

FMS Shoe Review | SPRING 2021

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 supinator's or under-pronators.

BRAND	MODEL	CUSHION	PCR	DROP	WEIGHT	RETAIL
361	Fierce	7	4	8	9.90	\$119.95
361	Spire 4	8	3	9	10.00	\$149.95
361	Meraki 3	7	4	9	10.40	\$129.95
Altra	Torin Plush 4.5	8	4	0	9.10	\$134.95
Asics	Gel-Nimbus 23	9	4	10	11.00	\$149.95
Brooks	Glycerin 19	8	3	10	10.70	\$149.95
Brooks	Levitare 4	8	2	8	10.30	\$149.95
Brooks	Ghost 13	8	3	11	8.80	\$129.95
Hoka	Bondi 7	10	4	4	10.20	\$149.95
Hoka	Clifton 7	8	3	5	8.60	\$129.95
Hoka	Rincon 2	7	5	5	7.70	\$114.95
Mizuno	Waveknit Rider 24	7	3	12	9.60	\$129.95
Mizuno	Sky Waveknit 4	8	3	10	10.90	\$149.95
Mizuno	Rider 24	7	3	12	9.60	\$129.95
New Balance	1080 V11	8	3	8	10.05	\$149.95
New Balance	More V2	7	5	4	9.60	\$159.95
New Balance	Beacon V3	7	3	6	7.95	\$119.95
New Balance	880 v10	7	4	10	10.70	\$124.95
Nike	Pegasus 37	7	2	10	9.58	\$119.95
Nike	Pegasus 37 Shield	7	2	10	9.58	\$119.95
On	Cloud Swift	8	4	7	10.10	\$149.95
On	Cloud Flow V2	7	3	6	8.30	\$139.95
Saucony	Kinvara 12	6	3	4	7.50	\$109.95
Saucony	Triumph 18	9	4	8	11.10	\$149.95
Saucony	Ride 13	6	3	8	9.70	\$119.95
Under Armour	Sonic 3	6	3	8	10.20	\$109.95
Under Armour	Machina	7	4	10	10.70	\$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
361	Strata 4	7	6	9	11.60	\$149.95
Asics	GT 2000 V9	6	7	10	10.30	\$119.95
Asics	Gel Kayano 27	8	8	10	11.10	\$159.95
Brooks	Addiction 14	5	9	12	11.40	\$119.95
Brooks	Launch 8 GTS	6	4	10	8.10	\$119.95
Brooks	Beast 20	9	10	12	13.80	\$159.95
Brooks	Adrenaline GTS 21	7	5	12	10.60	\$129.95
Hoka	Gaviota 3	9	7	5	11.30	\$149.95
Mizuno	Wave Inspire 17 Knit	7	6	12	10.10	\$134.95
Mizuno	Wave Inspire 17	7	6	12	10.10	\$134.95
New Balance	860 V11	6	7	12	10.70	\$124.95
Nike	Infinity React V2	6	5	9	9.90	\$159.95
On	Cloud Ace	8	5	7	11.80	\$199.95
On	Cloud Flyer V2	7	3	7	9.10	\$159.95
On	Cloud Stratus	6	4	8	11.10	\$169.95
Saucony	Guide 14	6	5	8	10.50	\$119.95
Saucony	Hurricane 23	7	5	8	11.40	\$149.95
Saucony	Omni 19	6	9	8	11.40	\$129.95

FORWARD



MOTION SPORTS

www.forwardmotion.com

432 Hartz Avenue

Danville, CA 94526

925.820.9966

Mon-Sat 10-7 | Sun 10-5

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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Minimal/Barefoot

These shoes are designed to put your foot in a "natural" position by hitting more mid-foot. This position centers your hips over your knees and keeps you more in alignment throughout your footstrike and minimizing some of the pronation associated with a more traditional height shoe.

BRAND	MODEL	CUSHION	PCR	DROP	WEIGHT	RETAIL
Altra	Escalante Racer	6	5	0	6.80	\$129.95
Altra	Escalante 2	7	5	0	9.20	\$129.95
Asics	DS Trainer 25	5	5	8	9.00	\$129.95
Inov-8	F-Lite G 230	5	4	3	8.10	\$124.95
Inov-8	F-Lite 260	6	5	8	9.20	\$139.95
Nike	Metcon 5	4	5	4	10.60	\$129.95
On	Cloud X 2	6	4	6	8.10	\$139.95
On	Cloud	6	3	6	8.10	\$129.95
Saucony	Kinvara 12	6	3	4	7.50	\$109.95

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
361	Yushan 2	6	5	8	12.30	\$164.95
Altra	Lone Peak 5.0	7	6	0	11.10	\$119.95
Brooks	Cascadia 15	7	3	8	10.76	\$129.95
Hoka	Speedgoat EVO	8	4	4	9.30	\$159.95
Hoka	Speedgoat 4	8	5	4	10.80	\$149.95
Hoka	Torrent 2	6	6	5	9.30	\$119.95
Hoka	Stinson ATR 6	9	6	5	9.80	\$159.95
New Balance	Hierro V5	7	4	8	12.20	\$134.95
New Balance	More Trail	8	5	4	10.40	\$164.95
Nike	Wildhorse 6	4	2	8	10.50	\$129.95
Saucony	Peregrine 11	7	5	4	10.00	\$119.95
The North Face	Vectiv Enduris	7	5	6	11.15	\$139.95
The North Face	Vectiv Flight	5	5	6	10.05	\$199.95
The North Face	Vectiv Infinite	6	5	6	10.80	\$169.95

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	DS Trainer 25	5	5	6	8.70	\$119.95
Brooks	Hyperion Tempo	3	0	8	7.30	\$149.95
Hoka	Carbon X V2	5	3	5	8.40	\$179.95
Nike	Air Zoom Tempo Next %	8	2	10	10.10	\$199.95
Nike	Vaporfly Next%	8	2	11	7.10	\$249.95
On	Cloud X 2	6	4	6	8.10	\$139.95
On	Cloudbloom	5	1	9	7.76	\$199.95
Saucony	Endorphin Speed	7	2	8	7.80	\$159.95
Saucony	Endorphin Pro	8	2	8	7.50	\$199.95

Your Recommended Categories/Shoes: