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Saucony guide 18

The Saucony Guide 18 is a road running shoe designed for daily training, particularly for runners who over-pronate and require additional support. When the foot hits the ground, the arch compresses to absorb shock, but if it doesn't reshape quickly enough, the foot rolls inward, affecting the leg, knee, and hip. This can lead to pain in the ankles, shins, patellar tendon, and outer thigh. The shoe's design guides the foot into a proper toe-off from the big toe, with the midsole providing support and ensuring a natural path from impact to toe-off. The heel-to-forefoot drop of 6mm reduces heel height, discouraging heavy heel striking, which can increase pronation. Instead, the midsole features a rocker curve to keep the foot moving when it touches the ground, helping to transition the runner quickly and limiting pronation time. This promotes a quicker cadence, better posture, and positions the foot closer to the center of gravity, reducing braking force at impact. The Guide 18 uses PWRRUN foam, which provides a soft cushioned feel with excellent rebound, sealed by nitrogen infusion to prevent air and water escape. The sock-liner also maintains its bounce without compressing over time. This combination gives the shoe a soft ride, similar to a neutral shoe. As a supportive shoe for neutral runners, the Guide 18 could be an option, as it doesn't actively control pronation. Looking to upgrade your running experience with maximum comfort and step-in ease? The Saucony Guide 18 is an excellent choice for everyday runners seeking extra cushioning and support. Boasting a 35mm heel height and 29mm forefoot, this shoe provides a snug fit in the heel and midfoot while offering ample room in the forefoot. With a straight big toe line, your feet can move naturally, and a wide width option is available for both men and women to ensure a perfect fit. The Saucony Guide 18 features a soft ride, but its rocker prevents it from feeling sluggish. This allows you to settle into a smooth rhythm, making it ideal for steady runs, tempo runs, easy recovery runs, and long distances. When comparing this shoe to others on the market, consider the following: - The Karhu Ikoni 3 provides similar control over posture but with less noticeable feel when running. - The Hoka Arahi 7 offers a softer foam feel than the Saucony Guide 18 but with a less noticeable rocker. - The Brooks Adrenaline GTS 24 has a different ride due to its 10mm heel-to-forefoot drop and lacks a rocker for a more dynamic feel. - The New Balance Fresh Foam X 860 v14 combines softness at the heel with firmness in the forefoot, providing an interesting contrast. - The Altra Paradigm 7 and Topo Ultrafly 5 both offer broad rounded toe boxes to encourage midfoot landing and natural foot function. Overall, the Saucony Guide 18 is perfect for runners who value balance between stability and cushioning, making it ideal for long distances. Saucony Guide 18: A Dependable Daily Trainer for Runners The Saucony Guide 18 is an excellent choice for runners seeking a reliable daily trainer, designed specifically for comfort and support rather than speed. The shoe's upgrades make it appealing to a wider range of runners. ###Wide Feet and Heavier Runners** Available in wide and extra-wide sizes, the Guide 18 accommodates runners with wide feet. The PWRRUN midsole foam provides sufficient support and cushioning for everyday training. Heavier runners will benefit from this shoe's features. ###Long Runs and Everyday Use** The Saucony Guide 18 has been tested for a 14-mile run and can handle long distances. Its more substantial structure makes it suitable for everyday use, rather than high-intensity workouts or racing. ###Guide 18 Overview** The initial feel of the Guide 18 was unfamiliar, but after a few miles, it became comfortable. The shoe provides cushioning and a springy feel, helping maintain a good stride even during longer runs. ###Coach Amanda's Experience** Saucony Coach Amanda has experience with the Ride 18, but enjoys the slightly more substantial feel of the Guide 18. It's an excellent choice for runners who want a stable shoe without the need for high arch support. ###Guide 18 Specs** - Weight: Men's (9.6 oz), Women's (8.6 oz) - Stack Height: Men's (35 mm), Women's (29 mm) - Heel Drop: 6 mm - Colors: Various, including Ice Melt colorway - Available in wide and extra-wide sizes ###Recommendation** The Saucony Guide 18 is an excellent option for runners seeking a dependable daily trainer. Its various features make it suitable for a range of runner types, from wide feet to heavier runners. I recently got my first pair of Saucony sneakers, the Guide 18, in a size that fits perfectly - 9.5, which is my normal Brooks size. The toebox has plenty of room, but the midfoot width is snug, which is common for Saucony shoes. If you need a wider fit, they offer wide and extra-wide sizes. I found there's decent arch support and cushioning, with enough space to adjust the lacing to your liking. However, the support does drop off slightly at the heel, but this went away after a few runs. The shoe has Saucony's PWRRUN cushioning and an expanded tongue for better