SHOE LIST JAN 2026

RUNNING SHOES:

ASICS GT 2160:
Good base, good heel support, and moderate to good upper.

ASICS GEL NYC:
Good base, good heel support and moderate to good upper.

ASICS SUPERBLAST 2 (DISTANCE):
Good base (high mid-foot), good heel support and moderate upper.

BROOKS ADDICTION GTS 15/WALKER:
Good base, good heel support, and moderate to good upper/Walker has a good upper.

BROOKS ARIEL/BEAST 24:
Good base (fairly bulky), good heel support, and moderate upper.

MIZUNO WAVE HORIZON:
Good base, good heel support, and moderate upper.

XELERO STEADFAST:
Good base (pretty rigid), good heel support and moderate to good upper.

XELERO XPS:
Good base (pretty rigid), good heel support and moderate to good upper.

ASICS GT4000 4:
Moderate to good base (fairly bulky), good heel support and moderate upper.

DIADORA CELLA 2:
Moderate base, good heel and moderate to good upper.

HOKA ARAHI 8:
Moderate to good base (fairly bulky), good heel support and moderate upper.

HOKA BONDI 9:
Moderate to good base (fairly bulky and softer midfoot), good heel support and moderate upper.

HOKA CLIFTON 10:
Moderate to good base (fairly bulky), good heel support and moderate upper.

MIZUNO WAVE SKY: Moderate to good base, good heel and moderate upper.

NEW BALANCE 1906R:
Moderate to good base (pretty rigid), moderate to good heel support and moderate to good upper.

NEW BALANCE 2002R:
Moderate to good base (pretty rigid), moderate to good heel support and moderate to good upper.

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RUNNING SHOES (CONT'D):

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

SAUCONY PRO GRID OMNI 9:
Moderate to good base, good heel support and moderate upper.

SAUCONY GUIDE 18:
Moderate to good base, good heel support and moderate to good upper.

SAUCONY HURRICANE 25:
Moderate base, moderate to good heel and moderate to good upper.

TRAIL/HIKING SHOES:

HOKA MAFATE X (NOT MAFATE 5):
Good base, good heel support and moderate to good upper.

KEEN DURANT MID II:
Good base, good heel support and good upper.

KEEN ZIONIC MID WP (NOT ZIONIC NXT):
Good base, good heel support and good upper.

MERRELL MOAB SPEED 2:
Good base, good heel support and good upper.

SOLOMON QUEST 4:
Good base, good heel support and good upper.

HOKA CHALLENGER 7 GTX:
Moderate to good base, good heel support and moderate to good upper.

BASKETBALL SHOES:

ANTA KYRIE IRVING KAI 1:
Good base, good heel support and moderate to good upper.

NIKE GT HUSTLE 3:
Good base, good heel support and moderate to good upper.

UNDER ARMOUR STEPHEN CURRY FOX:
Good base, good heel support and moderate to good upper.

NIKE AJA WILSON A'ONE:
Moderate to good base, moderate to good heel support and moderate upper.

NIKE ANGEL REECE 1:
Moderate to good base, moderate to good heel support and moderate upper.

PUMA LAMELO BALL MB.04:
Moderate to good base, good heel support and good upper.

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CROSS TRAINING SHOES:

ADIDAS MAHOMES 2 IMPACT FLX:
Good base, good heel support and good upper.

CASUAL SHOES:

ECCO BIOM 2.2:
Good base, moderate to good heel and moderate to good upper.

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

NIKE AIR MAX 97:
Good base, good heel support and good upper (a little rigid).

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

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

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

HOKA TRANSPORT:
Moderate to good base (foamy lateral edges), moderate to good heel and moderate to good upper.

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

NIKE P6000:
Moderate to good base, good heel support and moderate to good upper.

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