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Is There Such Thing as the "Best" Running Shoe?

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THE BEST RUNNING SHOE

Question: As a long distance runner, the most important way to grow and become a better runner for me is with the right pair of shoes. But is there a “best” shoe for long distance running?

Methodology

Based on student opinion and literature review arch Support, Cost and mileage were all necessary factors when choosing the best shoe based on student input and scholarly articles

X = 1 pt	Asics Gel Nimbus 3s	Brooks Adrenaline GTS 23	Brooks Nomad	Hoka Clifton F9	Hoka Mach 5s	Nike Air Rovers	Nike Vapor Flys
Cushioning		X					X
Arch Support			X		X	X	
Mileage	X			X	X		
Cost					X		

My research

- The Hoka Mach 5's checked off the most boxes and are therefore the best overall shoe for distance runners!
- It is important to note that everyone's feet are unique! Further research can be done using the scholarly articles and the help of the chart to find what works best for you!

Scan the QR code to view more in depth analysis!

