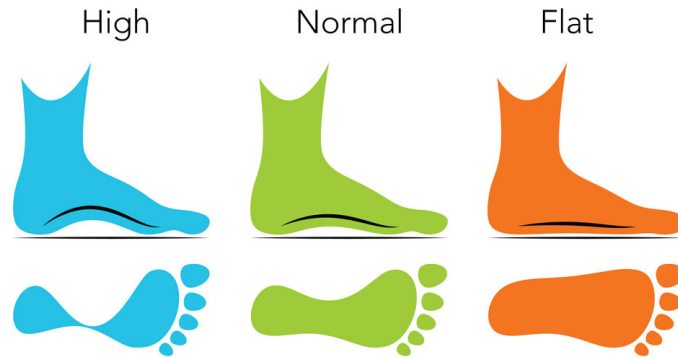


Running Shoes Dr. Chura

FOOT ARCH TYPES



Supination (high arches)

Look for a neutral shoe with midsole cushioning

- Brooks Glycerin 11
- Nike Air Pegasus +30
- ASICS Gel Kinsei 4
- ASICS Gel Kayano 22
- ASICS Venture 5
- Altra The Torin
- Saucony Guide 7
- New Balance ME402V1
- New Balance 890V3
- Adidas Supernova Glide 57

Pronation (flat feet, fallen arches)

Look for a shoe with stability or motion control

- Nike Lunar Glide 7
- Brooks Adrenaline GTS 15
- ASICS GT2000 3
- ASICS GELFoundation
- Saucony Omni 13
- Saucony Hurricane 16
- Saucony Ride 7
- Mizuno Wave Inspire 11
- New Balance 870v4