



Walking and Running Shoes

The best of the best for your feet!

(Updated January 2021)

*available in wide

#available in narrow

434-293-3367, Free Parking in our private lot

CUSHIONED curve lasted NEUTRAL shoes (For those with higher, more stable and rigid arches who need a responsive shoe)

- *#Brooks Ghost
- *#New Balance 880
- *Asics Cumulus
- *Asics Nimbus
- Mizuno Wave Rider
- *Nike Pegasus
- *Saucony Ride
- Saucony Triumph (very padded in the forefoot)
- *Hoka Bondi...the single most cushioned shoe on the market today!
- *Hoka Clifton
- Altra Escalante (zero drop)...note that all Altra's run wide
- Altra Torin (zero drop)
- Topo Phantom (4mm drop)
- ON Cloud and X (6 mm drop)

WIND BLOWN (for those tough-to-fit pair of feet that behave differently on each side...for example, when one foot pronates and the other foot is much more neutral)

- *Asics 1000
- *#Brooks Adrenaline
- Brooks Launch GTS (formerly called Ravenna)
- Hoka Arahi

STABILITY curve lasted (for those with a flexible arched curved foot...moderate overpronators)

- *#Asics 2000
- *Asics Kayano
- *#New Balance 860
- *Saucony Guide
- *Mizuno Inspire
- Altra Paradigm (zero drop)

CUSHIONED STRAIGHT lasted (for those with very flat but rigid feet needing cushioning)

- *Brooks Dyad
- *#New Balance 840
- Saucony Echelon

MOTION CONTROL straight lasted (for those with hyper mobile feet...excessive flat footed overpronators)

- *#Brooks Addiction (available in mesh or in the classic leather “Walker” edition)
- *#New Balance 940
- *Hoka Gaviota
- Asics 4000
- *Saucony Omni
- All Birkenstocks!

NOTE: Brooks, sadly, has considerably WEAKENED the support of the legendary super stable Beast/Ariel with it’s latest version, so it is NO longer anywhere near as stable and it now falls out of the motion control category. We have consequently stopped carrying it because the Addiction is a far better option, especially since it’s \$30 less expensive.

FOREFOOT issues (for those with neuromas, stress fractures, arthritis, sesamoiditis and metatarsalgia)

- All Birkenstocks (for everyday use or walking)
- # All Hokas because of their very stiff forefoot!
- Altra Paradigm
- #*NB 940
- #*Brooks Addiction

TRAIL/OFF ROAD lightweight but rugged shoes

- *Hoka Speedgoat: also available in a Goretex (GTX) and mid-cut option (our bestseller)
- Hoka Stinson Trail (very cushioned)
- *Hoka Torrent
- Brooks Cascadia
- Saucony Guide Trail (excellent arch support for pronators)
- Asics 2000 Trail (along with the Guide, one of the most stable trail shoes for overpronation)
- Altra Lone Peak (zero drop and for very neutral rigid arched feet)
- Topo Mountain Racer (4 mm drop)
- Topo Ultraventure (4mm drop)
- Saucony Xodus (moderate support)

HIKING

- Oboz: We carry a full lineup of rugged and supportive Oboz day hikers, both low cut and high, and both Goretex and vented. Narrower cut than Merrell, and with a more prominent arch.
- Merrell Moab vent & Moab waterproof: Wider cut, rugged options for hiking and walking.

***We carry a wide variety of Kids shoes too