

LEKI



TRAIL RUNNING CATALOG
SUMMER 2024



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POLE SIZE
FINDER

FIND YOUR
OPTIMAL
POLE LENGTH.

THE EVOLUTION OF TRAIL RUNNING



+231%
GROWTH IN THE
LAST 10 YEARS*

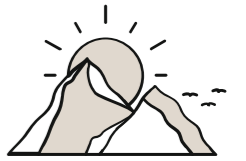
Trail running has experienced a growth in race participation over the course of the last decade. The racing landscape is continuously expanding, with more than 10,000 races globally. Recent data from 2022 shows that the number of trail running races has increased by 231% in the last 10 years. Expect more runners to show up each and every year!

**+46% MORE
WOMEN***

Female participation has grown from 13% in 1997 to 46% in 2022. Fun fact: Female ultra runners are faster than male ultra runners at distances over 195 miles. The longer the distance the shorter the gender pace gap. There are three countries who have more female than male participants: Canada, New Zealand and Argentina.

75%
OF ALL PODIUMS

In 2022 LEKI took 75% of the podium positions in the major races allowing poles. The races include the UTMB, the CCC, the TDS, the Madeira Island Ultra Trail, the Lavaredo, the Hardrock 100, the Transgrancanaria, and the Transvulcania.



**LEKI
DOUBLE
TRIPLE**

At the 2023 Transgrancanaria LEKI athletes once again took the triple in both the women's [Courtney Dauwalter ahead of Jazmine Lowther and Claudia Tremps] and men's [Andreu Simon ahead of Miguel Arsénio and Pere Tyler Green] races. What a start into the new season!

4 LEKI ATHLETES HAVE
UTMB WINS

Among the LEKI athletes there are four UTMB winners who have won the event a total of 10 times [Courtney Dauwalter 2x, François D'Haene 4x, Xavier Thévenard 3x, Pau Capell 1x].

**FOR EVERY 1 TRAIL
RUNNER, THERE ARE
5.3 ROAD RUNNERS***

Trail running is becoming more and more popular. There is now one trail runner for every 5.3 road runners – and the trend is rising.

AVERAGE AGE* **39.5**

Ultra Running "feels" younger than it actually is. Many runners improve with age and maturity as it requires more than talent to sustain the challenging distance of an ultra trail. [90% of participants ages 25-55].

*www.runrepeat.com/the-state-of-trail-running-2022

THE SCIENCE BEHIND RUNNING WITH POLES

THERE ARE LIBRARIES FULL OF SCIENTIFIC RESEARCH ABOUT RUNNING FOOTWEAR WHILE THE SCIENCE BEHIND RUNNING WITH POLES IS SLOWLY BEING REVEALED. WE SHARE YOU THE CURRENT STATE OF SCIENTIFIC RESEARCH.

No runner in the field of top finishers can sustain a race like UTMB without poles. It's common sense for world-class and amateur athletes to make poles a must-have part of their gear for longer races with significant elevation change. So, what is the magic behind poles? To better understand the effects of using poles, science is looking at it from two perspectives. First, the biomechanical view – How they change our body's movement and especially our muscles' activity. Secondly, the metabolic view – The chemical processes in our body, the amount of oxygen we can take in, and our heart rate.

BIOMECHANICS

While hardly a revelation, the practical take-home message for athletes is that using poles can reduce the workload of the legs and direct the effort to the upper body. This work comes at an oxygen cost (that will be discussed later), but the old anecdote that poles saved an ultrarunner's legs deep into a race has some scientific merit behind it. Research indicates that stride length increases, leading to a higher speed [Willson et al. [1]]. At the same time, the ground reaction and joint force decrease, putting less stress on lower limbs and allowing runners to stay fresh for longer distances. When running, the lower extremities need to do most of the physical work. Every bit of load that can be transferred to arms, shoulders, and the core saves your legs from wearing out after hours of running.

