

BPAG'S SHOE RECOMMENDATIONS

EXERCISE WALKING/ RUNNING

Adidas:	SuperNova Sequence
Altra:	Provision 2.5 Impulse
Asics:	GT 1000 series - 4 GT 2000 series – 4 Gel – 3000 Gel – DS Trainer 21 Gel – Foundation Gel - Fortify Gel – Kayano 23 Nimbus (neutral)
Brooks:	Adrenaline GTS - 16 Ariel – 14 Beast – 14 Addiction - 12 Transcend – 3 Ghost (neutral)
Hokas:	Infinite Constant 2
Mizuno:	Wave Creation 16 Wave Inspire 12
New Balance:	880/860/990/1080/1260/1540
Newton:	Kismet II Motion V
Nike:	Nike Structure 16 Zoom Structure Triax Plus 15
Saucony:	Guide 9 Hurricane 2 Omni 15

WALKING

Asics:	Gel Cardio Zip 3 Gel Foundation Gel Advantage 3
Brooks:	Addiction Walker
New Balance:	659/813/847/928 /1500
SAS Shoes:	SAS Freetime
Saucony:	Integrity ST 2 Omni Walker

CROSS TRAINERS/ AEROBICS

Asics:	Gel – Resolution 6
New Balance:	806/1296
Nike:	Lunar Ballistect

DRESSIER SHOES – Flats/ Dress/ Career/ Casual

The following Brands have several models which fit the shoe type criteria. Evaluate the shoes carefully, **not all models fit the criteria**

Aravon	Hush Puppies	Paul Thomas	Selby. Sodini
Ariat	Kumfs	Redwing	Taryn Rose
Beautifeel	Munro	Riecker	Therisia
Blend	Naot	Rockport	Think
Danskin	Neicm	Salamaroder	Vionics
FinnComfort	Nickels	Sanita	

SLIPPERS – non-traditional slippers offering support and comfort around the house. Will help prevent morning foot pain.

Stegman Clogs/ Noat Iceland or Glacier
Comfort Orb/ Geisswan Clogs
Daniel Green Glogs/ Hefinger Clogs/ CrocsRX

INSOLES – to go under orthoses after removing shoe insole

Dr. Scholl: Air Pillow insole
Spenco: Flat insoles

DEPTH SHOES:

P.W. Minor
Apex: Ambulator
Soft Spot: Supreme
Aetrex: Drew

SANDALS – specialized (orthoses fit some of the sandals below)

Ariat/ Solvee/ Noat/ FinnComfort/ Dansko/
Theresa/ Birkenstock/Vionics/ Rainbows

SHOE TYPE:

- Use of the proper shoe is an important part of keeping our feet healthy
- Always remove the shoe insole before inserting arch supports or orthotics
We do not recommend any shoes that fall under the category of “NEUTRAL” only those that fall under “STABILITY” or “MOTION CONTROL”
- **Shoe should fit the following criteria:**
 1. Firm heel
 2. Torsionally stable (does not twist easily)
 3. Removable insole

SHOE STORE RECOMMENDATIONS:

A RUNNER'S CIRCLE

3216 Los Feliz Blvd
Los Angeles, CA 90039
(323) 661-8971

FLEET FEET SPORTS

1516 W. Magnolia Blvd
Burbank, CA 91506
(818) 238-9522

NEW BALANCE STORE

270 S. Arroyo Parkway
Pasadena, CA 91105
(626) 793-7900

RUN WITH US

235 N. Lake Avenue
Pasadena, CA 91101
(626)568 – 3331

A RUNNER'S CIRCLE

745 N. LaBrea Ave
Los Angeles, CA 90038
(323) 857-1832

A SNAIL'S PLACE

760 S. Myrtle Ave
Monrovia, CA 91016
(626) 471-9101

FLEET FEET SPORTS

16545 Ventura Blvd
Encino, CA 91436
(818) 986-8686

RUNNERGY

14082 Ventura Boulevard
Sherman Oaks, CA 91423
(626) 905-0020

THE WALKING COMPANY

Glendale Galleria
(818) 246-7262

RUNNERS LANE

22959 Soledad Canyon Rd
Santa Clarita, CA 91350

SANTA CLARITA RUNNING COMPANY

25067 Peachland Ave
Santa Clarita, CA 91321
661-253-278