comfort. One of my favorite features is the length of the laces, which gives me flexibility when tying them up. I also appreciated the breathable mesh upper during a chilly outdoor run - my feet stayed comfortable from start to finish. Overall, these shoes offer great support, cushioning, and breathability for everyday runs. Saucony Guide 18 Review: A Stable yet Non-Restrictive Ride The Saucony Guide 18 is a minor update to the previous model, offering a stable ride with excellent value and dependable pronation control. Although it lacks significant upgrades in terms of outsole and foam, it still delivers a comfortable lockdown and impressively wide platform. Key Features: Breathable upper material for enhanced airflow Secure and comfortable lockdown system Exceptional heel rocker design for a smooth transition Wide platform for stability and support Target Audience: Runners seeking a stable shoe at a reasonable price Individuals with mild pronation looking for a reliable daily trainer Those who prioritize breathability and airflow in their shoes Not Recommended For: Runners seeking a responsive ride, as the PWRRUN midsole lacks energy return Heavy strikers who require more durability and protection from excessive foam exposure The shoe's performance isn't perfect, but it gets a boost from the ultra-thick insole made of PWRRUN PB foam. This adds some responsiveness to the ride, which is a redeeming quality for the otherwise uninspiring midsole. However, we still think that using PWRRUN PB as the standard midsole material would've been a better choice. In cold temperatures, the shoe shows its ability to maintain consistency in midsole firmness, only becoming 8% firmer after being frozen for 20 minutes. This is an improvement compared to other shoes on the market. One notable change made by Saucony is the increased midsole curvature, which helps offset the higher stack height introduced in recent redesigns. This tweak enhances transitions without compromising stability. The shoe's size and fit are true to size, according to voter feedback, making it a versatile option for various foot shapes. The toebox width is slightly wider than average, but still within the norm, while the big toe area feels comfortable but doesn't offer excessive room for toe splay. Guide 18 Review: A Versatile Stability Shoe with Enhanced Support The Guide 18 boasts an impressive toebox height of 34.3mm, a substantial increase from its predecessor. This feature provides ample vertical space in the toe area for those who crave extra room. In terms of stability, the shoe falls between neutral and ultra-stable models, making it suitable for a wide range of runners. Neutral runners won't feel restricted, while those with significant pronation can benefit from the added support. The midsole sidewalls are substantial, providing stability and guiding every stride. The setup works impressively well on-field. However, some may notice increased torsional rigidity compared to its predecessor, which could be seen as a drawback for those who prefer a more flexible feel. A relatively flexible heel counter is notable, rated 2/5, making it an excellent option for runners with Achilles sensitivity or Haglund's deformity. Nevertheless, this approach has drawbacks, including a clunky feel while running. The shoe features a massive heel, measuring 105.0mm, which may impact balance between stability and agility. The midsole width is substantial, with a range of 126.9mm to 106.6mm. Flexibility-wise, the shoe measures low stiffness at 13.2N, enhancing comfort at easy paces and while walking. In terms of weight, the Guide 18 is nearly identical to its predecessor, with only minor variations. The shoe's unremarkable weight makes it neither light enough to praise nor heavy enough to complain about. Breathability is exceptional, thanks to oversized ventilation holes in the toebox. Lab tests confirmed this feature, scoring a perfect 5/5. This makes it an excellent choice for runners whose feet overheat quickly or those tackling hot summer runs. The Saucony Guide 18 shoe model received mixed reviews from testing. While it boasts an engineered mesh upper with impressive ventilation, this design prioritizes airflow over padding. The toebox, however, is well-ventilated and delivers strong performance. On the other hand, the heel area's cushioning falls short, scoring only 2/5 in terms of durability. The outsole, made from blue durable XT-900 rubber, provides decent traction on dry surfaces but lacks grip and longevity, particularly for light off-road use. The shoe's reflective elements are a notable upgrade for runners who run at night. Additionally, the tongue features a convenient trap and loop system that provides adequate comfort without compromising weight savings. Guide 18 Running Shoes Review: Enhanced Comfort and Security The Guide 18 running shoes offer a refined design with reduced unnecessary bulk, a semi-gusseted tongue for improved comfort, and a broad base platform for smooth footroll. The shoe features PWRRUN cushioning and a soft feel from the moment you step in, along with updated heel collar foam and breathable mesh for a fresh experience.

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