



**BASE**  
—PODIATRY—  
RUNNING SHOE GUIDE

2017

	High Arch/Cushion	Neutral	Mid/Guidance	Low Arch/Stability	Control
BROOKS	Dyad	Ghost	Ravenna	Adrenaline	Beast/Ariel
		Glycerine		Vapor	Addiction
		Defyance		Trance	
ASICS	Nimbus	Nimbus	3000	Kayano	Foundation
		Cumulus	DS Trainer	1000	
				2000	
				Forte	
NIKE	Vomero	Pegasus		Structure	
SAUCONY	Triumph	Paramount	Guide	Omni	Stabil
				Hurricane	
MIZUNO	Ultima	Creation		Nirvana	Alchemy
		Rider		Inspire	
		Prophecy		Nexus	
		Enigma		Renegade	
NEW BALANCE		880		660	
		780		860	
		1080		870	
				940	
				1260	

KIDS (Up to Size 6)

	Neutral	Stability
BROOKS	Pure Flow	Adrenaline
NEW BALANCE	880	860
ASICS	Nimbus	2000
		Kayano