

# Dr. Victoria Foley's Shoe List

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## RUNNING: Motion Control/Anti-Pronation

### CUSHION:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> <b>BROOKS:</b><br>-Glycerin (M/W)<br>-Defyance 2 (M/W)<br>-Dyad | <input type="checkbox"/> <b>NEW BALANCE:</b><br>-993 (M/W)<br>-1061 | <input type="checkbox"/> <b>NIKE:</b><br>-Pegasus   |
|  | <input type="checkbox"/> <b>ADIDAS:</b><br>-Supernova Cushion (M/W) | <input type="checkbox"/> <b>ASICS:</b><br>-Cumulus<br>-Landreth 5 (M/W)<br>-Nimbus 10 (M/W) |

### MILD MOTION CONTROL:

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> <b>ASICS:</b><br>-GT2140 (M/W)<br>-Kayano (M/W) | <input type="checkbox"/> <b>NIKE:</b><br>-Elite 4 (M/W)<br>-Air Max<br>-Moto Score | <input type="checkbox"/> <b>SAUCONY:</b><br>-Omni Med. Control (M/W)    |
| <input type="checkbox"/> <b>NEW BALANCE:</b><br>-769 (M/W)               | <input type="checkbox"/> <b>BROOKS:</b><br>-Adrenaline GTS 9 (M/W)                 | <input type="checkbox"/> <b>MIZUNO:</b><br>-Alchemy 5 (M/W)<br>-Nirvana |

### MODERATE MOTION CONTROL:

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> <b>ASICS:</b><br>-Foundation VI (M/W)<br>-Evolution II (M/W) | <input type="checkbox"/> <b>BROOKS:</b><br>-Addiction 8 (M/W)            | <input type="checkbox"/> <b>SAUCONY:</b><br>-Omni Ult. Control (M/W)<br>-Hurricane (M/W) |
| <input type="checkbox"/> <b>ADIDAS:</b><br>-Adi Star Control (M/W)                    | <input type="checkbox"/> <b>NEW BALANCE:</b><br>-1224 (M/W)<br>-859 (MW) | <input type="checkbox"/> <b>MIZUNO:</b><br>-Renegade 4 (M/W)                             |

### MAXIMUM MOTION CONTROL:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> <b>BROOKS:</b><br>-Beast (M) or Ariel (W) | <input type="checkbox"/> <b>SAUCONY:</b><br>-Grid Stabil CS V (M/W) | <input type="checkbox"/> <b>NEW BALANCE:</b><br>-1123<br>-817 |
|--|---|---|

## CROSS-TRAINERS—see legend at bottom right of page for meaning of \*\*\* before shoes

- |   |   |
|---|---|
| <input type="checkbox"/> <b>NEW BALANCE:</b><br>** 802 (M) – Tennis/Cross<br>*** 1009 (M/W) | <input type="checkbox"/> <b>KSWISS:</b><br>*** Ultrascender<br>** Glaciator |
|---|---|

## WALKING SHOES—see legend at bottom right of page for meaning of \*\*\* before shoes

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> <b>BROOKS:</b><br>*** WT: Leather Addiction (M/W) | <input type="checkbox"/> <b>NEW BALANCE:</b><br>*** 927 (M/W)<br>** 845 (M/W)<br>* 811 (M/W)<br>* Aravon (W) | <input type="checkbox"/> <b>DREW:</b><br>Blitz (W)<br>Thunder (M) |
| <input type="checkbox"/> <b>MBT</b>  |  |   |
| <input type="checkbox"/> <b>SKETCHER:</b><br>Shape Ups                     |  |   |

## BASKETBALL—see legend at bottom right of page for meaning of \*\*\* before shoes

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> <b>NIKE:</b><br>*** Air Huarache series (M)<br>** Power Max | <input type="checkbox"/> <b>ADIDAS</b><br>*** Creator Rose (M)<br>** Bounce Commander (M) | <input type="checkbox"/> <b>REEBOK:</b><br>** ATR Talkin' Krazy (M)        |
|  |   | <input type="checkbox"/> <b>NEW BALANCE:</b><br>** 889 (M)<br>** 905 (M/W) |

## DAY HIKERS & TRAIL RUNNING SHOES—see legend at bottom right of page for meaning of \*\*\* before shoes

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> <b>MERRILL:</b><br>** Chameleon (M/W) | <input type="checkbox"/> <b>MONTRAIL:</b><br>** Comp & comp XCR (M/W) | <input type="checkbox"/> <b>ASICS:</b><br>GT 2130 (M)         |
| <input type="checkbox"/> <b>BROOKS</b><br>*** Adrenaline (M/W) |   | <input type="checkbox"/> <b>KEEN:</b><br>*** Targhee II (M/W) |

## GOLF SHOES—see legend at bottom right of page for meaning of \*\*\* before shoes

- ECCO:**

updated 2/10

#### Available at:

- **Runner's High**, 6416 Stearns, Long Beach (562) 430-7833
- **Runner's High**, 5338 E. 2nd St., Long Beach (562) 433-7825
- **Snails Pace**, 8786 Warner Ave., Fountain Valley (714) 842-2337
- **New Balance Store**, 3333 Bear St., Costa Mesa (714) 434-9405
- **New Balance Store**, 20611 Hawthorne Blvd., Torrance (310) 921-2700

*Over-the Counter Orthotics:*  
Superfeet®  
Spenco®  
SofSole Custom®

*Motion Control for Cross Trainers, Walking and Basketball:*  
\*\*\* Maximum control in category  
\*\* Moderate control in category  
\* Mild control in category