

# Dr. Colin Gage

---

Nicola Valley Chiropractic  
2076A Granite Ave.  
P.O. Box 909  
Merritt, BC  
V1K 1B8

Ph: (250) 378-5456  
Fax: (250) 378-8259  
Email: info@merrittchiro.com  
Website: www.merrittchiro.com

*"treating the cause of your problem, not just the symptoms"*

---

## The Best Running Shoes on the Market

For the past seven years, I have been supplying custom made orthotics for many of my patients with various foot/knee/hip symptoms. It is my experience that wearing a high quality custom orthotic is beneficial for almost anyone with foot problems. However, it is also important for everyone, whether you have foot problems or not, to wear good quality footwear. For those of you who like to jog, run, or exercise, I have put together a list of runners that are the best on the market. The shoes that have a star (\*) beside them are recommended for heavier (>190 lbs) people and the underlined ones are the best critically reviewed shoes in the trade magazines.

### 1. SHOES WITH EXCELLENT MOTION CONTROL

ASICS GEL - GT 1090

NEW BALANCE 1122\* & 1221\*

ASICS GT 2090

PUMA COMPLETE PREMISE

NIKE AIR TAILWIND

ASICS GEL-KYANO 9

ADIDAS CALIBRATE\* / CAIRO

SAUCONY 3D GRID HURRICANE 5\*

NEW BALANCE 587\* & 855

MIZUNO WAVE LEGEND

BROOKS TRANCE NXS, NXG\*

NEW BALANCE 765

BROOKS BEAST Men\*

NEW BALANCE Ladies 855

BROOKS ARIEL Ladies

MIZUNO PREMIUM CONTROL DMX

## **2. SHOES WITH MODERATE MOTION CONTROL**

SAUCONY GRID STABIL MC \*

NEW BALANCE 716, 815 & 878

MIZUNO WAVE ALCHEMY

SAUCONY GRID OMNI 3

BROOKS ADRENALINE GTS

AVIA 2050

ADIDAS A3 ADIDISTAR CONTROL EXT.

REEBOK PREMIER ROAD LITE

BROOKS ADDICTION 5

MIZUNO WAVE RENEGADE\*

ASICS GEL KOJI GS

NIKE AIR KANTARA, LADIES

NIKE STORM CRESTED BUTE (WATERPROOF)

ETONIC STABLE PRO V

ADIDAS SUPERNOVA CONTROL

## **3. SHOES WITH BASIC MOTION CONTROL**

ADIDAS SUPERNOVA CONTROL

NIKE SHOX TL

SAUCONY GRID SHADOW

BROOKS VAPOR

BROOKS VANTAGE

NIKE AIR STRUCTURE TRIAX

NEW BALANCE 991 & 1040

REEBOK PREMIER FSM

## **4. SUPINATED (feet with a high arch) AND EFFICIENT RUNNERS. BOTH TYPES OF PEOPLE NEED MORE CUSHION AND LESS SUPPORT (< 5% of people).**

BROOKS GLYCERIN

BROOKS DYAD

NIKE AIR TRIAX & ALTHEA

NIKE AIR PEGASUS

ASICS GEL DS TRAINER

REEBOK FUSION C DMX

NEW BALANCE 831, 880 & 1022

SAUCONY 3D GRID TRIUMPH

SAUCONY JAZZ 8

ASICS GEL NIMBUS

SAUCONY GRID TRIGON

NIKE AIR MAX

NIKE AIR ZOOM ELITE