTH IMPACT

PRO TIPS

OUR PLATED SHOE FOR ELITE RUNNERS

The S/Lab Phantasm 2 features a spoon-shaped, carbon fiber plate. This specific shape propels you forward as the foot leaves the ground.

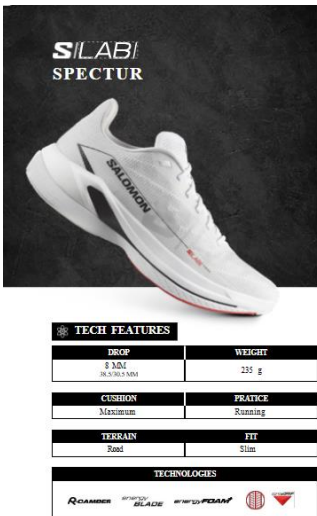
THE FASTER YOU GO, THE MORE PROPULSION YOU'LL GET!

The S/Lab Phantom 2 was developed for marathon athletes running sub 3 hours, or faster. The benefits really show off when you run above 12km/h. If you run slower than this, you would actually consume more oxygen to keep running. More speed, more rebound, more performance.

WHY IS THIS A SHOE FOR EXPERIENCED RUNNERS?

As science has shown, super-shoes have been made with elite runners in mind. A narrow and minimalist heel area, plus a super bouncy and soft midsole foam make this shoe unstable for midfoot/heel-foot strikers.

SALOMON S-LAB SPECTUR RF-FF-HD8mm LRacing shoe, CARBON ENERGY BLADE, Optifoam, Stability



✓ **MADE FOR NON-ELITE MARATHONERS LOOKING FOR THE MOST ADVANCED RACING SHOE**

The *SLAB Spec* brings race-day exclusive to an inclusive package. Featuring innovative components and a design that work together to deliver the power of a carbon blade along with stability for those who need the extra support. Dual foam cushioning provides rebound for optimized, fluid transitions. Get ready to break your PB.



WHAT YOU CAN HIGHLIGHT

- ① **Jacquard mesh**
Lightweight, and seamless construction. Resistant to abrasion
- ② **spnFOAM™**
Is a super springy and comfortable midsole compound (PEBA) on the bottom half of the midsole for stability.
- ③ **energyBLADE Carbon**
Full length carbon fiber plate adapted to sub-4hr marathoners
- ④ **Road contaGRIP®**

NEXT LEVEL REBOUND

OPTIMIZED RIDE,
STRONG PROPULSION

INCREASED STABILITY

PRO TIPS

WHY AN S/LAB SPECTRUM?

Plated shoes allow ELITE RUNNERS to earn around 4% in oxygen consumption. Unfortunately, this was NOT THE CASE FOR ALL RUNNERS - The S/Lab Spectra opens the door to a plated, high-performance shoe to non-elite runner

THE SLAB SPECTRUM "DEMOCRATIZES" SPEED:

- Made for the mid-heel foot striker
- New energyBLADE
- The wings bring additional stability
- 2 years of research & development to allow everyone to break their personal best
- Carbon fiber energyBLADE for a snappy toe-off pop in the stride

SALOMON S-LAB SPECTUR 2 RF-FF-HD8mm Racing shoe, CARBON ENERGY BLADE, Optifoam, Stability

SPECTUR 2



TECH FEATURES	
DROP	WEIGHT
8 MM 36.2/36.5 MM	MEN'S UK 4-5 229 g
	WOMEN'S UK 3-4 214g
CUSHION	PRATICE
Minimum	Running
TERRAIN	FIT
Road	Slim
TECHNOLOGIES	
	

MADE FOR EVERYDAY RUNNERS LOOKING TO INCREASE THEIR SPEED

Spectur 2 is exclusive race-day attitude in an inclusive, superfast training shoe. It's all about the explosive energy of a full-length glass fiber plate combined with a game-changing stability for confidence and PB-breaking staying power. A unique sole geometry and bouncy foam midsole ensure optimized transitions and fluid ground time.



