

Shoe Brand _____ Shoe Style _____

This form is based on today's current running shoes. Not all shoes from other sporting categories have all of the characteristics listed below. Regardless, all other athletic shoes will be graded on this format because distance running shoes provide the most advanced technology in construction and function.

Total point possible: 75 maximum vs 5 minimum

Maximum Motion Control = 60-75

Moderate Motion Control =45-60

Mild Motion Control = 25-40

Neutral or Cushioned=0-25

1. Toe box width

This earns a letter designation only. No points for this shoe characteristic.

Does the shoe come in one width? If so, then "M".

Does the shoe come in more than one width? If so, then "W".

2. Last

This earns a letter classification. C= Curved; SC=Semicurved; S=Straight

3. Insole

Normal (5) Extra cushioned (10)

4. Forefoot flexibility (easy flexibility is "preferred")

Diminished (0) Adequate (5) Preferred (10)

5. Midfoot Sagittal Stability (maximal is "preferred")

Minimal (0) Mild (5) Moderate (10) Maximal (15)

6. Midfoot Frontal Stability (limited "twisting" or torque is considered "Maximal")

Minimal (0) Mild (5) Moderate (10) Maximal (15)

7. Lateral Midsole heel cushion (yes or no)

Non-device (0) Device (5)

8. Medial midsole heel density (gauged on Color and durometer of EVA at Medial Midsole)

Uniform (0) Medium (5) High-density (10)

9. Heel counter (based on lateral squeeze test)

Regular (0) Firm (5)

10. Outsole surface area

Normal (0) Wide (5)