	Category	Explanation	Options
	Trail(road, trail, gravel)		road-running, trail-running or cross-training shoes.
	Cushioning level	he greater the cushioning or sponginess in a given shoe, the less efficiently force is transferred between the foot (the big toe, really) and the ground. Energy that would otherwise go into propulsion is dispersed throughout the shoe's padding and wasted. It's a similar effect (though obviously less extreme) to running in sand. In people who ambulate in bare feet or in minimalist footwear, a maximum amount of propulsive energy is transferred between the foot and the ground during the toe-off phase of gait, and considerably less energy is wasted with each step or stride.	Maximum, moderate, minimal, barefoot
	Heel Drop / Stack height	The heel drop of a shoe represents the difference in cushioning between the heel and toe of the shoe, measured in millimeters. The drop primarily affects how your foot strikes the ground.	
	Price		range (checkbox or slidingbar)
	Pronation / gait	How does your foot hit the ground when you run? Pronation is the natural way your foot rolls inward when it strikes the ground and then propels forward. The technologies are meant to guide the foot through a smoother transition.	Basic, overpronation, supination
	Support level	Once you've decided what kind of ride you'd like to experience from your shoes, depending on your biomechanics, you can find a level of support in your shoes to bolster your gait.	neutral, stable, motion control
	Width		narrow, regular, wide