1 3D mesh upper
Comfort and breathability



2 optiFOAM
Super springy and comfortable midsole compound



3 energyBLADE
Full length glass fiber plate with wings for stability



4 Road course GRIP
Friction, grip, and adhesion on flat and hard terrains

WHAT YOU CAN HIGHLIGHT

1 3D mesh upper
Comfort and breathability

2 optiFOAM
Super springy and comfortable midsole compound

3 energyBLADE
Full length glass fiber plate with wings for stability

4 Road course GRIP
Friction, grip, and adhesion on flat and hard terrains

PRO TIPS

OUR MOST INCLUSIVE PLATED SHOE?
The Spectur is the ideal shoe for a non-elite runner looking for speed. The energyBLADE is made from glass fiber (is as stiff as a carbon fiber plate). Its shape provides stability and dynamism – from the front, to the rear.

DIFFERENCES BETWEEN THE SLAB SPECTUR AND THE SPECTUR 2?
The Spectur 2 benefits from the same geometry, concept, and biomechanics research insights as the S³ Lab Spectur. It's very similar, yet it is offered at a more accessible price, making it a great shoe for speed training.

Glass fiber energyBLADE – less stiff, more inclusive

More adapted for training vs. racing - optiFOAM vs. optiFOAM+

NEXT LEVEL REBOUND

OPTIMIZED RIDE, STRONG PROPULSION

INCREASED STABILITY

SALOMON AERO GLIDE 3 RF-FF-HD8mm Cushioned shoe, Optifoam

AERO GLIDE 3



TECH FEATURES	
DROP	WEIGHT
9 MM 41/33 MM	MEN'S UK 3-4 243 g
	WOMEN'S UK 2-3 205 g
CUSHION	PRATICE
Maximum	Running
TERRAIN	FIT
Road	Standard
TECHNOLOGIES	
	

DYNAMIC COMFORT

MADE FOR MAXIMAL COMFORT ON EVERYDAY RUNS

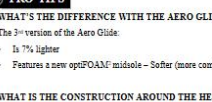
Aero Glide 3 redefines your run with optiFOAM-packed cushion and game-changing comfort. This everyday trainer is built on a high stack foam which brings you dynamic, cushioned strides from mile one to mile end. Featuring an innovative, seamless upper construction that fits like a glove from the inside out.



1 3D mesh upper with sensuFIT™
Protection, foot hold, and breathability.



2 optiFOAM
Soft, bouncy and durable. Made with 100% TPU, recyclable



3 Road course GRIP

WHAT YOU CAN HIGHLIGHT

1 3D mesh upper with sensuFIT™
Protection, foot hold, and breathability.

2 optiFOAM
Soft, bouncy and durable. Made with 100% TPU, recyclable

3 Road course GRIP

PRO TIPS

WHAT'S THE DIFFERENCE WITH THE AERO GLIDE 2?
The 3rd version of the Aero Glide:
• Is 7% lighter
• Features a new optiFOAM™ midsole – Softer (more comfort, more dynamic)

WHAT IS THE CONSTRUCTION AROUND THE HEEL ALL ABOUT?
We took inspiration from race car driving gloves. Those gloves have all their stitching on the outside of the glove so to have the hand as close and as precise to the driving wheel as possible.

HIGH CUSHION COMFORT

DYNAMIC ENERGY

SEAMLESS COMFORT

SALOMON AERO BLAZE 3 RF35-FF27-HD8mm Energy foam

AERO BLAZE 3

L18246\$ | Dark Blue/White/Cherry Tomato L47873200 | L47873200

Wholesale: 72,92 € Sug.Retail: 140,00 €










Commercial Model Name

Product Name : AERO BLAZE 3

Dynamic Comfort

Our energyFOAM evo midsole delivers the optimal blend of cushioned shock absorption for your landings and high-energy, dynamic rebound for more reactive strides.

Fluid Transitions

An optimized rocker geometry helps keep the pace when you need it while ensuring smooth, easy transitions. Zoning on the sole also keeps this shoe lightweight, and durable.

High Comfort Fit

A breathable, engineered mesh upper combined with light padding on the tongue provides exceptional comfort while keeping the shoe extremely light.

