# Shoe List by Mark T. Reeves, DPM

## Virginia Mason Sports Medicine

### Running Shoes (Motion Control/Anti-Pronation)

**Cushion/Neutral**

- **ASICS**
  - Cumulus 20 (m/w)
  - Nimbus 21 (m/w)
  - MetaRide (m/w)
- **ALTRA**
  - Provision 3.5 (m/w)
  - Paradigm 4 (m/w)
- **Brooks**
  - Adrenaline GTS 19 (m/w)
  - Transcend 6 (m/w)
- **HOKA**
  - Speedgoat 3 (m/w)
  - Stinson ATR 5 (m/w)
  - Bondi 6 (m/w)
- **Mizuno**
  - Wave Rider 22 (m/w)
  - Wave Creation 20 (m/w)

**Mild Motion Control**

- **Adidas**
  - SuperNova ST (m/w)
- **ALTRA**
  - Provision 3.5 (m/w)
- **ASICS**
  - Kayano 25 (m/w)
  - Foundation 13 (m/w)
- **Brooks**
  - Adrenaline GTS 19 (m/w)
  - Transcend 6 (m/w)
- **HOKA**
  - Gaviota 2 (m/w)
  - Arihi 3 (m/w)
  - Creation 16 (m/w)
- **Mizuno**
  - Creation 16 (m/w)
  - Inspire 15 (m/w)
  - Wave 1080v9 (m/w)
  - Wave 880v9 (m/w)
  - Wave 990v4 (m/w)

**Moderate Motion Control**

- **Brooks**
  - Addiction 13 (m/w)
  - 1260V7 (m/w)
- **New Balance**
  - Omni ISO (m/w)

**Maximum Motion Control**

- **Brooks**
  - Beast 18 (m) or Ariel (w)
  - 1540V2 (m/w)
- **ASICS**
  - Gel-Resolution 7 (m/w)**
  - Gel-Kayano Walker 20 (w)**
- **Adidas**
  - Barricade 2018 Boost (m/w)**
- **K-Swiss**
  - Bigshot Light 3 (m/w)**

**Tennis Used as Cross-Trainers**

- **ASICS**
  - Gel-Resolution 7 (m/w)**
- **Adidas**
  - Barricade 2018 Boost (m/w)**
- **K-Swiss**
  - Bigshot Light 3 (m/w)**
- **Prince**
  - T22 (m/w)**

### Walking Shoes

- **Brooks**
  - Addiction Walker (m/w)**
  - Bondi Leather (m/w)*
- **HOKA**
  - Bondi Leather (m/w)*
  - New Balance
  - 928v3 (m/w)***
  - 847v3 (m/w)***, 813 (m/w)***
- **Saucony**
  - Omni Walker (m/w)

### Basketball Shoes

- **Adidas**
  - Marquee Boost (m/w)***
  - Dame 5 (m)***
  - Zoom KD12 (m)***
- **Nike**
  - Kyrie 5 (m)***

### Day Hikers and Trail Running Shoes

- **ASICS**
  - GT 2000 7 Trail (m/w)***
- **Brooks**
  - Cascadia 13/GTX (m/w)*
  - Dyad 10 (m/w)
  - Ghost 11/GTX (m/w)
  - Glycerin 17 (m/w)
  - Paradigm 4 (m/w)
  - Olympus 3 (m/w)
  - MetaRide (m/w)
  - Nimbus 21 (m/w)
  - Cumulus 20 (m/w)
- **HOKA**
  - Sky Kaha (m/w)**
  - Sky Toa Day Hiker (m/w)**
- **Keen**
  - Targhee II (m/w)**
  - Chameleon Prime or Moab (m/w)***
  - Pro Z1 or Z2 (m/w)
  - Zoom Vapor X or
  - UltraVenture 5mm drop (m/w)***
  - Professional XP***
  - Professional***
  - Hydroventure 3mm drop (m/w)***

### Clogs and Casual Shoes

- **Dansko**
  - Biosoft®
  - Arch Molds®
- **Dansko Professional XP***
- **Superfeet®**
- **Richee RX or Ariel***
- **Match Runner 2 (m/w)***
- **Alegria**
  - Dress Casual, Sandal (w)
  - Dress casual (w)
  - Newport or Venice (m/w)
- **Dansko Professional***
- **Z1 or Z2 (m/w)***
- **Keen**
  - Newport or Venice

### OTC Orthotics

- **Ark Molds®**
- **Biosoft®**
- **Quickstride®**
- **Sof Sole Custom®**
- **Superfeet®**

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*Updated 8/3/2019*
At the Virginia Mason Sports Medicine Clinic, getting you back on your feet and out doing your favorite activities is our top priority. We take a team approach to your health care, giving you the best possible care by skilled and compassionate sports medicine providers that includes orthopedic physicians and surgeons, podiatrists, physician assistants, physical therapists and other specialized clinicians. From the weekend warrior to world class athletes like the Seattle Sounders FC and Seattle Storm, we’ve been the premier choice for sports enthusiasts in our region for more than 25 years.

Shoe List (continued from other side)

Shoes available at:

<table>
<thead>
<tr>
<th>RUNNING SHOES</th>
<th>HIKING SHOES/BOOTS</th>
<th>DRESS SHOES &amp; (LIMITED) RUNNING SHOES</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Sound Sports (80 Madison St., Seattle)</td>
<td>• REI (222 Yale Ave. N., Seattle)</td>
<td>• Romax (1512 4th Ave &amp; 1406 1st Ave, Seattle)</td>
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<tr>
<td>• Super Jock ’n Jill (7210 E Greenlake Dr. N, Seattle &amp; 16095 Cleveland Street Suite 102, Redmond)</td>
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<tr>
<td>• West Seattle Runner (3727 California Ave., West Seattle)</td>
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<tr>
<td>• Shoes &amp; Feet (15015 Main Street, #102, Bellevue)</td>
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<td>• Run 26 (15603 Main St., Mill Creek)</td>
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<tr>
<td>• REI (222 Yale Ave. N., Seattle) - Altra and Topo running shoes</td>
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