

# SAUCONY GUIDE 15 vs 14

## SAUCONY GUIDE 15 vs 14: A Comprehensive Comparison of Two Popular Running Shoes

When it comes to choosing the right running shoe, the decision can often feel overwhelming. For many runners, the Saucony brand stands out as a reliable option, particularly the Saucony Guide series. The Saucony Guide 15 vs 14 debate has sparked interest among both seasoned runners and newcomers alike. In this article, we will explore the key differences and similarities between these two models, helping you make an informed decision about which shoe might be best for your running needs.

## Overview of the Saucony Guide Series

Before diving into the specifics of the Guide 15 and Guide 14, it's important to understand the overall purpose of the Saucony Guide series. Designed primarily for stability and support, these shoes cater to runners who require additional structure due to overpronation or other foot mechanics. The Guide series combines cushioning with a lightweight feel, making it suitable for both long-distance runs and everyday training.

## Key Features of the Saucony Guide 14

- 1. Cushioning:** The Guide 14 features Saucony's PWRRUN cushioning technology, providing a good balance of softness and responsiveness. This cushioning is designed to absorb impact while still offering a lively ride.
- 2. Support System:** This model includes the S-curve support frame that helps guide your foot through the gait cycle, providing adequate support for overpronators.
- 3. Upper Construction:** The breathable mesh upper ensures a snug fit while allowing for airflow, which helps to keep your feet cool during runs.
- 4. Weight:** Weighing around 9.5 ounces for men and 8.5 ounces for women, the Guide 14 strikes a balance between support and weight, making it a versatile option.
- 5. Durability:** The outsole is constructed with durable rubber, designed to withstand wear and tear over various terrains.

## Key Features of the Saucony Guide 15

- 1. Enhanced Cushioning:** The Guide 15 builds on the PWRRUN technology, offering a more plush and responsive feel. This update aims to improve comfort during longer runs.
- 2. Improved Support Structure:** The Guide 15 incorporates a new support design that not only enhances stability but also minimizes weight, making the shoe feel lighter on your feet.
- 3. Updated Upper Design:** The mesh upper in the Guide 15 features a more adaptive fit, allowing for a more customized feel while maintaining breathability.
- 4. Sustainability:** Saucony has made strides in sustainability with the Guide 15, utilizing recycled materials in its construction, which is a growing trend in the industry.
- 5. Weight:** The Guide 15 weighs approximately the same as the Guide 14 but feels lighter due to the updated design and materials.

# COMPARATIVE ANALYSIS

WHEN COMPARING THE SAUCONY GUIDE 15 VS 14, THERE ARE SEVERAL FACTORS TO CONSIDER. BELOW IS A BREAKDOWN OF THE MAIN DIFFERENCES AND SIMILARITIES.

## CUSHIONING AND COMFORT

- GUIDE 14: THE PWRRUN CUSHIONING IN THE GUIDE 14 OFFERS A GOOD LEVEL OF COMFORT BUT CAN FEEL FIRMER THAN SOME RUNNERS PREFER.
- GUIDE 15: THE UPDATED PWRRUN CUSHIONING IN THE GUIDE 15 IS SOFTER AND MORE RESPONSIVE, ALLOWING FOR A MORE COMFORTABLE RIDE, ESPECIALLY OVER LONG DISTANCES.

VERDICT: IF YOU PRIORITIZE CUSHIONING AND OVERALL COMFORT, THE GUIDE 15 MAY BE THE BETTER CHOICE.

## SUPPORT AND STABILITY

- GUIDE 14: THE S-CURVE SUPPORT FRAME PROVIDES ADEQUATE STABILITY FOR THOSE WHO OVERPRONATE, BUT SOME USERS HAVE NOTED THAT IT CAN FEEL A BIT RIGID.
- GUIDE 15: THE NEW SUPPORT DESIGN IN THE GUIDE 15 ENHANCES STABILITY WHILE BEING LESS INTRUSIVE, RESULTING IN A MORE NATURAL FEEL DURING RUNS.

VERDICT: FOR IMPROVED SUPPORT AND A MORE SEAMLESS EXPERIENCE, THE GUIDE 15 IS LIKELY TO BE MORE APPEALING.

## UPPER AND FIT

- GUIDE 14: THE BREATHABLE MESH UPPER IS COMFORTABLE BUT MAY LACK A BIT OF ADAPTABILITY FOR RUNNERS WITH WIDER FEET.
- GUIDE 15: THE NEWER ADAPTIVE MESH UPPER IN THE GUIDE 15 ALLOWS FOR A BETTER FIT AND ACCOMMODATES VARIOUS FOOT SHAPES MORE EFFECTIVELY.

VERDICT: THE GUIDE 15 WINS IN TERMS OF FIT, MAKING IT SUITABLE FOR A WIDER RANGE OF FOOT TYPES.

## WEIGHT AND PERFORMANCE

- GUIDE 14: WEIGHING IN AT AROUND 9.5 OUNCES, THE GUIDE 14 IS A SOLID OPTION BUT CAN FEEL A BIT BULKIER DURING SPEED WORKOUTS.
- GUIDE 15: ALTHOUGH IT MAINTAINS A SIMILAR WEIGHT, THE GUIDE 15 FEELS LIGHTER AND MORE AGILE, MAKING IT A BETTER OPTION FOR SPEED WORK AND TEMPO RUNS.