Primary Practice

- Running

Scales

- Cushioning : Moderate
- Run Frequency : 2-3 runs per week
- Running terrain : City Parks;Paved surface
- Shoe width : Standard
- Type of run : Everyday run

Specifications

- Inlay sole : Textile
- Lining : Textile
- Outsole : Rubber
- Upper : Textile
- Drop (in mm) : 8
- Heel stack height (mm) : 35
- Forefoot stack height (mm) : 27
- Weight (g) : 230

Features

- MIDSOLE : Reverse Camber, energyFOAM evo
- UPPER MATERIAL : Engineered Mesh
- OUTSOLE : Road Contagrip®
- UPPER MATERIAL : Reflective details
- LINING MATERIAL : Textile lining
- SOCKLINER : Molded OrthoLite® sockliner
- LACING SYSTEM : Flat laces
- SUSTAINABILITY : Recycled material

SALOMON S-LAB ULTRA GLIDE RF-FF-HD6mm Optifoam



**S/LAB/
ULTRA GLIDE**

MADE. FOR COMFORT FROM MILE ONE TO MILE END

Step into the perfect mix of comfort and dynamism with *S/LAB Ultra Glide*. From the first mile to the last, enjoy game-changing comfort, enhanced stability & soft, dynamic cushioning that adapts to your needs over distance. Its unique outsole design diffuses pressure, minimizing foot fatigue & discomfort. The ideal marriage of comfort & performance.



WHAT YOU CAN HIGHLIGHT

- ① **Quicklace™**
Minimalist and strong lace (4 times stronger than regular flat laces) for one pull tightening. Easy-on, easy-off.
- ② Stretch upper toe box area
As your foot expands, the upper material does too
- ③ **opuFOAM / opuFOAM+**
opuFOAM+ under the whole foot for ultimate comfort and dynamism, sitting on an opuFOAM bottom unit
- ④ **relieveSPHERE**
Designed to distribute pressure points and absorb repetitive impact underfoot for lasting comfort
- ⑤ All Terrain **connaGRIP**
Confidence in a wide variety of terrains

TECH FEATURES

DROP	WEIGHT
6 3/4"	290 g
41-45 (MEN)	

LUG	CUSHION
4 3/4"	Maximum

TERRAIN	FIT
Mixed	Standard

PRO TIPS

WHAT IS SPECIAL ABOUT THE S/LAB ULTRA GLIDE?

An innovative, function-focused construction:

- **Upper:** Stretch upper that adapts the swelling of the foot during long runs.
- **Bottom unit:** Combination of 2 foams: opuFOAM+ insert, placed on an opuFOAM platform for maximum comfort and stability.
- **Outsole:** New relieveSPHERE technology designed to distribute pressure and absorb repetitive impact underfoot for lasting comfort. This pattern is derived from 6 years of research at the Salomon Sciences Laboratory.

The best cushioning and stability make you feel like you're on a rail, no matter where you put your foot. This is thanks to the midsole foam that sits higher up on the rear-foot.

TECHNOLOGIES





MADE FOR LONG AND TECHNICAL RUNS, ON AND OFF TRAILS

SLAB Genesis is a favorite amongst our athletes. Whether they're busy racking up PBs or building unforgettable memories, this shoe delivers high-performance grip, protection, durability and comfort. Designed to perform, destined for epic trail adventuring.

WHAT YOU CAN HIGHLIGHT

- ① **MatrixUpper**
Matrix[®] technology is highly resistant. Seamless, lightweight, footbed, and breathable
- ② **Protective rockcap**
- ③ **activeCHASSIS**
A chassis for increased guidance, uncompromised agility and fluid freedom of movement
- ④ **OptoFOAM** Lightweight, responsive foam delivering long lasting cushioning and energy return
- ⑤ **All Terrain courtsGRIP** With two lugs pattern
- ⑥ **Wet rock specific forefoot medial lugs**
- ⑦ **Traction** and mud evacuation on external forefoot lugs

TECH FEATURES

DROP	WEIGHT
8 3.0L (Men's Size)	258 g
LUG	CUSHION
4.5 3.0L	Maximum
TERRAIN	TTI
Rocky and mixed	Standard

PRO TIPS

WHY THE SLAB GENESIS?

It's the ideal companion for multi-day trail running adventures and an ultra-trail races. An adventure shoe proven to perform. Resistant, comfortable, and confidence-inspiring. It offers more protection, stability and comfort than SLAB Ultra 3, ideal for more technical terrain.

gripFOOTLUG is a thin, flexible TPU film placed in the midsole to filter out rocks and sharp surfaces, for more comfort and stability.

