



SHOE LIST OCT 2023

RUNNING/TRAINING SHOES:

BROOKS ADRENALINE GTS 22 & 23: Good base, good heel support and moderate upper.

BROOKS BEAST/ARIEL 22 & 23: Good base (bulkier than Adrenaline), good heel support and moderate upper.

ASICS GT2000 11 & 12: Moderate to good base, good heel support and good upper.

ASICS GEL KAYANO 29 & 30: Good base, good heel support (slight lateral heel cushion) and good upper.

HOKA ARAHI 5 & 6: Good base (fairly bulky), good heel support and moderate upper.

ALTRA VIA OLYMPUS 1 & 2: Good base (although wide and fairly bulky), good heel support and moderate upper.

NEW BALANCE 847: Good base (pretty rigid), good heel support and good upper.

NIKE INVINCIBLE RUN 03: Moderate to good base, moderate heel and moderate upper.

TRAIL RUNNING/HIKING SHOES:

BROOKS CALDERA 6: Good base (quite bulky), good heel and moderate upper.

BROOKS CASCADIA 17: Moderate base, good heel and moderate upper.

ALTRA OLYMPUS 5: Good base, good (but shallow) heel support and moderate to good upper.

HOKA CHALLENGER ATR 6 & 7: Moderate to good base (fairly bulky), good heel and moderate upper.

HOKA STINSON ATR 6 & 7: Moderate to good base (fairly bulky), good heel and moderate upper.

CASUAL SHOES:

NIKE AIR MAX 90: Good base (a little rigid), good heel support and good upper.

NIKE AIR FORCE ONE: Good base (rigid forefoot), good heel support and good upper.

NIKE AIR JORDAN 3 and 4: Good base, good heel support and good upper.