

# Trail Ultra Shoe Buying Checklist - 2025 Edition

## Foot Shape & Terrain Matrix

- Wide forefoot -> Altra Olympus, Topo MTN Racer
- Narrow heel -> HOKA Speedgoat, Salomon Genesis
- Technical terrain -> Salomon S/Lab Genesis, La Sportiva Jackal II
- Smooth trails -> Nike Ultrafly, Saucony Xodus Ultra

## 2025 Model Quick Reference

- HOKA Speedgoat 6 - Max cushion, all-terrain
- Nike Ultrafly - Lightweight with carbon plate
- Altra Olympus 6 - Zero drop, wide & comfy
- Salomon Genesis - Precise & grippy for mountains

## Grip / Cushion / Weight Comparison Grid

- Grip: Vibram Megagrip > Contagrip > TrailTack
- Cushion: HOKA > Altra > Saucony
- Weight: Nike Ultrafly < Topo MTN < TNF VECTIV

## Shoe Rotation Planner

- Training: Durable shoes with more protection
- Race day: Lightweight, cushioned, race-tested
- Have a backup pair broken in & ready