TECHNOLOGIES

ACTIVECHASSIS
PROFEEL FILM
MATRIX

ULTRA-LIGHT
WET ROCK GRIP
FOOTLUG

SALOMON ULTRA GLIDE 3 RF-FF-HD6mm Energy foam



ULTRA GLIDE 3

TECH FEATURES

DROP	WEIGHT	
6 MM 41/35 MM	MEN'S UK 4.5 295 g	WOMEN'S UK 4.5 255 g
LUG	CUSHION	
4 mm	Maximum	
TERRAIN	FIT	
Mixed	Standard	
TECHNOLOGIES		
REFLEX SPHERE, OPTI-FOAM, SENSIFIT, CONTAGRIP, QUANTUM		

MADE FOR COMFORT FROM MILE ONE TO MILE END

With plush comfort from the moment you step in, to the moment you stop, reaching that runner's high has never felt this easy. Ultra Glide 3 delivers phenomenal cushion and a dynamism to energize your stride and take you all the way to your own personal nirvana, whatever the distance.



WHAT YOU CAN HIGHLIGHT

- 1 Engineered Mesh sensiFIT™ & softFIT™
Lightweight, breathable and comfortable
- 2 optiFOAM
Is a super springy and comfortable midsole compound
- 3 Relieve SPHERE
Designed to distribute pressure and absorb repetitive impact underfoot for lasting comfort.
- 4 All Terrain contaGRIP®
Confidence in a wide variety of terrain

PRO TIPS

WHAT IS SPECIAL ABOUT THE ULTRA GLIDE 3?

A shoe to finish long runs and not feel like your foot is falling apart.

- Upper: Breathable and lightweight, featuring 50% recycled content.
- Bottom unit: An optiFOAM midsole for maximum comfort and stability.
- Outsole: New relieveSPHERE technology designed to distribute pressure and absorb repetitive impact underfoot for lasting comfort. This pattern is derived from 6 years of research at the Salomon Sciences Laboratory.

The best cushioning and stability make you feel like you're on a rail, no matter where you put your foot. This is thanks to the midsole foam that sits higher up on the rear-foot.

INSPIRED FROM THE S/LAB ULTRA GLIDE?

Indeed, it's inspired from the S/Lab version, yet at a more accessible price. This is the go-to long distance, comfortable running shoe for people who like the S/Lab Ultra Glide promise yet have a more limited budget.

Trail Running 2024

ENDLESS ENDURANCE

REINFORCED GRIP

LUXURIOUSLY LIGHT

SALOMON FLOW 2 RF-FF-HD6mm Energy foam



ULTRA FLOW 2

TECH FEATURES

DROP	WEIGHT	
6 MM 34/28 MM	MEN'S UK 4.5 275 g	WOMEN'S UK 4.5 235 g
LUG	CUSHION	
4 mm	Maximum	
TERRAIN	FIT	
Mixed	Standard	
TECHNOLOGIES		
REFLEX SPHERE, OPTI-FOAM, SENSIFIT, CONTAGRIP, QUANTUM		

DYNAMIC COMFORT

MADE FOR NEW TRAIL RUNNERS LOOKING FOR COMFORT

ULTRA Flow 2, the trail running shoe that makes endurance feel effortless. Constructed with optiFOAM midsoles for dynamic cushioning, our trademark sole technologies for a reassuring grip in all conditions, and lightweight, breathable uppers for superior comfort from start line to finish.



WHAT YOU CAN HIGHLIGHT

- 1 3D Mesh & sensiFIT™
Technology that wraps your foot like a car's seatbelt
- 2 optiFOAM
Is a super springy and comfortable midsole compound
- 3 Relieve SPHERE
Designed to distribute pressure and absorb repetitive impact underfoot for lasting comfort.
- 4 All Terrain contaGRIP®
Confidence in a wide variety of terrain

PRO TIPS

ULTRA FLOW 2 VS ULTRA FLOW?

- More cushioning - Higher stack, more foam throughout the foot
- More grip - From 3.5 mm to 4 mm lugs
- Relieve Sphere technology - this new Salomon innovation which disperses pressure points to reduce muscle fatigue and improve comfort over long distances. This is the same technology found in the S/Lab Ultra Glide, guaranteeing elite cushioning

This shoe can be considered as the little sister of the ULTRA GLIDE 3 and is ideal for new trail runners looking for comfort above all else.

