



Shoe List by Mark T. Reeves, DPM

VIRGINIA MASON SPORTS MEDICINE



Virginia Mason™

Running Shoes (Motion Control/Anti-Pronation)

Cushion/Neutral

ASICS

- Cumulus 20 (M/W)
- Nimbus 21 (M/W)
- MetaRide (M/W)

ALTRA

- Olympus 3 (M/W)
- Paradigm 4 (M/W)

Brooks

- Glycerin 17 (M/W)
- Ghost 11/GTX (M/W)
- Dyad 10 (M/W)

HOKA

- Speedgoat 3 (M/W)
- Stinson ATR 5 (M/W)
- Bondi 6 (M/W)

Mizuno

- Wave Rider 22 (M/W)
- Wave Creation 20 (M/W)

New Balance

- 1080v9 (M/W)
- 880v9 (M/W)
- 990v4 (M/W)

Nike

- Zoom Vomero 14 (M/W)
- Zoom Pegasus 35 (M/W)

ON

- Cloudance (M/W)

Saucony

- Ride ISO (M/W)

TOPO

- Ultrfly 2.5mm drop (M/W)

Mild Motion Control

Adidas

- SuperNova ST (M/W)

ALTRA

- Provision 3.5 (M/W)

ASICS

- Kayano 25 (M/W)
- Foundation 13 (M/W)

Brooks

- Adrenaline GTS 19 (M/W)
- Transcend 6 (M/W)

HOKA

- Gaviota 2 (M/W)
- Arahi 3 (M/W)

Mizuno

- Creation 16 (M/W)
- Inspire 15 (M/W)

New Balance

- 860v9 (M/W)

Nike

- Structure 22 (M/W)

Saucony

- Guide ISO 2 (M/W)
- Hurricane ISO 5 (M/W)

Moderate Motion Control

Brooks

- Addiction 13 (M/W)

New Balance

- 1260v7 (M/W)

Saucony

- Omni ISO (M/W)

Maximum Motion Control

Brooks

- Beast 18 (M) or Ariel (W)

New Balance

- 1540v2 (M/W)

Tennis Used as Cross-Trainers

ASICS

- Gel-Resolution 7 (M/W)***

Adidas

- Barricade 2018 Boost (M/W)**

K-Swiss

- Bigshot Light 3 (M/W)**

New Balance

- 1296v2 (M/W)** , 768v2 (M/W)

Nike

- Zoom Vapor X or Resistance (M/W)**

Prince

- T22 (M/W)**

Walking Shoes

Brooks

- Addiction Walker (M/W)**

HOKA

- Bondi Leather (M/W)*

New Balance

- 928v3 (M/W)***
- 847v3 (M/W)** , 813 (M/W)*

Saucony

- Omni Walker (M/W)

Basketball Shoes

Adidas

- Marquee Boost (M)**
- Dame 5 (M)**

Nike

- Kyrie 5 (M)***
- Zoom KD12 (M)**

Day Hikers and Trail Running Shoes

ASICS

- GT 2000 7 Trail (M/W)**

Brooks

- Cascadia 13/GTX (M/W)*

HOKA

- Sky Kaha (M/W)*
- Sky Toa Day Hiker (M/W)*

Keen

- Targhee II (M/W)***

Merrell

- Chameleon Prime or Moab (M/W)**

New Balance

- 978 (M/W)***

OBOZ

- Sawtooth II (M/W)

ON

- Cloudventure (M/W)*

TOPO

- Hydroventure 3mm drop (M/W)*
- Ultraventure 5mm drop (M/W)**

Clogs and Casual Shoes

Alegria

- Dress Casual, Sandal (W)

Dromedaris

- Dress casual (W)

Dansko

- Professional ***
- Professional XP ***

Sandals

Chaco

- Z1 or Z2

Keen

- Newport or Venice

Over-the-Counter Orthotics

- Arch Molds®
- Biosoft®
- ProLab®
- Quickstride®
- Sof Sole Custom®
- Superfeet®

*** Maximum motion control in category

** Moderate motion control in category

* Mild motion control in category