

FMS Shoe Review | FALL 2026

Neutral

These shoes are designed to allow the foot to travel through its natural path. Typically, the higher arched foot or more rigid structure will need the cushion and flexibility provided in this type of shoe. Neutral shoes are great for supinators or under-pronators.

BRAND	MODEL	CUSHION	PCR	DROP	WEIGHT	RETAIL
Asics	Novablast 6	7	3	8	8.50	\$154.95
Asics	Gel-Nimbus 28	9	2	8	10.25	\$169.95
Brooks	Glycerin 23	9	2	8	10.30	\$174.95
Brooks	Ghost 18	7	3	10	10.15	\$149.95
Hettas	Tempo	6	4	10	9.00	\$198.95
Hoka	Bondi 9	9	5	5	9.50	\$174.95
Hoka	Mach 7	7	4	5	8.30	\$144.95
Hoka	Clifton 11	8	2	8	9.10	\$154.95
Hoka	Clifton Pro	8	2	8	10.20	\$164.95
Hylo	Impact 2	10	2	6	9.25	\$164.95
Mizuno	Wave Rider 30	7	5	10	9.10	\$149.95
Mizuno	Neo Zen 2	8	2	6	8.15	\$159.95
New Balance	FC Rebel v5	6	2	6	7.40	\$144.95
New Balance	1080 v15	10	3	6	8.75	\$169.95
New Balance	SC Trainer v3	8	3	6	9.50	\$179.95
New Balance	880 v15	7	4	6	9.75	\$149.95
Nike	Vomero 18	8	2	10	10.60	\$149.95
Nike	Pegasus Plus	7	3	10	8.38	\$169.95
Nike	Pegasus 42	6	2	10	9.75	\$144.95
On	Cloud Surfer Next	7	3	6	8.80	\$149.95
On	Cloud Surfer 3	9	2	8	10.50	\$159.95
On	Monster 3	8	2	6	10.00	\$179.95
On	Cloud 6	5	2	8	9.25	\$149.95
On	Cloudmonster 3 Hyper LS	8	2	6	7.25	\$279.95
Saucony	Ride 19	7	4	8	8.75	\$144.95
Topo	Phantom 4	6	6	5	10.40	\$149.95

Control

These shoes are designed for mild to moderate to severe pronators, helping to guide the foot through a neutral foot-strike position. These shoes incorporate structural devices that aid in minimizing pronation or “controlling the motion of the foot.”

BRAND	MODEL	CUSHION	PCR	DROP	WEIGHT	RETAIL
Asics	Gel Kayano 33	9	7	8	10.50	\$169.95
Asics	GT-2000 v15	6	7	8	9.25	\$149.95
Brooks	Ariel 26	7	9	12	10.70	\$169.95
Brooks	Adrenaline 25	7	5	10	9.80	\$154.95
Brooks	Beast 26	7	9	12	12.30	\$169.95
Brooks	Glycerin GTS	8	5	10	10.70	\$179.95
Hoka	Arahi 9	7	6	5	9.25	\$154.95
Hoka	Gaviota 6	9	8	6	9.25	\$179.95
Hylo	Axis	8	5	8	10.00	\$169.95
Mizuno	Wave Inspire 22	6	6	10	9.75	\$149.95
New Balance	860 v15	6	7	8	9.70	\$149.95
Nike	Structure 26	7	5	10	10.00	\$144.95
Nike	Structure Plus	8	5	10	10.30	\$169.95
On	Cloud Runner 3 Max	8	6	8	10.50	\$179.95
On	Cloud Runner 3	7	6	8	10.25	\$159.95
Saucony	Guide 19	7	6	6	9.40	\$149.95
Saucony	Omni 23 ST	6	8	8	11.00	\$169.95

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Recommended Category

- ☐ Neutral
- ☐ Control
- ☐ Minimal/Barefoot
- ☐ Trail
- ☐ Racing

PCR— Pronation Control Rating

The higher the # the more stable and firm the shoe. The lower the # the softer and more flexible.

Cushion

The higher the # the more the shoe will absorb shock to help with impact forces on the joints (back, hip, knee, ankle and foot).

Drop

Relates to the differential between the height of the forefoot and the heel of the shoe. A traditional drop is between 10-12 mm.

**All weights are ounces and based on a men’s size 9 weighed on the same scale at Forward Motion Sports.*

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Trail

Trail shoes are designed to stabilize and protect the foot over varied terrain. A lower center of gravity (closer to the ground) gives better stability. Extra lugs help with traction and added protection against rocks and roots. These shoes need to also be flexible in order to go up, over and around the rocks and roots and inclines that make up the trails you may travel.

BRAND	MODEL	CUSHION	PCR	DROP	WEIGHT	RETAIL
Asics	Trabuco 14	6	5	4	9.75	\$144.95
Brooks	Cascadia 20	7	5	6	10.75	\$159.95
Hoka	Speedgoat 7	7	4	4	8.80	\$164.95
Hoka	Challenger 8	8	3	8	9.50	\$154.95
Hoka	Transport 2	6	5	5	10.80	\$149.95
Hoka	Mafate 5	7	4	5	11.70	\$184.95
Nike	Wildhorse 10	7	4	9	10.25	\$164.95
Saucony	Peregrine 16	6	5	4	9.50	\$149.95
Topo	Mountain Racer 4	6	6	5	10.40	\$154.95

Racing

Usually a stiffer feeling shoe. Firmer without the “squish” of a very soft shoe. These shoes are characterized as being “responsive”. Very lightweight and a feel that “moves you forward”.

BRAND	MODEL	CUSHION	PCR	DROP	WEIGHT	RETAIL
Asics	Megablast	8	2	8	7.50	\$224.95
Hoka	Rocket X 3	8	3	5	7.40	\$249.95
New Balance	SC Rebel v1	9	3	4	7.25	\$199.95
Nike	Vapor Fly 4	8	2	8	5.75	\$269.95
Nike	Alpha Fly 4	9	2	8	6.60	\$279.95
Nike	Streak Fly 2	6	3	8	4.25	\$189.95
On	Cloudbloom Strike 2	8	4	5	6.90	\$249.95
Saucony	Endorphin Pro 5	8	2	8	7.25	\$239.95

Fitness

Fitness shoes are designed for gym workouts, fitness classes, walking and other active pursuits. These shoes combine cushioning with a stable platform to provide comfort and support during a variety of movements. Flexible, durable construction makes them a versatile choice for everyday training and an active lifestyle.

BRAND	MODEL	CUSHION	PCR	DROP	WEIGHT	RETAIL
Hoka	Solimar 2	5	6	6	7.75	\$124.95
On	Cloud X5	6	4	7	8.80	\$159.95

Recovery

Recovery shoes are designed to provide soft cushioning and comfortable support for tired feet before or after a run. These shoes typically feature a relaxed fit, lightweight construction and an easy on-and-off design. They are ideal for everyday comfort, post-run wear and giving your feet a break between workouts.

BRAND	MODEL	CUSHION	PCR	DROP	WEIGHT	RETAIL
Birkenstock	Arizona EVA	3	8	0	4.10	\$49.95
Birkenstock	Boston	2	8	0	11.10	\$169.95
Birkenstock	Boston EVA	3	8	0	5.25	\$59.95
Birkenstock	Arizona	2	8	0	10.30	\$154.95
Oofos	OOriginal Sandal	10	4	6	5.50	\$59.95
Oofos	OOAHH Slide	10	4	6	5.75	\$59.95

Your Recommended Categories/Shoes: