

Saucony Liberty ISO

Disclaimer.

Shoes and equipment reviewed are not given to me or purchased at a deep discount. I purchase the items for myself. The review will not address which type of runners should use the shoe. That is beyond the scope of the review. I am not a physical therapist or orthopedic physician.

The aim is to discuss the quality and attributes of the shoe, to help the reader make an informed decision about looking into trying the shoe.

Conclusion: Saucony has designed a great shoe with a super comfortable fit. The shoe offers a 4mm drop promoting a great ride. The EVERUN sole works great and offers energy return (where it is located). How many other shoe companies are thinking about designing energy return into sole? The one issue that was a deal breaker for me was the lack of EVERUN from midsole to the toe. It did not feel smooth on the stride and has a very noticeable difference in feel.

Overview (from Website)

- Full-length EVERUN™ midsole
- EVERUN™ Topsole construction for enhanced energy return and continuous cushioning throughout the run
- Engineered stretch mesh upper for a dynamic, lightweight fit
- ISOFIT creates a dynamic fit system by adapting to the shape and motion of the runner's foot
- Medial TPU guidance frame

Shoe Specifications: (from website)



- Pronation: Moderate -- See picture for pronation stability insert on the sole
- Cushion: Plush
- Construction Type: Stability
- Surface: Road, Track
- Arch: High, Normal (Mid)

- Water Resistant: No
- Water Proof: No
- Offset: 4mm
- Heel: 22mm/Forefoot: 18mmWeight: 8.7 oz. | 245 g.



Out of the Box Experience:

Initial impression of the shoe: store try on

The shoe fit cradled my arch and the arch was in the right place. Mesh material on the upper did not push down on tender parts of my foot. After a quick run outside, I found there was less cushion in the midfoot than expected. The sole and cushion under the rest of the shoe was okay and provided some energy return. The toe box was just right. Heel cup felt cushioned and did not slip. It felt light weight and not too heavy.

Second reviewer: The initial fit was comfortable and very roomie. It gives a nice cushion around the upper heel of the foot. Material is free of hard material or tightness

Criteria used to choose a shoe

- a. Energy return from the sole
- b. Cradle the arch
- c. Arch the foot is centered on the arch in the shoe
- d. Heel does not slip
- e. Toe box wide enough to avoid blisters
- f. No rubbing or tightness on the top of the shoe
- g. Works with stride
- h. Material in the sole meets desired wear in miles
- i. Weight of the shoe

Out of the box first use

1/29/2018 -- Out of the box, logged 7 miles. They felt great, no rubs, no hot spots, the heel fit was solid. Upper mesh breathes well. There was a concern about the energy return. The front of the sole lacked cushion.

Miles on the shoe 7 Miles

Second Reviewer: First run was on the treadmill with speed work for 9 miles. Felt good, no blisters but left foot had issues with the inner lining bunching up under the toes. Felt like there was gel or something that wouldn't flatten out. Not much energy return with the shoe even with the softness of the treadmill. Second run was a 12 mile combination of hill climbs. I experienced the same issues with the inner sole. Took shoe off twice thinking it could be my sock. It was the inner sole of the shoe. Toes going numb and the soul feeling like it's bunched up under the toes. The sole doesn't have enough give or cushion to be a long distance shoe. I would recommend this shoe for your average runner or a great gym shoe.

Category Review

Quality and function of upper: Rating 10. the upper is comfortable, breathes well, and the mesh does not push on any pressure points. The lacing system and mesh together called the ISOFIT systems allows for flexible adjustments.



Sole Durability: Rating 4 It was apparent after one run. The foam had compressed on the sole where the foot strikes. There is also a support wedge in the sole, which did not cause the stride to change.



Heel fit: Rating 10. Heel is well cushioned and kept the heel in place.



Toe box Rating 6. Fit was just right, no rubbing on the outer toes. However, the shoe was a little bit short and the toe was closer to the end of the toe box than wanted.

General fit: Rating 8. This is where the shoe shines. Felt very comfortable. The stretchy upper, flexible lacing system, and heel fit make the shoe. The only issue was the decreased



length of the toe box to the toes.

Energy Return: Rating 4 The EVERUN Sole is designed to provide energy return. In my run there was a noticeable loss in energy return from the midfoot to the toe. Which is odd because the midsole goes the whole length of the shoe. There was a noticeable edge to the cushion and energy return sole and it was annoying. Energy return for my stride was not optimal.

Cushioning: Rating 6. From midsole back -- the cushioning was fine. The lack of cushion from the toe back to midfoot was noticeable. It was as if the cushion stopped at just beyond the midfoot. If that could be remedied this would be my go to shoe.

Fit true Fit was just slightly off and a little too small for me. I wear size 7.5 and it felt like there was not as much room in the front of the toe box as my other 7.5 size shoes.