

# Minimalist Recommended Shoe List

Jenny Sanders, DPM, Samantha Gibson, Bsc(Hon)  
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**BROOKS RUNNING/Pure Project** – launched in late 2011, Brooks created a separate minimalist line called PureProject. Of the 4 debuted models, Pure Cadence and Pure Flow provide the most anatomically correct running shoes.

1. **Pure Cadence (\$120)** - Excellent shock absorption throughout. Minimal hourglass in waist. Anatomically natural last. Stretch upper accommodates hammertoes, bunions and bruised, thickened toenails.
  - Straight last
  - Compatible with wide/medium foot types
2. **Pure Flow (\$90)** - Excellent shock absorption throughout. Minimal hourglass in waist. Anatomically natural last. Stretch upper accommodates hammertoes, bunions and bruised, thickened toenails. Runs narrower than PureCadence.
  - Straight last
  - Compatible with medium foot types
3. **Unisex Racer ST 5 (\$90)**– Developed as a racing flat in 2003, currently re-designed and promoted as a minimalist shoe. Lightweight with mild torsional stability. Low volume. Even though minimalist, due to hourglass shape in waist, can cause unwanted inversion with a wide foot or significantly supinated foot.
  - Straight last
  - Compatible with narrow/medium foot types

## SAUCONY

1. **Kinvara (\$100)** – Manufactured since 2010 and now available in version 3. The grandfather of minimalist shoes, Kinvara 3 has made significant improvements over prior versions including increased outsole cushioning and a more fitted upper.
  - C-Shaped last
  - Available in medium and wide widths

## NIKE

1. **Lunarglide +4 (\$110)**– Developed in 2009 as a hybrid racing/training shoe. Stretch, mesh upper. Good for hammertoes and/or bunions. Flywire exoskeleton and heel clip improve rearfoot control. Nike+ compatible.
  - C-Shaped last
  - Compatible with medium foot types (wide widths available with Nike customizable iD styles)

## NEW BALANCE

1. **MT 110 (\$85)** – Developed in 2012 from NB Minimus line. Minimalist trail running shoe. Snug fitting upper. Minimal hourglass in waist, shock absorptive midsole.
  - C-Shaped last
  - Available in medium and wide widths

All running shoes, including minimalist, should be regularly evaluated for signs of excessive wear. If you have questions about how to determine this, check with your sports medicine podiatrist, or refer to the following video  
<http://drshoereviews.com/2011/10/23/how-to-tell-when-your-athletic-shoes-are-worn-out/>