METABOLISM

Your biomechanics change when you use poles. Summarizing, most of the results show a significant increase in oxygen demand, heart rate, and energy expenditure during pole usage. Some research shows a significantly lower perception of intensity during steeper ascents and descents. Furthermore, reduced soreness, quicker recovery, and increased walking speed when using poles were recognized. Basically, you pay for saving your legs with a higher cardiovascular effort, which explains why poles are less effective on shorter distances. Over longer distances, the benefits of poles are magnified. In Ultras with significant elevation change, poles are absolutely crucial. Have you heard of anyone who has a DNF because of a cramp in the biceps? Likely not.

CONCLUSION

While there is still research to be done to evaluate the perfect pole length and determine the ideal technique for various courses and specific energy levels, there is little doubt that running with poles is exceptionally beneficial. LEKI expects and supports an evolution in how poles will be used in Ultra and Trail Running. Even today, we can see more and more LEKI athletes choosing longer poles as their technique improves and they learn how to apply the maximum leverage to maximize propulsion and performance.

Supported by the Chair of Biomechanics, University of Bayreuth, Germany.

[1] Willson, J., Torry, M.R., Decker, M.J., Kernoz, T., Steadman, J.R., 2000. Effects of walking poles on lower extremity gait mechanics. *Medicine & Science in Sports & Exercise*.



LOWER INTENSITY PERCEPTION

INCREASED OXYGEN DEMAND AND HEART RATE

REDUCED MUSCULAR STRESS FOR LOWER BODY

LONGER STRIDE, MORE SPEED

5% REDUCED PRESSURE ON FOREFOOT

THE NEW SPARTAN ULTRA — GRIP

A HYBRID BETWEEN THE TRAIL SHARK AND RCM GRIP — PROVIDING THE BEST OF BOTH WORLDS. THE IDEA FOR THE NEW GRIP WAS CREATED BY A SELF-MADE AND MODIFIED RCM GRIP BY LEGEND FRANCOIS D' HAENE. AFTER MANY HOURS OF TESTING AND COUNTLESS PROTOTYPES, THE NEW SPARTAN ULTRA IS NOW READY.



ALPHATRAIL
FX.ONE SUPERLITE

I NEED A POLE THAT HAS A COMFORTABLE AND EASY GRIP, WHICH I CAN USE DAY AND NIGHT WITH MY EYES CLOSED.

FRANÇOIS D'HAENE



FRANÇOIS D'HAENE PASSION FOR DETAILS

IF YOU COULD WISH FOR ANYTHING, WHAT WOULD YOU WANT IN TERMS OF TRAIL RUNNING POLES?

I'm always quite fussy with the LEKI development team, that's what makes it fun and keeps things moving forward. That's why, I wish for slightly more comfort when it comes to materials. I obviously always need poles with more lightness, more performance, more power transmission and more ease of use. But today in particular, the search is on for materials suitable for the manufacture of a more natural pole. To do this, the pole must be more and more resistant and durable, and at the same time be designed in an eco-responsible way as local as possible. With all this, the product must be really logical, that everyone can use the poles in a simple way and is able to run without having to think about them. Everyone has to use it in the most efficient way.

WHAT DO YOU LIKE ABOUT THE LEKI SHARK SYSTEM?

The Shark System, whether it's used for trail running, cross-country skiing or ski mountaineering, is quite interesting. The materials are very light and yet the transmission is much greater and more efficient than a regular strap. This direct connection to the pole is easy to use and allows you to be very efficient

by only pushing forwards without holding onto the grip. This also leads to less interface, latency and energy loss. In terms of transmitting power and strength, it's clearly the solution we need. I use this system a lot for all my winter activities or for my races such as the vertical kilometers in summer.

WHAT IS THE PERFECT GRIP AND STRAP FOR YOUR WAY OF PRACTICING ULTRA RUNNING?