DYNAMIC CUSHIONING

GRIP

SNUG FIT

SALOMON GENESIS RF-FF-HD8mm Energy foam



GENESIS

TECH FEATURES

DROP	WEIGHT	
8 MM 30/22 MM	MEN'S UK 4.5 289 g	WOMEN'S UK 4.5 242 g
LUG	CUSHION	
4.5 mm	Maximum	
TERRAIN	FIT	
Rocky and mixed terrain	Standard	
TECHNOLOGIES		
REFLEX SPHERE, OPTI-FOAM, SENSIFIT, CONTAGRIP, QUANTUM		

MADE FOR FUN, DAY-LONG MOUNTAIN RUNS IN TECHNICAL TERRAIN

Genesis is a mountain running shoe that's as comfortable and confidence-boosting as it is dynamic, agile and primed for adventure. Designed for hard-wearing durability and meticulous precision in tricky terrain. No rugged climb is too steep, no descent too sketchy. With a dynamic support chassis and reliable grip so you can send it, safely.



WHAT YOU CAN HIGHLIGHT

- 1 Marmot® upper
Marmot® technology is highly resistant. Seamless, lightweight, foothold, and breathable
- 2 Protective toe cap
- 3 activeCHASSIS
A chassis for increased guidance, uncompromised agility and fluid freedom of movement
- 4 optiFOAM
Lightweight, responsive foam delivering long-lasting cushioning and energy return
- 5 All Terrain contaGRIP®

PRO TIPS

DIFFERENCE BETWEEN THE S/LAB GENESIS VS GENESIS?

The non-S/Lab Genesis features:

- A more inclusive fit – the mid-foot is wider (providing more stability)
- More instant comfort (more cushion around the collar area)
- A TPU activeCHASSIS
- Stiffer and less soft in general (more stability)
- More affordable price
- No protobufoam

S/Lab Genesis is better for ultra-long distance adventures. The Genesis is more adapted for fun, day-long mountain runs. The Gore-Tex® version of the Genesis features a 100% waterproof bootie and an upper made with an ultra-protective fiber.

RUNNING PERFORMANCE

RESISTANCE

GRIP

SALOMON AERO GLIDE 3 GRAVEL RF-FF-HD8mm Energy foam

AERO GLIDE 3 GRAVEL



TECH FEATURES

DROP	WEIGHT	
8 MM 80/82 MM	MEN'S UK 45	WOMEN'S UK 45
	275 g	235 g

CUSHION	PRATICE
Maximum	Running

TERRAIN	FIT
City Paths, Mixed, Paved surface, Smooth	Standard

TECHNOLOGIES

SENSIFIT | sensiFOAM | GRIPFOAM | GRIPFOAM

MADE FOR RUNNING ON GRAVEL ROADS, OR LIGHT TRAILS WITH DYNAMIC COMFORT

Aero Glide 3 GRVL levels up your run with dynamic cushion, radical comfort and gravel-tuned features. Built on high stack foam for bouncy, cushioned strides from start to finish, with our gravel grip for optimal traction both on the road and off it. Featuring a unique, seamless upper construction that fits like a glove. Dare to hit the gravel!



WHAT YOU CAN HIGHLIGHT

1 3D mesh upper with **sensiFIT™**
An internal fit sleeve designed to hug the foot in exactly the right places and provide a precise fit.

2 **sensiFOAM** evo
A foam composition delivering a super dynamic experience. Made from 100% TPU.

3 Gravel **contagrip**
Optimal for multi surface traction & transitioning from paved to non-paved ... and back again!

DYNAMIC COMFORT

PRECISE AND COMFORTABLE

GRAVEL GRIP

PRO TIPS

DIFFERENCE BETWEEN THE DRX DEFY GRVL?

Both are great shoes for running on varied terrain, especially gravel roads. The DRX Defy GRVL features an **activeCHASSIS** pad, providing some additional lateral guidance. The Aero Glide 3 GRVL features an **sensiFIT** construction, a system that hugs the foot for better foothold and precision. This is important when running on varied terrain.

