



Nimbus 23



Pitch: 10mm

Cost: \$240

Weight: 310g

- Asics **most cushioned** shoe with FlyteFoam, Gel & cloud pillar technology
- 13mm pitch in the women's model
- *Nimbus Lite* offers a 35g lighter alternative

Cumulus 23

Pitch: 10mm

Cost: \$200

Weight: 280g



- More ideal for **Orthotics** with a deeper heel cup and accommodating fit

Neutral Runners

**If you have an injury, seek professional advice*



Hihett Podiatry
— KEEPING YOU ON YOUR FEET —

www.hihettpodiatry.com.au



Echelon 8

Pitch: 8mm

Cost: \$230

Weight: 354g



- Only comes in wide
- **Very straight last** giving more than enough **midfoot width**
- Highly cushioned PWRRUN midsole, orthotic suitable
- This and the *Brooks Dyad* are best wide neutral shoes



Wave Rider 25

Pitch: 12mm

Cost: \$220

Weight: 275g



- Strong heel counter and thermoplastic wave plate
- Ideal as a light **stable-neutral** runner for **rearfoot injuries**
- More cushioned than previous model with new *Energy Foam*



Pegasus 38

Pitch: 10mm

Cost: \$180

Weight: 289g



- Lightweight and responsive feel
- **Narrower last** contoured to the foot shape, best for narrow feet
- Suitable for **casual wear** and **minimalist runners**
- Avoid for stability



1080 v11



Pitch: 8mm

Cost: \$260

Weight: 263g

- Fresh foam **cushioning** and **rocker sole**
- The *NB More v3* is a stable alternative

880 v11

Pitch: 10mm

Cost: \$220

Weight: 298g



- Comes in **wider (4E/2E)** widths, solid inexpensive option
- The *v10* had a more stable midsole and heel counter ☹️

Bondi 6



Pitch: 4mm Cost: \$260 Weight: 310g

- **Most cushioned** shoe in HOKA range
- High stack height reduces **rate of compression** and **improves rocker**

Clifton 7



Pitch: 5mm Cost: \$260 Weight: 258g

- Reduced width and stack height compared to *Bondi*
- Reduced height and weight decreased **falls risk**

Ghost 13



Pitch: 11.5mm Cost: \$230 Weight: 286g

- DNA LOFT foam now extends throughout midsole
- Strong heel counter, considered one of the **best** overall neutral runners
- Accommodates well for **orthotics** and wide **forefoot width**

Glycerin 19



Pitch: 10mm Cost: \$260 Weight: 289g

- More DNA LOFT than ever to provide **supreme cushioning** and softness
- Slight rocker and straighter last, ideal for **forefoot pressure injuries**
- Cost may be a turn off but provides great overall comfort