That really depends on the individual. During the Ultra Trail I want to have access to my backpack and be able to climb between rocks with the help of my hands. I need to be able to fold and stow my poles easily and set them up again just as quickly. Simultaneously, I need a comfortable and easy grip, which I can use day and night with closed eyes. For the strap, it's the same: Athletes need something that can transmit power and perform well while being super lightweight, non-irritating and a bit absorbent, but not too much either. So we tested a lot of things to find the ideal grip and strap, and had a lot of fun coming up with new ways to adjust and move them.



DEVELOPMENT OF THE NEW SPARTAN ULTRA





JIM WALMSLEY, PROBABLY THE ULTRARUNNER WITH THE FASTEST GROUND SPEED IN THE WORLD. HE SET THE WESTERN STATES RECORD WITH A TIME OF 14:09:28, 38 MINUTES BEFORE THE SECOND PLACE CROSSED THE FINISH LINE. Right now, he is in the midst of an exciting development: transitioning to the more alpine style of trail running with massive altitude difference. To adapt his training and running style, he now moved to Arèche-Beaufort to achieve his goal, the UTMB.

INTERVIEW

JIM WALMSLEY ROAD TO CHAMONIX

HOW DID YOU EVOLVE AS AN ATHLETE OVER THE LAST YEAR? HOW IS THE JIM WALMSLEY OF 2023 A DIFFERENT ATHLETE COMPARED TO 2021?

I'm trying to learn how to endure and perform well in longer Ultrarunning events. It's something that is hard to prepare for without participating in more long races and long adventures in my training. I'm really trying to have a system dialed that I is familiar and comfortable. Ultimately, I believe it's making me a stronger and more resilient athlete through hard courses and weather.

WHEN WAS THE FIRST TIME YOU TOOK A POLE FOR RUNNING AND HOW DID IT FEEL?

I first started using poles to prepare for UTMB in 2017. I started using them in July for the first time for a race that was in August. When I look back, I remember thinking I felt fairly comfortable, but I'm pretty sure I started out with a pole too short, that had been recommended to me, so I was never very comfortable except on steep terrain.

COULD YOU DESCRIBE WHEN YOU STARTED TO FEEL COMFORTABLE TO RUN WITH POLES? WAS THERE A MOMENT WHERE YOU REALIZED THAT IT KIND OF CLICKED?

I think I took away the biggest steps forward with how I use poles and my strength with poles when I started Nordic skiing in December 2020. Longer poles, driving from the back and shoulders, not the arms. Along with Nordic skiing, I had started to take up ski mountaineering that winter as well. Really focusing on using poles throughout my training in winter and then planning my race calendar with courses that were challenging with lots of vertical change, it was an amazing transition at MIUT in 2022.

HOW DID YOU LEARN IT? WHAT WAS YOUR PERSONAL FORMULA TO SUCCEED?

I kept using poles for one or two months each season in 2017 and 2018. Ultimately, I had frustrations with the poles I was trying, most of which I believe came from using poles that were too short. In the winter 2020/2021, I started to learn how to Nordic ski and I started to do some ski mountaineering, both requiring longer poles than what I had tried in trail running. Nordic skiing was on flatter terrain, using a 170cm pole. In Skimo, I've started using a pole of 140cm and 145cm. To me, both of these winter sports are much more advanced in the thinking of how to use a pole for movement over long distances and moving yourself forward or upward. It's really shaped a lot about how I think of a trail running pole and I will be trying to move to longer poles again this year. In 2017, I started with a 120cm pole which looking back is incredibly short for me. Last year, I used a 130cm pole and felt pretty comfortable with it, but I still think I can improve my posture and my drive of my arms closer to my body by trying to move up again to a 135cm pole. It's this constant adjustment and evaluation that I've been able to start to develop true preference for what I feel has been more efficient. LEKI and using their knowledge and resources is invaluable to this process and figure out my formula for ultra trail.

IN RETROSPECT WHAT WOULD YOU RECOMMEND TO OTHERS ASPIRING TO DEVELOP AN EFFICIENT TECHNIQUE FOR RUNNING WITH POLES?

Get out there and find routes that make you use your poles regularly. Look for elevation change in your local trails to practice getting your poles out quickly and using them to help move more efficiently.

CAN YOU TALK ABOUT YOUR PREFERENCE OF GRIP SYSTEMS IN WINTER AND SUMMER. WHY DO YOU PREFER THE SHARK SYSTEM IN SUMMER AND THE OPEN STRAP IN SKIMO?

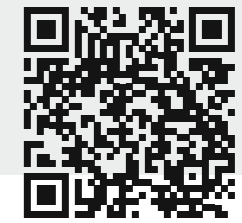
I prefer the SHARK system when I am really looking for ultimate power in my push off. It improves my technique with the poles while reducing my fatigue gripping the pole with a strap. I use the SHARK system for all my summer trail running and for my winter vertical uphill racing. In the winter, sometimes I will prefer to use the open strap over the shark system for a few reasons. Firstly, sometimes I know I will need to stash my poles away during a via ferrata or technical ridge where I will use my hands more. Having the strap also makes my glove choices more versatile. Lastly, sometimes I have snapped my pole. The strap has more redundancy to replace with a partner or spectator than the grip system.



**JIM'S POLE:
ULTRATRAIL FX.ONE
SUPERLITE**

I THINK I TOOK AWAY THE BIGGEST STEPS FORWARD WITH HOW I USE POLES AND MY STRENGTH WITH POLES WHEN I STARTED NORDIC SKIING IN DECEMBER 2020.





TRAIL
SHARK
VIDEO

SPARTAN ULTRA

100% weight-optimized. Perfect for technical terrain, hot conditions and maximum freedom.

D-LOOP MESH STRAP

Ultralight, fast drying and stable in shape. New strap material with maximum breathability and low liquid absorption.

ADJUSTABILITY

Fast opening excenter cap for strap adjustment.

TRAIL SPEED SHAPE

More control due to flat edges on the sides of the grip.

GUIDING NOSE

Support for the second grip option.



TRAIL SHARK

100% weight-optimized. Perfect power transmission, control and ease of use.

QUICK RELEASE BUTTON

Fast and easy click out under any conditions.

SHARK ACCESS HOOK

Fast and easy click-in, with Shark-Loop.

AIR CHANNELS

Lightweight construction reduced to the essential.

GUIDING NOSE

Support for the second grip option.



LEKI TRAIL RUNNING WORLD

ASK THE
EXPERTS

HOW DO I FIND THE RIGHT POLE LENGTH?

As a beginner you simply multiply your body height with 0,7 to find your ideal pole length. At the same time, it very much depends on your personal preference and technique and there is no hard rule. Athletes tend to choose longer poles as they have a very advanced technique. The longer the poles, the more you start to pull from your strong back muscles and less from your shoulders. Tall athletes like François D'Haene or Jim Walmsley prefer a pole length of 135cm. We remember Luis Alberto using a 140cm Nordic poles for his FKT at Aneto, but as a former Olympian Biathlete he is a true master of the technique.

WHEN DO I NEED THE SHARK SYSTEM AND WHEN A REGULAR STRAP?

The Shark System will be the most efficient way to transfer your power to the pole and provide propulsion. Especially, as you don't need to actively hold the grip and use the muscles of your pole. Therefore, it is the most common system used by professional athletes. Still it depends on your personal preference. In very hot conditions or when you need your hands frequently to touch rock, it might be more convenient with a regular strap like that on the new ALPHATRAIL FX.ONE SUPERLITE. The Spartan Ultra grip allows a little more flexibility and playing around during long ultras.

DOES THE STRAP FIT ALL HAND SIZES?

The straps come in two sizes. The small one is a S-M-L and the regular one M-L-XL. Both sizes are available at retail. As packaged you will find the small size on poles up to the 115cm pole length. From our experience S-M-L is quite comfortable until glove size 8.0. Make sure that you have the right strap for your hands.

WHAT IS THE DIFFERENCE BETWEEN TRAIL RUNNING POLES IN ALUMINUM AND CARBON?

