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New Balance Women's Q Speed Fuel Short Review

Lightweight, comfortable pair of shorts with a flattering fit and a stylish color-block design.

Published: June 4, 2021

Overall Score: 4.5/5



Overall Impressions

<p>Likes:</p> <ul style="list-style-type: none"> Light, breathable material Flattering hemline Comfortable interior brief Stylish color-block design
<p>Dislikes:</p> <ul style="list-style-type: none"> Could use more storage options Reflective details aren't very visible Short inseam length

From its lightweight, breathable material to its curved hem design, the New Balance Q Speed Fuel Short is all about freeing your movement and keeping you cool as you work up a sweat. The Q Speed Shorts feature a comfortable built-in brief liner with a small internal stash pocket, an adjustable bungee drawstring for a personalized fit, and a rear envelope pocket for storing your small essentials. The shorts also feature reflective details on the waistband for visibility, and are constructed with New Balance's quick-drying fabric technology to keep you comfortably dry on your run. Our reviewers loved the stylish color-blocking design and the flattering, athletic fit the shorts offered.

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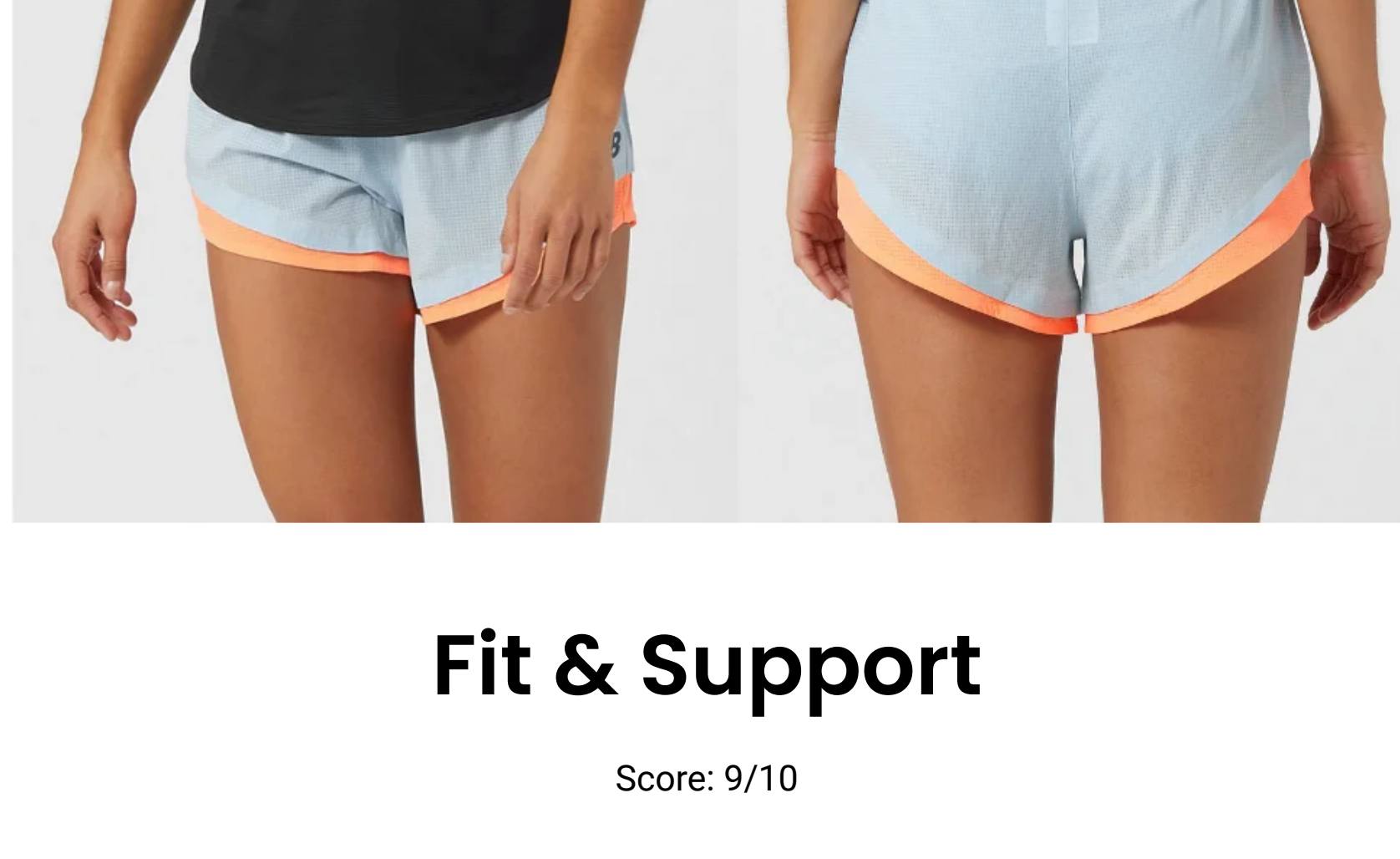
Features & Style

