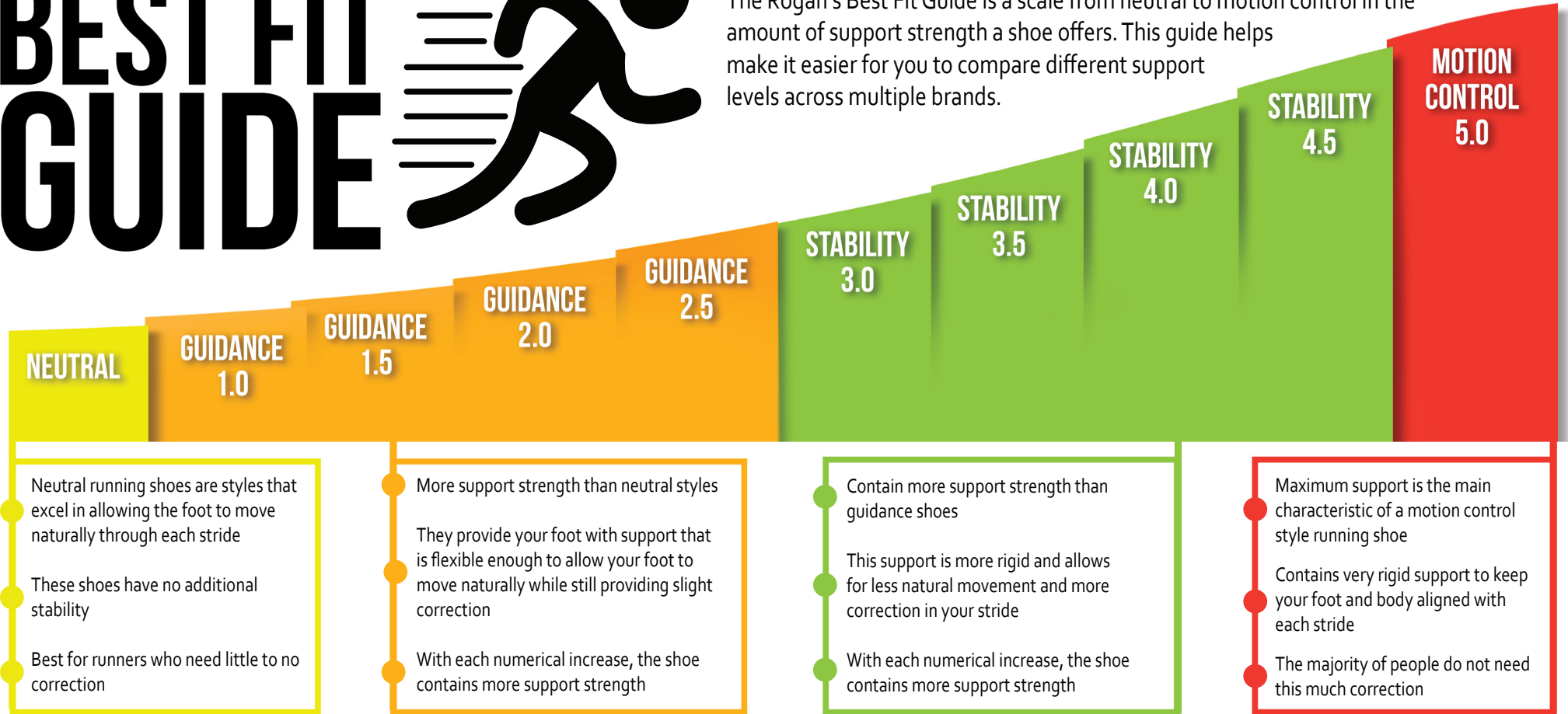


# ROGAN'S BEST FIT GUIDE



Finding the right running shoe is incredibly important. The right running shoe plays a crucial role in preventing injuries as well as comfort level, shock absorption, foot strength, and foot control. Many runners find that they need assistance in order to return their stride to its natural and strongest position.

The Rogan's Best Fit Guide is a scale from neutral to motion control in the amount of support strength a shoe offers. This guide helps make it easier for you to compare different support levels across multiple brands.



## OTHER CATEGORIES:



These are styles that do not fall into any one specific category. Instead, they combine features of multiple categories.



These are race day shoes and should not be used for regular every day training.



Minimalist running shoes are best for runners that are midfoot or forefoot strikers. They are typically much lighter in weight and contain minimal support.