



Don Mills Orthopaedic Group

Foot and Ankle Centre

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Recommended Running Shoes Fall/Winter 2009/2010

1. Maximum Neutral Motion Control (best long term stability)

New Balance 1123* & 1011*
Brooks Beast Mens*
Brooks Ariel Ladies*
New Balance 587*
Asics Gel Evolution 5
Brooks Trance 9*
Mizuno Wave Inspire 5

New Balance Ladies 859
Asics Gel 1140 and GT 2140
Mizuno Wave Renegade 4
Adidas Adifusion MC
Saucony ProGrid Stabil CS*
Saucony ProGrid OMNI 8

2. Moderate Neutral Control (very good stability/most runners)

Brooks Adrenaline GTS 9
New Balance 740, 817
Adidas Repsonse Control
Avia Isis Womens
Asics Gel Evolution 4
Asics Gel DS Trainer XI
Nike Air Perseus 3
Saucony ProGrid Stabil CS

New Balance 993 & 1225*
Saucony ProGrid Hurricane 10
Reebok Premier Road Plus KFS V1
Mizuno Wave Nexus 3
Nike Air Zoom Percept
Etonic Stable Pro V
Adidas Adistar Salvation
Asics Gel-Kayano 15

3. Mild Motion Control (basic stability)

Adidas Response Trail
Nike Air Shox FSM
Brooks Addiction 8
New Balance 769
Reebok Premier Phoenix

Saucony ProGrid Guide 2
Brooks Switch 2
Brooks Infinity 2
Mizuno Alchemy 9
Brooks Ghost 2

4. High Arched Efficient Runners (cushioning and support)

Brooks Dyad 5
Nike Air Pegasus +26
Asics Gel cumulus 10
New Balance 883 & 1063
Saucony ProGrid Echelon

Nike Air Structure Triax
New Balance 758 & 903
Nike Air Maxx 180
Brooks Glycerin 7
Reebok Premier Aero Lite

* Recommended for overweight runners

Underlined shoes indicate the best critically reviewed shoes in the trade magazines