SALOMON AERO BLAZE 3 GRAVEL RF-FF-HD8mm Energy foam

NEW SS23

AERO BLAZE 3 GRAVEL



TECH FEATURES

DROP	WEIGHT	
8 MM 80/82 MM	MEN'S UK 45	WOMEN'S UK 45
	248 g	204 g

CUSHION	PRATICE
Maximum	Running

TERRAIN	FIT
City Paths, Mixed, Paved surface, Smooth	Standard

TECHNOLOGIES

SENSIFIT | sensiFOAM | GRIPFOAM | GRIPFOAM

MADE FOR EVERYDAY RUNNING FROM PAVED, TO GRAVEL ROADS, OR LIGHT TRAILS

Break the mould with *Aero Blaze 3 GRVL*. A lightweight, all-terrain running shoe that gives you the freedom to head from the road to gravel and beyond. The **sensiFOAM** evo midsole promises soft landings and an added bounce to your stride. Its secure fit and grippy sole dare you to switch terrain and explore new playgrounds.



WHAT YOU CAN HIGHLIGHT

1 Engineered mesh upper with **sensiFIT™**
Lightweight, breathable and comfortable

2 **sensiFOAM** evo
A foam composition delivering a super dynamic experience. Made from 100% TPU.

3 Gravel **contagrip**
Optimal for multi surface traction & transitioning from paved to non-paved ... and back again!

COMFORT AND AGILITY

VERSATILITY AND GRIP

REINFORCEMENT AND PROTECTION

PRO TIPS

WHAT'S THE DIFFERENCE WITH THE OTHER GRAVEL MODELS?

The Aero Blaze 3 is the most versatile model with the lowest stack, most stable and a bit less cushy. Its price is the most accessible, it features the same dynamic and springy foam as the Aero Glide 3 GRVL.

SPRING-SUMMER 2025
SALOMON FOOTWEAR
energyBLADE

WHAT IS IT? HOW DOES IT WORK??

Fused into the sole, **energyBLADE** technology heightens your road or trail experience by **INJECTING POWER AND PROPULSION INTO YOUR STRIDE**. Lightweight, responsive plates connected to the midsole foam and sole geometry create an energy-infused alliance of velocity gain and smooth transitions.

WHY ARE THERE DIFFERENT energyBLADE PLATES?

We created sport specific plates with different stiffness, design and composition to adapt perfectly to the intensity of usage and optimize performance.

ROAD RUNNING

ENERGY-BLADE DESIGN





HIGHER PACE / STIFFNESS

PLATE SPECS	GLASS FIBER	CARBON FIBER
BENEFITS	Activate forward propulsion and energy return for a snappy ride	
	DESIGN Dynamic and stable propulsion	STIFF energyBLADE Snappy pop and stability for sub-elite runners
SS25 PRODUCTS	 SPECTUR 2	 SLAB SPECTUR  SLAB PHANTASM 2

SPRING-SUMMER 2025

SALOMON FOOTWEAR

active**CHASSIS**

WHAT IS IT? HOW DOES IT WORK?

A chassis made from a stiffer and denser material than the midsole foam. Designed for increased guidance, uncompromised agility and fluid freedom of movement.

Designed for those who like a good amount of cushion, but often deceived by the instability that comes with a high stack and soft midsole. Just the right amount of lateral support needed without adding too much stiffness or weight.

HOW IS IT DIFFERENT TO advancedCHASSIS™?

The activeCHASSIS® focuses on guidance and protection, it is less stiff than the advancedCHASSIS® and its placement focuses on the sides of the heel.

The advancedCHASSIS® provides torsional stability, protection in the ankle and heel area thanks to a relatively stiff structure incorporated into the midsole. It “encompasses” the heel.

	OUTDOOR				TRAIL RUNNING		GRAVEL RUNNING		ROAD RUNNING
DESIGN									
MATERIAL (STIFFNESS)	EVA – 55C*		EVA – 60C*		TPU	EVA – 55C*	EVA – 55C*		EVA – 55C*
PURPOSE	LATERAL SUPPORT GUIDANCE				GUIDANCE MINIMALISM		LATERAL SUPPORT FREEDOM OF MOVEMENT		GUIDED STRIDE SUPPORT AGILITY
MODEL	 FLUX R MID GTX	 FLUX R GTX	 FLUX R ACTIV MID	 SLAB SKYWAY	 GENESIS	 SLAB GENESIS	 DRX DEFY GRAVEL	 DRX DEFY	 DRX BLISS 2

*N.B. The lower the number, the softer the material (more resistant). Different models can be compared on the Midsole-Form-F test in the annexes.

