

CUSHION R...ING SHOES
(FOR THE NEUTRAL TO CAVUS FOOT THAT REQUIRES EXCEPTIONAL CUSHIONING AND SOFTER RIDE)

Model	\$ Price	Forefoot Flexibility/ Rocker	Neutral Midsole		Sole Plate Width	Heel Counter Firmness	Lateral Heel Midsole	Torsional Rigidity	Ladies	Men	Width Sizing Available	Model It Replaces	Description
			Soft	Firm									
Saucony Triumph VI	\$150	Moderate / Good Rocker	√	—	Narrow	Moderate to Firm	Soft	Moderate	√	√	—	V	Medial midfoot saddle gives this neutral supportive shoe a unique support strap in the medial arch area.
Asics Cumulus X	\$140	Moderate / Good Rocker	√	—	Medium	Moderate	Soft	Moderate	√	√	√	VIII	In the 2A width it is one of the narrowest fitting runners. Sits between neutral supportive and neutral cushion.
Nike Vomero +4	\$170	Flexible / Moderate Rocker	√	—	Medium	Moderate	Very Soft	Flexible	√	√	—	+3	The softest shoe on the market. Excellent for the cavus foot. Too soft for most orthotic wearers.
Nike Pegasus +25	\$130	Flexible / Moderate Rocker	√	—	Moderate	Weak	Very Soft	Flexible	√	√	✓	2007	+ enabled meaning you can track distance and time on your iPod, or with your Nike Sportband. Otherwise just a good neutral shoe, with great lineage.
Asics Nimbus X	\$190	Moderate Stiff / Good Rocker	√	—	Moderate Wide	Firm	Moderate	Very	√	√	—	IX	Maybe the best combination of cushioning and support in one shoe. Heavy overlays can sometimes restrict fit.
Nike Free 5.0	\$130 range	Very Flexible / No Rocker	√	—	Narrow	No Heel Counter	Soft	**Very, very flexible	√	√	—	—	For runners who believe that a shoe should not restrict or influence foot function, or who want to try a shoe that allows maximum forefoot mirroring. For those who want to build intrinsic muscles and proprioception... Nike Free is it.