To put it as simple as possible: Carbon is lighter and stiffer compared to aluminum. Therefore, we only use Carbon in the racing models. At the same time, aluminum is more durable when it comes to the wear and tear. It is a great material for everyday training and we apply it in the EVOTRAIL FX.ONE TA. All poles with the ending "TA" at LEKI indicated "tempered aluminum".

THE POLES COME IN DIFFERENT DIAMETER. WHAT DOES THIS MEAN?

We use two diameters in folding poles for trail running: 14/12mm and 16/14mm when you start with the diameter of the upper section. LEKI's "Superlite" poles with their 14/12 construction receive the most attention as they are used by our elite athletes. As the name implies, these poles are extremely lightweight. We compare it to a Formula 1 car. It is the ultimate racing tool, but it is not made for endless durability. Therefore, these poles need proper handling and are not made for daily usage. We recommend our regular poles with an 16mm upper shaft and 14mm push-button-segment for day-to-day training. These poles add a little more weight, but are exponentially more durable.

HOW DO I MAINTAIN MY POLES TO MAXIMIZE THEIR LIFE SPAN?

The main enemy for your poles is corrosion. That means that humidity is sneaking the metal parts leading to corrosion. Therefore, it is important to clean your poles after use with clear water and dry them up with a clean towel after each use. Folding poles should be stored dry and folded.

CAN I PREVENT BREAKAGE IN TRAIL RUNNING?

We understand that this is a big point of discussion among runners. The short answer is: Breakage is a normal risk when you move fast in the mountains. To explain it a little more: When the tip gets stuck between roots and rocks a huge forces come into play because of the long leverage. Therefore, the downhill is the most demanding task for our products. The duty of a trail running pole is just enormous. It is normal to use 4-6 pair of running shoes a season as they lasts only 600-1000 km and after that the cushioning is severely compromised. LEKI is always working towards a solid balance between weight reduction and durability. At the same time, we give runners a choice between the Superlite and the regular construction. With the FX feature people have the option to exchange their broken segment at home within a couple of minutes with just a simple wrench.

POLE GUIDE

	ALPHATRIL FX.ONE SUPERLITE	ULTRATRIL FX.ONE SUPERLITE	ULTRATRIL FX.ONE	VERTICAL K	NEOTRIL FX.ONE	EVOTRIL FX.ONE
						
	ALPHATRIL FX.ONE SUPERLITE	ULTRATRIL FX.ONE SUPERLITE	ULTRATRIL FX.ONE	VERTICAL K	NEOTRIL FX.ONE	EVOTRIL FX.ONE
	<i>The Minimalist</i>	<i>The Racer</i>	<i>The Original</i>	<i>The Rocket</i>	<i>The Allrounder</i>	<i>The Trainer</i>
	100 % optimized for lightness. Perfect for technical terrain, hot conditions and maximum freedom.	The fastest pole. Maximum performance, maximum carbon.	Proven race and training performance. Unique protection and durability grip zone.	Maximum propulsion. Fix length, oriented speed tip and shark system.	Lightweight versatility. Versatile RCM strap, slim carbon shaft.	The solide trainer. Strong aluminium shaft, flex tip with interchangeable basket.
RACE	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●
TRAINING	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●
SHARK SYSTEM	SPARTAN ULTRA	TRAIL SHARK	TRAIL SHARK	TRAIL SHARK	NO	SHARK 2.0
FOLDABLE	YES	YES	YES	NO	YES	YES
ADJUSTABLE	NO	NO	NO	NO	NO	NO
SHAFT	CARBON	CARBON	CARBON	CARBON	CARBON	ALUMINIUM
WEIGHT STRAP	4 g	19 g	19 g	19 g	6,5 g	19 g
WEIGHT POLE [120cm]	116 g	118 g	163 g	97 g	-	199 g
TOTAL [120cm]	120 g	137 g	182 g	116 g	131 g	218 g
PACK SIZE	35 cm	37 cm	37 cm	-	36 cm	37 cm

WINTERIZE YOUR TRAIL RUNNING POLES

With the Winter Trail Running Kit you can convert your **ULTRATRAIL FX.ONE** to the winter version within seconds. The stable base including Big Mountain Basket can be replaced and thus offers the best support for trail running in winter.