COMPARISON CHART

ROAD

ASPHALT & CONCRETE

A special friction-focused rubber compound ups the grip on hard surfaces, so you can pick up the pace.

The wide, flat lugs are also reassuringly grippy on the road and ready to propel you onwards.

ALL TERRAIN

WIDE VARIETY

The grippy rubber compound delivers confidence as you run or hike through different landscapes.

The multi-axing lugs are just as versatile, from forest to mountain, gravelly path to muddy meadow.

MUD

MUDDY, LOOSE SOFT OR UNEVEN

The soft rubber compound gives you a stickier feel on muddy or wet surfaces, like roots or rocks, so you power through.

With large drainage channels, the deep lugs penetrate soft terrain to charge through without slipping or getting stuck.

ALPINE

ROCKY & TECHNICAL

This rubber prioritizes stickiness over anything else. Durable grip for full confidence and control.

A careful balance, focusing on static friction and ground penetration. Maximised lug surface area, suited for water evacuation.

WINTER

SNOW OR COLD

The cold-considered rubber compound stays soft when the temperature plunges.

Great at penetrating snow, the lugs provide extra friction on frozen surfaces to navigate through winter terrain.

WATER

WET ROCKS AND SMOOTH

The rubber compound is both durable and grippy to tackle those wet, smooth surfaces.

The flat, sometimes siped, lugs keep you on track as you navigate along streams and riverbanks.

TERRAINS

COMPOUND

GEOMETRY

SPRING-SUMMER 2025

SALOMON TECHNO LEGENDS

OTHERS		UPPER	
QUICKLACE	A molded insert embedded in the outsole. Providing strong lateral support and reassuring protection, it also delivers optimal mobility and flexibility.	QUICKLACE	Minimalist and strong lace (4 times stronger than regular flat laces) for one pull tightening. Easy-on, easy-off.
activeCHASSIS	A chassis for increased guidance, uncompromised agility and fluid freedom of movement. A chassis made from a stiffer and denser material than the midsole foam. Designed for increased guidance, uncompromised agility and fluid freedom of movement.	DEFYFIT	Footbed support. Cradles the foot from the midsole to the lacing system, providing a secure and snug fit all round the foot. Your foot seat belt.
4D CHASSIS	This stable chassis construction harnesses two different midsole components for enhanced foot control and active comfort. Found in our Quest 4.	DEFYFIT	An internal fit sleeve designed to hug the foot in exactly the right places and provide a precise fit.
SHANK	A molded piece between the outsole and the midsole that provides torsional rigidity and stability, at a lower level than a chassis.	MATRIX	High tenacity fibers woven together to provide an ultra-resistant, ultra-breathable upper material <
GROUND FILTER AND BLADES		UPPER CONSTRUCTION	
energyBLADE	Lightweight, responsive plates connected to the midsole foam and sole geometry create an energy-infused alliance of velocity gain and smooth transitions. Pused into the sole, energySLADE technology heightens your footwear experience by injecting power and propulsion into your stride.	single layer MESH	A single layer of Mesh, close to the foot, for maximum feel, lightness, and breathability.
PROFEEL FILM	Trail running protection. A thin TPU film placed between the midsole and the outsole that helps filter out rocks and sharp surfaces, for more comfort and stability without compromising on flexibility to keep a natural foot flexion and fluid ride.	engineered MESH	Engineered mesh is a structure that varies the weave to offer more support and durability or flexibility and breathability, according to the specific needs of the shoe.
PROFEEL 3.0 10	A hybrid between an energySLADE and a ground filter. Used to filter out sharp objects while maintaining dynamism, ideal for long distance runs for when your foot becomes very sensitive.	3D MESH	With a unique and very precise design at thread level, our Custom Engineered Mesh delivers just the right balance of protection, foot hold, and breathability.
		PERFOR MESH	Woven fabrics, often made of nylon, with reinforcement to resist tearing, ripping and abrasion.
		WATERPROOF AND INSULATION	
		active DRY	Salomon's new 3-layer waterproof laminate featuring a PFC-free membrane secured between a 100% recycled face and backing fabric.
		active WARM	Salomon's new high-performance cold-weather insulation featuring 70% recycled.