Score: 9/10

Sarah: "These shorts feature bright colors, which add a stylish flair to their modern, functional construction."

Suzy: "The features are pretty standard for a running short. There is one small pocket in the front and one rear stash pocket that's deep enough to fit a spare key and credit card comfortably. I didn't need to use the interior front pocket, but some may find it useful. I appreciated the adjustable drawstring feature to synch in the waist. There is reflective detailing at the top of the shorts, but it gets covered up when wearing a top, and I would have liked more visible reflective detailing near the bottom of the shorts."

I am a big fan of the two-tone style at the bottom of the hem, which adds a bright contrast of color to the shorts. The fabric was stretchy without being too body-hugging, and the texture added a bit of dimension to the leg. A+ from me!"



Fit & Support

Score: 9/10

Sarah: "The Q Speed Short was light and soft, and the toggle at the waistband offered a comfortable fit. I liked the laser-cut perforations, which provided increased airflow and breathability."

Suzy: "These shorts were lightweight, breathable, and comfortable. I was pleasantly surprised with the interior brief. I am usually not a fan of built-ins, but the brief here was more comfortable than I expected, and it provided good coverage and support without feeling restrictive. The shorts did tend to ride up slightly when I ran; however, I usually experience this with shorts in the 2.5 - 3" inseam range. I was comfortable running in these shorts with their relaxed, athletic fit, which felt roomy in the thighs and offered lots of stretch. Typically, this style of shorts tends to be bulky on me, but the Speed Fuel Shorts were the perfect combination of a loose fit while still offering some shape at the hem. I would have preferred a slightly longer inseam, but I was pleased with the fit overall."



Quality & Value

Score: 8/10

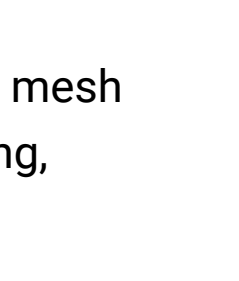
Sarah: "The New Balance Q Speed Fuel Shorts are well constructed. After many runs and washes, they are still holding up well."

Suzy: "The shorts are of good quality for their price point."