VERDICT: IF YOU SEEK A SHOE THAT FEELS LIGHTER DURING RUNS, THE GUIDE 15 IS THE CLEAR WINNER.

## DURABILITY AND SUSTAINABILITY

- GUIDE 14: THE RUBBER OUTSOLE OFFERS GOOD DURABILITY, BUT THERE ARE LIMITED SUSTAINABLE MATERIALS USED IN ITS CONSTRUCTION.
- GUIDE 15: WITH A FOCUS ON SUSTAINABILITY, THE GUIDE 15 INCORPORATES RECYCLED MATERIALS, MAKING IT A MORE ENVIRONMENTALLY FRIENDLY CHOICE WITHOUT COMPROMISING DURABILITY.

VERDICT: IF SUSTAINABILITY IS A PRIORITY FOR YOU, THE GUIDE 15 TAKES THE LEAD.

## PROS AND CONS OF EACH MODEL

### SAUCONY GUIDE 14

#### PROS:

- GOOD CUSHIONING FOR EVERYDAY RUNS.
- RELIABLE STABILITY FOR OVERPRONATORS.
- DURABLE RUBBER OUTSOLE FOR LONG-TERM USE.

#### CONS:

- SLIGHTLY FIRMER FEEL MAY NOT APPEAL TO ALL RUNNERS.
- FIT MAY NOT ACCOMMODATE ALL FOOT SHAPES COMFORTABLY.

### SAUCONY GUIDE 15

#### PROS:

- ENHANCED CUSHIONING FOR IMPROVED COMFORT DURING LONG RUNS.
- MORE ADAPTIVE FIT FOR VARIOUS FOOT TYPES.
- INCORPORATES SUSTAINABLE MATERIALS IN CONSTRUCTION.
- FEELS LIGHTER AND MORE AGILE DURING RUNS.

#### CONS:

- SLIGHTLY HIGHER PRICE POINT COMPARED TO THE GUIDE 14.

## CONCLUSION

IN THE SAUCONY GUIDE 15 VS 14 DEBATE, THE CHOICE ULTIMATELY COMES DOWN TO PERSONAL PREFERENCE AND SPECIFIC RUNNING NEEDS. IF YOU ARE LOOKING FOR A SHOE THAT OFFERS ENHANCED CUSHIONING, IMPROVED SUPPORT, AND A MORE ADAPTIVE FIT, THE GUIDE 15 IS THE WAY TO GO. ON THE OTHER HAND, IF YOU ARE SATISFIED WITH THE PERFORMANCE OF THE GUIDE 14 AND PREFER A SLIGHTLY FIRMER FEEL, IT STILL REMAINS A SOLID OPTION.

BOTH SHOES CATER TO RUNNERS NEEDING STABILITY AND SUPPORT, BUT THE GUIDE 15 CLEARLY POSITIONS ITSELF AS THE MORE ADVANCED MODEL WITH NOTABLE IMPROVEMENTS. ULTIMATELY, TRYING BOTH SHOES ON AND TAKING THEM FOR A TEST RUN MAY BE THE BEST WAY TO DETERMINE WHICH MODEL FEELS RIGHT FOR YOU. HAPPY RUNNING!

## FREQUENTLY ASKED QUESTIONS

### WHAT ARE THE MAIN DIFFERENCES IN CUSHIONING BETWEEN SAUCONY GUIDE 15 AND 14?

THE SAUCONY GUIDE 15 FEATURES A NEW PWRRUN FOAM THAT OFFERS MORE RESPONSIVENESS AND BETTER ENERGY RETURN COMPARED TO THE PWRFOAM USED IN THE GUIDE 14, PROVIDING A SOFTER AND LIGHTER FEEL.

## How has the upper design changed from Saucony Guide 14 to 15?

The Guide 15 introduces a more breathable and flexible mesh upper, improving fit and comfort, while the Guide 14 has a more traditional upper design that may feel less accommodating.

## Is there a weight difference between the Saucony Guide 15 and 14?

Yes, the Saucony Guide 15 is slightly lighter than the Guide 14, making it a better choice for runners looking for a more agile feel.

## What improvements have been made in the stability features of the Guide 15?

The Guide 15 incorporates a more refined medial post for enhanced stability, while still maintaining the overall comfort, making it a great option for overpronators.

## How does the traction compare between the Saucony Guide 15 and 14?

The Guide 15 has a redesigned outsole that provides better traction on various surfaces, compared to the Guide 14, which had a more standard grip.

## Are there any notable colorway options available for the Saucony Guide 15?

Yes, the Guide 15 comes in a variety of vibrant and stylish colorways, appealing to runners who want both performance and aesthetics, while the Guide 14 had more muted options.

## Which model is better suited for long-distance running?

The Saucony Guide 15 is generally better suited for long-distance running due to its improved cushioning and support, making it more comfortable over extended periods compared to the Guide 14.

## How do the price points of Saucony Guide 15 and 14 compare?

The Saucony Guide 15 is typically priced higher than the Guide 14 at launch due to its updated technology and features, but prices may vary based on sales and availability.

## What type of runner would benefit most from the Saucony Guide 15?

The Saucony Guide 15 is ideal for runners who seek a balance of comfort, support, and responsiveness, particularly those who overpronate or require additional stability during their runs.

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