SAUCONY
<i>Established 1898. Kutztown, Pennsylvania</i>
Updated: 2/2026
Special mention: Steve Maarschalk



Updated: 8/99 – 9/11 (78), 1/2019, 5/2019, 5/2020, 4/2021, 12/2021, 3/2022, 11/2022, 1/2023, 3/2024, 2/2025, 2/2026

ENDORPHIN SERIES	ENDORPHIN ELITE 2 RF39.5-FF31.5-HD8mm Premium fast and light race day shoe, SPEEDROLL technology, New RUN FOAM midsole material, Full length carbon fiber plate, unisex, PWRRUN PB sockliner, PWRTRAC rubber outersole 

STRONG ANTIPRONATION	
MILD ANTIPRONATION	GUIDE 19 RF35-FF29-HD6mm PWRRUN FOAM - TUNED FOR ROAD A new blend of EVA that incorporates high performance thermoplastics and a improved molding process that delivers the perfect blend of lightweight, bounce, cushion, and an enhancement of Center Path technology. Insanely comfortable. Profoundly protective 

	ENDORPHIN SPEED 5 RF36-FF28-HD8mm – Re - engineered <u>nylon plate</u>, & ladies, PWRRUN PB, Super critical sockliner, XT 900 carbon outersole smooth SPEEDROLL technology  ENDORPHIN ELITE 2 RF39.5-FF31.5-HD8mm – Premium fast and light racing day shoe, SPEEDROLL technology, New RUN FOAM midsole material, <u>Full length carbon fiber plate</u>, unisex, PWRRUN PB sockliner, PWRTRAC rubber outersole 
TRAIL	XODUS ULTRA 4 RF32-FF28-HD6mm PowerRun PB, Vibram outersole  PEREGRINE 16 RF33-FF29-4mm. PWRUN FOAM tuned for trail to provide h resiliency, increased energy return, more cushioning. Rock-guard Vibram megagrip outer sole, durable upper 
KIDS	
PADEL HEAD	SPRINT PRO 4.0 PADEL MEN Eva midsole, low to ground, Delta strap technology, 360⁰ outer sole pattern provides traction on all surfaces,



MOTION TEAM PADEL MEN

Upper
Breathable and lightweight mesh
Comfortable lining materials
Toe and medial protection

Midsole
Higher toe-spring
Comfortable EVA midsole
3D-anti torsion shank

Outsole
Durable outsole profile for different padel turfs
360° outsole pattern which enhances multidirectional
Movement

Tested in cooperation with the Premier Padel official turfprovider, MONDO



SPRINT PRO 4.0 PADEL WOMAN

Upper
Lightweight, breathable mesh
Half-Sock construction
Triangle lacing strap
TPU heel counter

Midsole
Low-to-the-ground
Minimal heel-to-toe offset
Three EVA densities
Ventilated 3D-anti torsion shank

Outsole
Durable outsole profile for different padel turfs
360° outsole pattern which enhances multidirectional movement



Upper
Breathable and lightweight mesh
Comfortable lining materials
Toe and medial protection

Midsole
Higher toe-spring
Comfortable EVA midsole
3D-anti torsion shank

Outsole
Durable outsole profile for different padel turfs
360° outsole pattern which enhances multidirectional movement
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 UNDER ARMOUR
UNDER ARMOUR
<i>Established 1996</i>
Updated: 6/2022
Special mentions: Munya Shumba, Fezile Jali



Introduced 5/2019 Updated: (4), 5/2019, 1/2020, 7/2020, 7.2022

STRONG ANTIPRONATION	
MILD ANTIPRONATION	Hovr Guardian 3 RF26.5–FF18.5-HD8mm Connect shoe to phone via run app – map my run 
NEUTRAL	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 
RACING	Hovr Flow Velocity Wind 2 RF–FF-HDmm 
TRAIL	
MAXIMALIST	

TECHNOLOGY: Cushioning platforms – CHARGED – soft-medium, MICRO G – medium, HOVR – soft, Gender specific shoe insoles – men 6mm, women 7mm,