

## Running Shoes

Wearing the right type of running shoe is essential to injury-free training. See below for three types.

Neutral-Cushioned – intended for those who do not pronate and have a high arch

Adidas Supernova Glide  
Asics Gel-Nimbus  
Brooks Glycerin

Mizuno Wave Rider  
Nike Air Pegasus+  
Saucony Progrid Ride

Stability – intended for those who over-pronate and have a moderate arch

Adidas Supernova Adapt  
Asics Gel-3020  
Asics GT-2150

Brooks Adrenaline  
Mizuno Wave Inspire  
Nike Structure Triax+

Motion Control – intended for those who over-pronate severely and have low arches

Asics Gel-Foundation  
Brooks Addiction  
New Balance 1012

Nike Zoom Nucleus  
Pearl Izumi Syncroguide  
Saucony Progrid Stable CS

\*These shoes can be bought many places. For a fitting, check out *Fleet Feet* (downtown Lawrenceville), *Phidipides* or *Big Peach Running Co.* Some of these places will give a discount if you tell them you run for a high school cross country team. The internet has good shoe-buying sites as well: [roadrunnersports.com](http://roadrunnersports.com).