



Walking and Running Shoes

The best of the best for your feet!

(Updated January 2025)

*available in wide

#available in narrow

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

EVERYDAY SHOES with great support

- Dansko (~25 models including some summer options)
- Birkenstock (Arizona, Mayari, Gizeh, Boston, EVA Arizonas, and KID's options!)
- Olukai (extremely supportive flip flops and summer shoes)
- Teva (several great summer options including some KID's options too!)

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

- *#Brooks Ghost
- Brooks Glycerin
- *#New Balance 880
- *#Asics Cumulus
- *Asics Nimbus
- Mizuno Wave Rider
- *Nike Pegasus
- *Nike Invincible (their "Hoka Bondi", very cushioned, stiff forefoot)
- *Saucony Ride
- Saucony Triumph
- Altra Escalante (zero drop)...note that all Altras run wide
- Altra Torin (zero drop)
- Topo Phantom (5mm drop)
- All the On models - Runner, Flyer, Go, Surfer, Monster

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

- *Hoka Bondi & Bondi SR (slip resistant)
- *Hoka Clifton
- *Hoka Speedgoat (trail shoe)
- *Brooks Ghost Max (psuedo replacement for the Brooks Dyad, but with a high stack height/low drop)
- Saucony Echelon

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)

- Altra Paradigm (has a little bit of medial support, but not enough to overcorrect someone).
- #Asics GT 1000
- *#Brooks Adrenaline
- *Hoka Gaviota 5 (this used to be more of a motion control shoe but is MUCH more flexible/less structured than it used to be. It also fits VERY wide and deep.)

MILD TO MODERATE STABILITY

- Altra Paradigm (straight lasted, and by far their most stable model)
- Altra Olympus (extremely rugged, extremely cushioned trail shoe)
- *#Asics GT 2000
- *#Asics Kayano
- *#Brooks Adrenaline (good rear foot stability, but NOT good for late stage pronation)
- *Hoka Arahi (great for late stage pronation)
- *#New Balance 860
- *Mizuno Inspire
- *Saucony Guide
- Topo Aura (brand new model that is the brand's most stable shoe yet (more cushioned than Ultrafly))
- Topo Ultrafly 4 (mild stability, wide toe box)

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

- *#Brooks Addiction 15 (This is now the most stable model Brooks makes-more stable than Beast/Ariel)
- *#Brooks Addiction Walker (leather walking shoe)
- *Asics 4000v4 (increasingly one of our favorite high stability shoes)
- *Saucony Omni 22
- *Saucony Hurricane 24 (their "Hoka" model with incredibly plush, high stack height cushioning + very stable)
- All Birkenstocks!

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

- # All Hokas because of their very stiff forefoot!
- Altra Paradigm
- Asics Kayano & 2000 (stability options)
- Asics Nimbus & Cumulus (neutral options)
- Brooks Ghost Max
- Saucony Hurricane 24
- Topo Atmos (a new model that is high stack height with a low drop. Wide toe box. Neutral)
- Topo Aura (high stack height, stable, wide toe box)

TRAIL/OFF ROAD lightweight but rugged shoes

- *Hoka Speedgoat: also available in a Goretex (GTX) and a higher cut, GTX option.
- Hoka Stinson Trail (very cushioned, wider fit)
- Brooks Cascadia
- Altra Lone Peak (zero drop and for very neutral rigid arched feet)
- Altra Timp 5 (between the Lone Peak & Olympus)
- Altra Olympus (our most cushioned trail shoe)
- Nike Zegama 2
- Topo Ultraventure 4 & Topo Mtn Racer (low drop, wider toe box)
- Several Salomon models (good for narrower feet)

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 Kid's shoes too, from Toddler size 4 to Grade School size 6.5 (Women's 8). We also carry a couple New Balance models in wide and extra wide, as well as two great stability options (Asics 1000, NB 860)