

# RUNNING SHOES *Holiday Buying Guide 2011*

Different types of runner will require different types of running shoes. This largely depends on the way your foot "rolls" from outside in (when viewed from behind) when it impacts the surface you are running on. This motion is called pronation and can vary from person to person and is heavily influenced by your foot shape.

**Flat footed** and heavier runners will often require the most protection from "overpronation" and require **motion control running shoes**.

On the flip side, people with very **high arches** on their feet, are thought to "underpronate" because they do not pronate their feet nearly enough to disperse the shock of each foot fall. Like biomechanically efficient runners, they require **cushion running shoes**.

Most people have arches on their feet that are neither flat nor very high. Runners who have this foot type still require pronation support. They require shoes that support their feet and prevent overpronation. These shoes are called **stability running shoes**.



Casual runner by day, Engineer by night and rabid shoe enthusiast by weekend, **Engineer AI** strives to share his thoughts about running shoes on the following sites:



[www.cushionrunningshoes.com](http://www.cushionrunningshoes.com)  
[www.stabilityrunningshoes.info](http://www.stabilityrunningshoes.info)  
[www.motioncontrolrunningshoes.info](http://www.motioncontrolrunningshoes.info)

## Stability Running Shoes for Normal Arches

### ASICS Gel-Kinsei 4



SHO3BACCA  
ROADRUNNER  
amazon.com

An award winning stability shoe that can give runners of all levels uncompromising performance and support.

### ASICS Gel-1160

SHO3BACCA  
ROADRUNNER  
amazon.com



The Asics Gel 1160 retails for a mere \$85 and punches well above its weight. Definitely the pound for pound champ for stability trainers.

### New Balance WR1260



SHO3BACCA  
ROADRUNNER  
amazon.com

Ladies will love NB's 1260 with its classic but stylish design and supreme performance. It is hard to find a better fully featured support trainer.

### Saucony ProGrid Mirage

SHO3BACCA  
ROADRUNNER  
amazon.com



Saucony has revolutionized how we look at trainers with the **Mirage**. Great support in a minimalist package. Must buy for those seeking a minimalist experience.

## Motion Control Shoes for Flat Feet

### BROOKS Beast 2011



SHO3BACCA  
ROADRUNNER  
amazon.com

The first choice when it comes to motion control, the Brooks Beast can support even the largest of all runners comfortably.

### ASICS Gel-Foundation 10

SHO3BACCA  
ROADRUNNER  
amazon.com



Generous support systems make motion control shoes expensive. It's hard to find cheaper models. Thankfully the Gel-Foundation line exists. Great for those looking for a great deal.

### BROOKS Ariel 2011



SHO3BACCA  
ROADRUNNER  
amazon.com

Durable, supportive and able to support runners of all sizes, the Brooks Ariel has no equal in the women's motion control category.

### New Balance 993



SHO3BACCA  
ROADRUNNER  
amazon.com

The NB 993 is an iconic shoe that has a very strong following (Apple Chief - Steve Jobs wore them). It's a retro shoe with modern cushioning and stability that everyone loves. Plus its **Made in the USA**

## Cushion Running Shoes for High Arches

### MIZUNO Wave Prophecy



SHO3BACCA  
ROADRUNNER  
amazon.com

The Mizuno Wave Prophecy has just landed and instantly selling out like crazy. This premium neutral trainer is a legend in the making.

### New Balance 780

SHO3BACCA  
ROADRUNNER  
amazon.com



The NB 780 is a premium shoe disguised as a budget cushioned trainer. This is a great trainer for high arched runners looking for the most bang for their buck.

### ASICS Gel-Nimbus 12



SHO3BACCA  
ROADRUNNER  
amazon.com

The Asics Gel Nimbus 12 for women is great for runners who are looking for plush cushioning in a top performing neutral trainer.

### Saucony ProGrid Kinvara 2

SHO3BACCA  
ROADRUNNER  
amazon.com



Being more of a refinement to the first iteration, the Kinvara 2 gets the same great performance. The Kinvara 2 is great for those wanting a light neutral trainer with minimalistic tendencies.