



Road vs Trail

Due to variations in both upper materials and midsole foam densities, trail shoes tend to be stiffer. Upper materials need to be tougher to handle the terrain, and outsoles need more grit to tackle the trails.

ROAD

TRAIL

Rocker Geometry

As stack heights increase, the need for rocker geometry increases. You need more curvature in the midsole to enable a smooth transition from heel-to-toe.

Stiff



FWD VIA 2



OLYMPUS 6



PARADIGM 8



TIMP 6



EXPERIENCE WILD 3



LONE PEAK 9



EXPERIENCE FLOW 3 & EXPERIENCE FLOW ST



TORIN 8

Minimal
Rocker

Emphasized
Rocker



SUPERIOR 7



ESCALANTE RACER 2



ESCALANTE 4



SOLSTICE XT 2

Flexible

Flexible vs Stiff

As the amount of midsole foam increases, flexibility typically decreases, depending on the material used in the midsole foam.