Our Reviewers

Sarah

Overall Score: 9/10

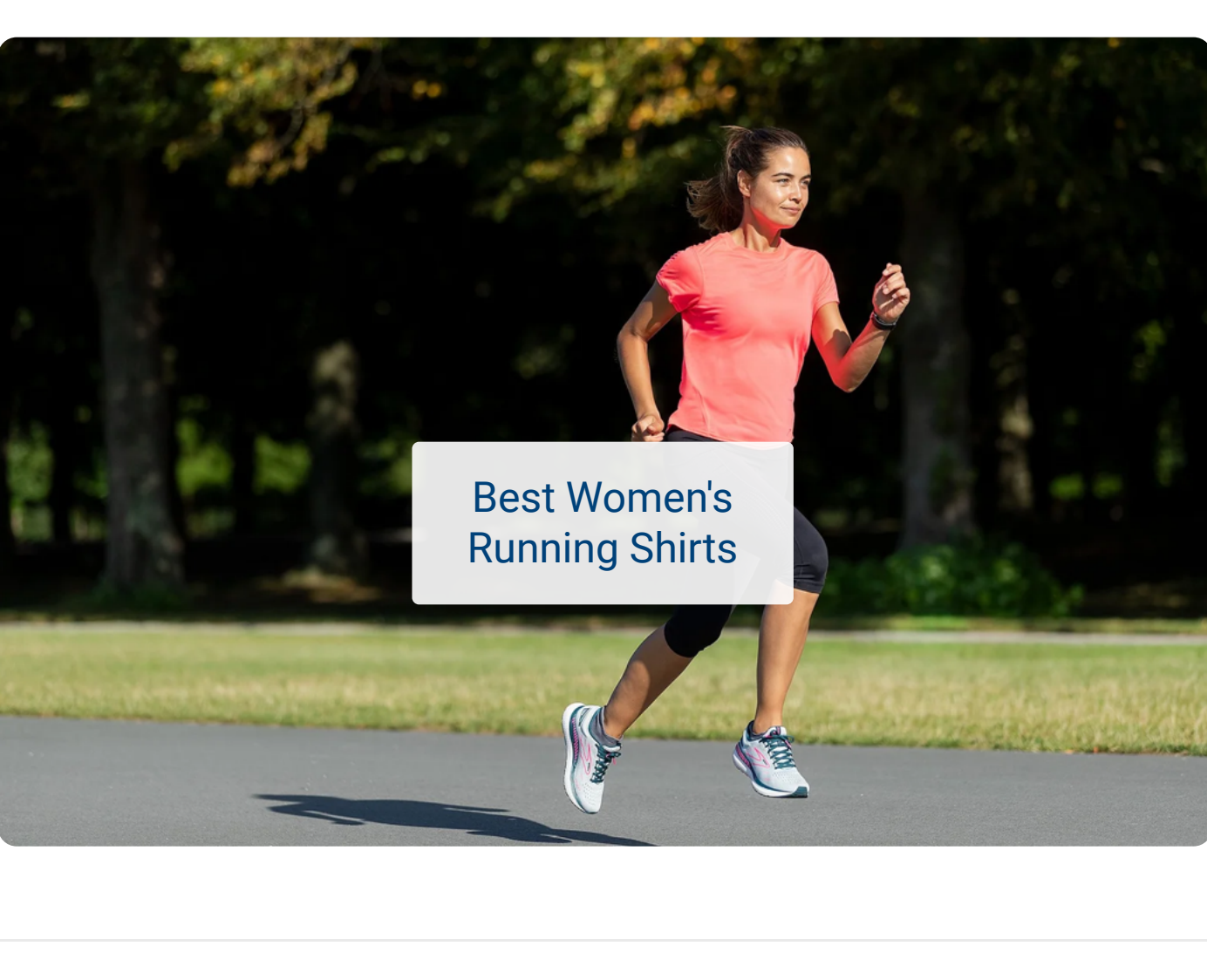
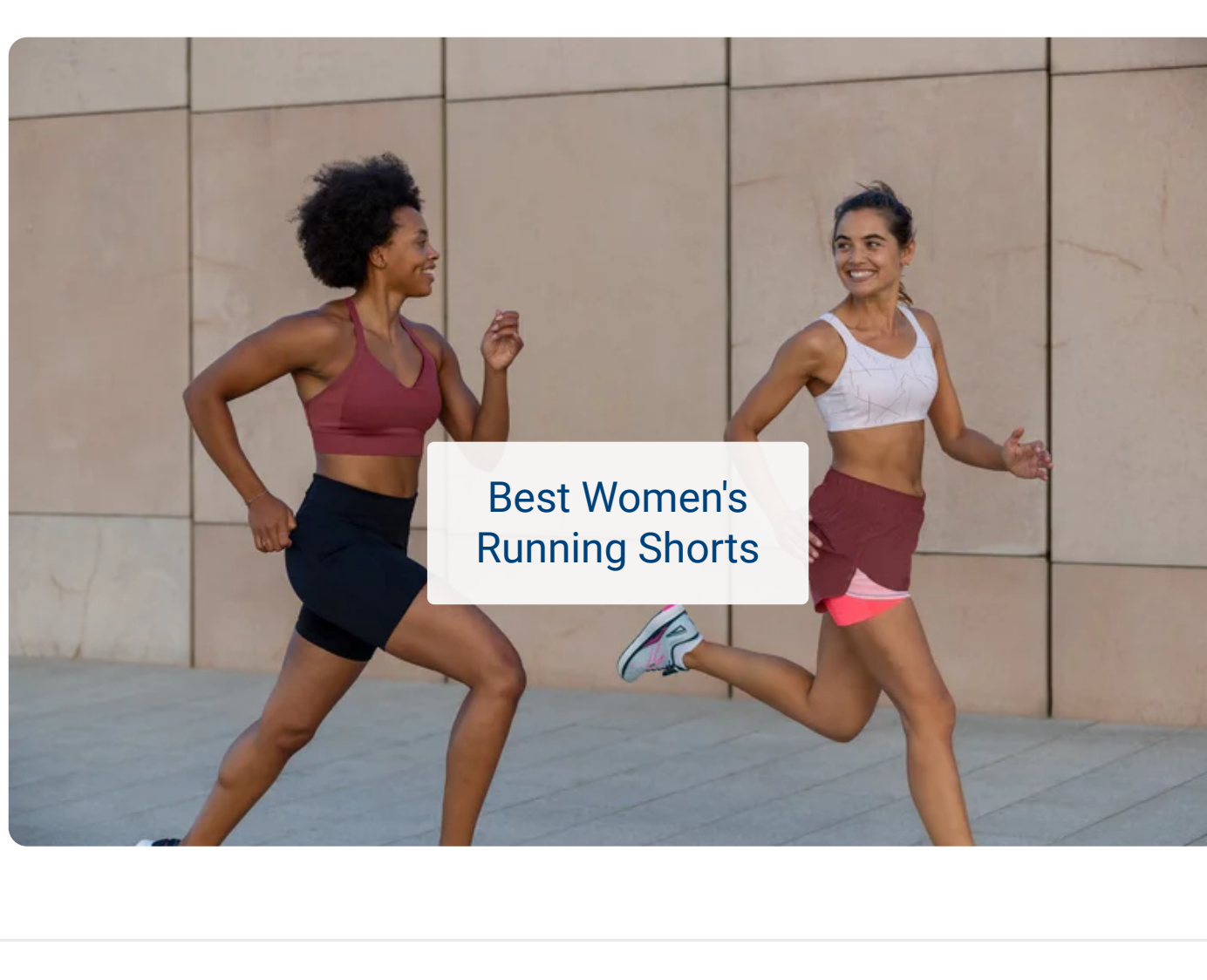


