



Wear Test: asics GT2120



Introduction

Its price has gone up a further USD5 from the 2110 but over here in Malaysia, the price of both models are the same. It makes business sense to sell the older model at cheaper price. This is so that the older stocks can be "pushed off" quickly - shelf space is precious for the retail business. But who am I to say, I'm hardly a businessman. I was comparing the price between the 2110 and the latest stability trainer from asics, the 2120.

The Brand

Asics are a premium brand and priced so everywhere in the world. Distribution of its products is limited. Which is rather peculiar, given a wide following of the brand, especially among loyal users. In KL, the shoes are only found in the Studio-R outlets and rarely offered with measly 10% discounts. This has turned off many who have heard good things about this brand and wanted to try. Malaysian runners possessing the traits of natural bargain hunters then started looking South for their supplies of asics shoes. The Queensway mall in Singapore is known to offer competitive, albeit still expensive (after all it's a premium brand), prices. Purchases are usually batched to maximize the courier's trip to Singapore. Traditionally popular models include the Kayano and the GT2xxx series. That's not to say that the two series are the only worthwhile models in its stable. If you're a follower of shoe forums and long-time runners, you'll know that the DS-Trainer and Racers have quite a following too. As with lately the Landreth, older Nimbus (the VII especially) and the Cumulus (VII also being the best model despite later "improvements").

While it may not be entirely necessary, Asics' stability models can also be suitably worn by runners with neutral gaits. That's because the medial post for these stability range (made of Duomax) are positioned more towards the medial arch area of the shoe.

GT-2110	GT-2120
	



Visual Rundown & Tech Talk

Upper

This is my 3rd pair of asics is 2 months and as with their mid to high-end models, I love their designs. The overlays are kept to just the essentials and from the pictures above, you'll see that at the forefoot region, the strips are made narrower and as with older models the asics stripes also function as a support device, wrapping the whole shoe around the feet. The mesh is the same as the predecessor's. The length of the laces is sufficient for double knotting, while the



tongue is the conventional type. There are just enough reflective strips located around the shoe. The [Personal Heel Fit](#) (PHF) memory foam around the collar is retained.

The Midsole

This is where the most significant change was concentrated. You will feel the difference the moment you pick up the shoe. At 11.7oz, the 2120 is nearly a full ounce lighter than the 2110, thanks to the new [S^olyte](#) co-polymer used on the midsole and last. S^olyte is purportedly 35% lighter than the [SpEVA](#) (Special EVA), the high-grade EVA used in the brand's mid to high-end models. For further comparison, the 2005 Pegasus weighs in just a tad above 11oz and is built slightly lower to the ground.

There are 3 grades of S^olyte - 45, 55 and 65 - from the softest to the firmest. The stability and trail shoes are all given S^olyte 55 midsole for a blend of responsiveness and support. This provision is extended to the last, so when you remove the insoles, you'll also see the S^olyte 55 layer.

In response to requests by its customers for more stability, the 2120 has enlarged the piece of [Space Trusstic](#) (click on the left link to read the interesting take on Trusstic) device. The larger Trusstic device is significant on the bottom, lateral and medial sides of the shoe. The heel base is wider for an improved and stable footplant. The heel gel cushioning is also larger (very obvious from the pictures above).

The Outsole

The standard AHAR (asics High Abrasion Rubber) at the heel. The forefoot is also AHAR but the blown rubber type. This should extend the durability of the shoe without adding weight. The flex grooves at the forefoot have been widened to increase flexibility.

The First Few Runs

Typical of asics shoes, the 2120 is a smooth shoe. With S^olyte however, the plush cushioning last provided by the 2090 has been replaced by a firmer and more responsive ride. A heavier person will like this but this is not to say that the cushioning properties are poor. Since my return to training, I've done more than 30K in it to know for a fact that the shoe is fantastic, especially its stability properties. My weaker left knee and leg as a whole has not acted up unlike previously when a return to training would see some ITB soreness. I've noted that the S^olyte compound needs some breaking in (mine's starting to soften a bit) unlike SpEVA.

The heel's impact protection is good though I've been landing more on my midfoot these days. The shoe is very stable to run in and I don't feel any heat build up even after close to an hour's running. I've so far taken the shoes out on tarred roads and concrete paths and have absolutely no complaints. All the tech components making up the [IGS](#) (Impact Guidance System) really work. You'd want to watch the [video of how our feet flex](#) to appreciate the importance of a properly working shoe. There are much less twisting actions on my feet and like I mentioned earlier, the fact that there's no leg soreness are evidence that I'm benefiting from the added protection. In case you're not aware, the 2120 is my return to a stability trainer in a longest time. I'm now very interested to take it on longer runs.

If you're trying out the shoes for the first time, go half size bigger. A long-time asics wearer confirms that the recent GT-2xxx models have this sizing difference. The 2120 also comes in width sizing, so for those with wider feet you should opt for the 4E widths.

Summary

To wrap the review up, I'd like to say that it's never too late to try out the GT-2xxx. It still remains a shoe that's expensive to a majority of runners, but it's a shoe that's durable. If you're already spending RM600 (RM200 x 3 pairs) a year on shoes, you can perhaps make do with 2 pairs (a pure trainer such as a GT and a performance trainer - perhaps the DS Trainer - will add up to about RM650 after discounts) going forward. Plus, if you're in KL and if the distributor continues with its annual warehouse sale, there are some really great buys you can take advantage of. The tech that asics put into their shoes seem to work and even if you're a neutral runner but have [niggling issues](#), you may want to give their range of stability shoes a try. Finally, I appreciate the education that they provide to athletes via their websites on various biomechanics issues and how their technologies work to reduce the inherent problems as a result of our imperfections.



Before discount: RM460

After 20% discount: RM360

Lineage: GT2 > GT2070 > GT2080 > GT2090 > GT2100 > GT2110 > [GT2120](#)

Ride: 4/5

Ventilation: 4/5

Forefoot Cushioning: 4/5 (for a stability trainer)

Heel Cushioning: 4/5 (for a stability trainer)

Wet Traction: 4/5

Value For Money: 3.5/5 (it would've been higher if not for the price)

Overall: 4/5

asics sites: <http://www.asics.com.au/igs.asp> | <http://www.asicsamerica.com/asicstech/> | To learn more about biomechanics, go here <http://www.asicsamerica.com/asicstech/biomechanics.htm>

For more asics tech hit this link <http://www.asics.com.au/technology/default.asp>