



## Wear Test: Saucony Trigon 4 Ride



### Specs

A 12 oz cushioned shoe for the neutral runner. Meshed upper, single density midsole with midfoot support bridge. Blown rubber forefoot and carbon rubber heel plugs. Flex grooves on the forefoot adds to flexibility. Softer HRC (High Rebound Compound) plugs are inserted to high impact areas in the forefoot and heel. The shoe is built on a semi-curved last, very evident in the picture above.



The Trigon Ride comes with Saucony's patented Grid technology, essentially a web of Hytrel™ filaments which act to provide a sweet spot cushioning for the runner - think tennis racquets. As can be seen in the picture on the left, sandwiched between the removable insole and the last is a layer of foam cushioning with the company's tagline: Loyal To The Sport.

### Background

My past experience with the brand had not been a pleasant one. The hard silicone outsole material of that pair literally disintegrated and the shoe was too stiff for my liking. It was such a forgettable experience that I don't remember the model name. Thinking back, I made the purchase during my downtime from running. I wasn't running much at all due to work and even without me working the shoe out, it fell apart on me.

But when Choi secured the Saucony dealership I thought I should at least try it, even if I had some apprehension and was I surprised.



## First Try-Out

The added comfort was immediate after I switched from my 2005 Pegasus at the end of my Saturday morning run. There was a noticeable forefoot padding and the heel to toe transition was very smooth. Because of the fit, I'd like to add that even though the published weight is 12oz for the size US9.5, I felt that it's even lighter than the Brooks Glycerin 4's published 11.55oz. After doing some strides around the car park, I ordered a cushioned version (the Ride) and decided to participate in the wear-test program the brand has arranged for popular models. The Trigon also comes with a stability version called Guide but the midfoot area is firmer due to the dual density midsole, something I don't require. Nevertheless it was also very comfortable, coming off more comfortable than the NB stability models but not quite close to the asics 2100. With my purchase of the Ride, I was convinced at that point that I'm going to relegate the Glycerin to a racing role with immediate effect.

## Fit

Typical of the classic Saucony fit, the forefoot is roomy and the heel snug. The ring lacing is very smooth and a welcome change from just the pinhole type. The provided laces are long enough to double knot unlike Nike's.

## First Run

After the previous week's stress at work, I needed to run. I needed to shake off the nasal congestion exacerbated by the office air-cond and I've found that running always manage to clear my nasal passages. The skies were cloudy but I was prepared. By 6:10pm I was already on my first lap around KLCC.

I decided to do the first lap on the rubberized track to get a feel of the shoe. I felt quite light and the cushioning really amazed me. As I've mentioned above, it certainly was softer than the 2005 Pegs and reminded me of the Cumulus V, which I sold to Justin due to fit reasons (I'd bought it too small). The forefoot cushioning were excellent and the Ride has certainly one of the best forefoots I've ever worn. Per its name, the heel to toe transition were smooth. The beefy midsole never felt clunky despite its appearance but they're not as low profiled as the Mizunos. I completed the first lap in 7:28.

By the 2<sup>nd</sup> lap I saw Coach's charges were already there and I tagged along hanging back about 50m behind the bunch. This time I ran on the bricked surface to test the shoe's impact protection. The grid's trampoline effect was quite pronounced and I felt that I could comfortably take this pair out to a 30K run within the first week, with very little breaking in required. Except that at this stage I'm struggling to even complete 20K comfortably! I finished the 2<sup>nd</sup> lap in 7:19.

I was enjoying the run so much that I told DK that was only into my 2<sup>nd</sup> lap when I was actually already in the 3<sup>rd</sup>. This time the Coach's bunch had picked up pace just a tad but I was still running amidst them. I was back on the rubber track next to Lee Chin. I noticed at that point that I was landing more midfoot than heel but the midfoot shank prevented any twisting to the feet. You can see the shank from the differently configured lateral and medial side in the picture on the right.





At the 700m mark, Coach could be heard telling his runners to keep it within 6:30 per lap and with that Ah Toh immediately took off at his regular pace. Lee Chin also increased her pace. Coach was surprised to see me so I just tagged along for another round. I completed my 3<sup>rd</sup> lap in 7:19, even pace with the 2<sup>nd</sup>.

Then with Lee Chin pushing off, I decided to try to stay in her slipstream and managed to do so until the bridge section where I passed her and stayed in front until the end of my 4<sup>th</sup>. My lap time was 6:43. Total ran was 28:50 for the 5.2K. Not too shabby considering my condition.

After listening to Coach's advice on breathing, I joined Newton in running back to the car park. The rain had come down and I needed to leave. Here I noticed that the shoe tended to slip a bit when hitting wet patches. It isn't a major issue in any case as the area was a bricked one.

Once again, I'm very impressed and happy with the shoe. The softness elevates it above the 2005 Pegasus, Wave Rider and Wave Maverick. That quality also puts it above the old adidas Ozone which I wore 5 years ago. It has to be the cushiest model I've worn in my past 6 years. The transition was very smooth on par with the Pegasus but a tad lower than the asics. For just above RM200 (after discount) I'd wear this pair to race the marathon any time, until I can afford an asics of course. This model certainly warrants a try for those who aren't appreciative of the firmer NBs and can't afford the premium priced asics.



Another angle of the Ride. The toebox is reminiscent of my previous Wave Rider 5



Even the heel counter and red-black combo on the outsole looks like the Rider 5. You can see the decoupled heel crashpad clearly as well as the large and soft lateral heel plug

Durability: To be ascertained

Ride: 4/5

Ventilation: 4/5

Forefoot Cushioning: 5/5

Heel Cushioning: 4/5

Wet Traction: 3/5

Value for money: 4/5

Overall: 4/5

Reviewed by [Carboman](#) Nov 6<sup>th</sup> 2006