

# Shoe List

## Running Shoes (Motion Control/Anti-Pronation)

### Cushion/Neutral

#### ASICS

Cumulus 17 (M/W)  
Nimbus 17 (M/W)

#### Mizuno

Wave Rider 19 (M/W)  
Wave Creation 17 (M/W)

#### Brooks

Glycerin 13 (M/W)  
Ghost 8 (M/W)

#### Saucony

Ride 8 (M/W) Wide  
Triumph Iso 2 (M/W) Narrow

#### Hoka One One

Clifton

### Mild Motion Control

#### Adidas

Supernova Sequence Boost 8 (M/W)

#### New Balance

860 V6 (M/W)

#### Nike

Air Zoom Structure 19 (M/W)

#### ASICS

GT 3000 (M/W)  
Kayano 22 (M/W)

#### Saucony

Guide 9 (M/W)  
Hurricane Iso 2 (M/W)

#### Brooks

Adrenaline GTS 16 (M/W)

#### Hoka One One

Stinson 3 (M/W)

### Moderate Motion Control

#### ASICS

Gel Foundation 12 (M/W)

#### New Balance

860 V6 (M/W)

#### Brooks

Addiction 12 (M/W)

#### Saucony

Omni 14 (M/W)

### Maximum Motion Control

#### Brooks

Beast 14 (M) or Ariel 14 (W)

#### Saucony

Redeemer (M/W)

#### New Balance

990 (M/W) (1340 M/W)

## Golf Shoes

### Ecco

#### 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., Cosa Mesa (714) 434- 9405  
**New Balance Store**, 20611 Hawthorne Blvd., Torrance (310) 921- 2700  
**Legacy Running Co.**, 6729 Comstock Ave, Whittier, (562) 907-7523

## Walking Shoes

#### Brooks

Addiction Walker (M/W) \*\*

#### New Balance

928 (M/W) \*\*\*  
847 V2 (M/W) 813 (M/W) \*

## Basketball Shoes

#### And1

Entourage (M) \*\*

#### Nike

Lebron 13 (M/) \*\*\*

## Day Hiker & Trail Running Shoes

#### ASICS

Kahana 7 (M/W)\*  
GT 2000 Trail \*\*

#### Keen

Targhee II (M/W) \*\*\*  
Voyageur (M/W) \*\*

#### Brooks

Adrenaline ASR 12 (M/W) \*\*\*

#### Merrell

Chameleon Series (M/W) \*\*

## Clogs & Casual Shoes

#### Dansko

Professional \*\*\*

#### Merrell

Jungle Moc \*\*

## Sandals

#### Chaco

Z1 or Z2

#### Keen

Newport or Venice

## Rockerbottom Shoes

#### Alegria

Dress Casual, Sandal (W)

#### Skechers

Shape-ups: Dress Casual,  
Sandal and Walking (M/W)

#### MBT

Dress Casual, Sandal  
and Walking (M/W)

#### Hoka One One

Bondi 4 Conquest 2

## Tennis Shoes

#### Adidas

Barricade 2016 (M/W) \*\*\*

#### New Balance

Free Distance (M/W)\*\*

#### New Balance

1005 (M/W) \*\*

#### Prince

Scream 3 (M/W)\*\*  
T-22 (M/W)\*\*

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

*Motion Control for  
Non-running Shoes:  
\*\*\* Maximum Control  
\*\* Moderate Control  
\* Mild Control*