

Shoe list. Both recommended and shoes to avoid!

Nike: Nike Lunar glide series , Nike Air Zoom series - both have several different models

Avoid: *Nike Free, Nike Flex, Flyknit*

Adidas: Supernova series, Energy Boost series, Adizero series

Avoid: *Pureboost series*

Brooks Men: Adrenaline, Defyance, Launch, Ravenna, Ghost, Glycerin

Addiction and Beast (ultra stable/motion control)

Avoid: Pureflow

Women: Adrenaline, Transcend, Ravenna, Ghost, Glycerin

Ariel (ultra stable arch/motion control)

Avoid: *Pureflow*

Asics: Men: 'GT' series, Gel Kayano, Gel Exalt, Gel Nimbus, Gel-DS trainer, GelCumulus, GelFoundation

Avoid: GelQuantum, Noosa

Women: GT series, Gel-DSTrainer, GelKayano, GelNimbus, GelKahana, GelExalt,

GelCumulus, GelFoundation

Avoid: *GelQuantum, GelFit, Noosa*

New Balance: 770, 860, 870, 880, 940, 990, 1260

3040, 1340, 1540 (motion control)

Avoid: *FreshFoam series , Zante, 560, 680, 730, 775*

Saucony: Kinvara, Breakthru, Hurricane, Omni, Guide, Redeemer

Avoid: *Freedom, Triumph*

Hoka : They are the big 'new player' in the running world, but they have an all foam sole and an incredibly high heel with a rockered bottom sole, which is **NOT** great for what all you have to do on the field.