The New Balance Q Speed Fuel Shorts are incredibly lightweight. The breathable outer shell has mesh fabrication, which kept me cool as my run started to heat up. The shorts also provided a flattering, comfortable fit; even with their shorter inseam, they weren't too tight on my legs.

Suzy

Overall Score: 8.5/10

I enjoyed testing these shorts out a lot. They have a sleek design and are lightweight and very breathable. The fast-dry technology kept me comfortable and the shorts felt roomy on par with what I expected from this short. New Balance got it right with the athletic fit! The shorts felt roomy in the thighs while still offering some shape to my lower half with the hem curve, which was very flattering on the leg. The interior brief was a step above the competition, and the mesh liner was more comfortable and breathable than I have experienced with other brands. I am usually not a fan of built-in liners because of the restrictive feel, but these felt almost invisible (a big plus for me!). Overall, I felt well equipped to run long distances comfortably in these shorts.



Caroline

Caroline is a lifelong, avid runner who enjoys the outdoors. Whether on the road or on the trail, running or hiking, being surrounded by the sights and sounds of nature is her ultimate happy place.

*Price comparisons are based on the Manufacturer's Suggested Retail Price ("MSRP") or Original Selling Price. Actual sales may not have occurred at this price. **Price matching restrictions vary by brands. Contact us for details.

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