ADDITIONAL WINTER TRAIL RUNNING KIT AVAILABLE



ULTRATRAIL FX.ONE

+



WINTER TRAIL RUNNING KIT

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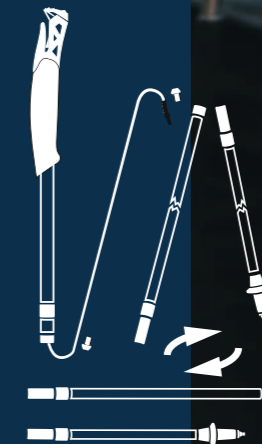


FX FOLDABLE AND EXCHANGEABLE

Reliable and durable products have always been a large part of the LEKI DNA. The FX technology is the next step in service and repair. LEKI has the patented technology to replace the lower and middle section 3 within minutes – quick and easy, everybody can do that. This will be the natural extension of the life cycle of your LEKI product.



WATCH
HOW IT WORKS!



TRAIL RUNNING ARE YOU MADE FOR MORE?



"HOW TO RUN
WITH POLES"
with Sabrina Stanley



ALPHATRAIL FX.ONE SUPERLITE

654 2589 1

SPARTAN ULTRA

Length	105 - 130cm
Pack size	35 cm (120 cm)
Weight	121 g approx.
Grip	Spartan Ultra
Strap	Lock Security Strap
Material	Carbon [HRC max]
Finish	Matt Finish, Clear Finish
Segments	4-section(s)
Diameter	Ø 14 12 12 12 mm
Construction	Fixed length
Folding system	Push-Button
Locking system	
Antishock system	
Basket	Trail Running Basket
Exchange basket	
Tip	Trail Running Tip One size [Carbide]
Rubber pad	



ULTRATRAIL FX.ONE SUPERLITE

652 2584 1

Reorder

652 2584 2

TRAIL SHARK

Length	105 - 130 cm
Pack size	35 cm (120 cm)
Weight	137 g (120 cm)
Grip	Trail Shark
Strap	Shark Frame Strap Mesh
Material	Carbon [HRC max]
Finish	Matt Finish, Clear Finish
Segments	4-section(s)
Diameter	Ø 14 12 12 12 mm
Construction	Fixed length
Folding system	Push-Button
Locking system	
Antishock system	
Basket	Trail Running Basket
Exchange basket	
Tip	Trail Running Tip One size [Carbide]
Rubber pad	





NEOTRAIL FX.ONE SUPERLITE
652 2586 1

Length	110 - 130 cm
Pack size	35 cm (120 cm)
Weight	131 g (120 cm)
Grip	RTC Lite
Strap	Lock Security Strap Skin 4.0
Material	Carbon (HRC max)
Finish	Matt Finish
Segments	4-section[s]
Diameter	Ø 14 12 12 12 mm
Construction	Fixed length
Folding system	Push-Button
Locking system	
Antishock system	
Basket	Trail Running Basket
Exchange basket	
Tip	Trail Running Tip One size (Carbide)
Rubber pad	



VERTICAL K
653 2592 1
TRAIL SHARK

Length	110 - 140 cm
Weight	116 g (120 cm)
Grip	Trail Shark
Strap	Shark Frame Strap Mesh
Material	Carbon (HRC max)
Finish	Clear Finish
Segments	1-section[s]
Diameter	Ø 14 mm
Construction	Fixed length
Folding system	
Locking system	
Antishock system	
Basket	Speed Basket
Exchange basket	
Tip	Speed Tip One size (Carbide)
Rubber pad	



ULTRATRAIL FX.ONE
652 2585 1 Reorder
652 2585 2
TRAIL SHARK

Length	105 - 135 cm
Pack size	36 cm (120 cm)
Weight	182 g (120 cm)
Grip	Trail Shark
Strap	Shark Frame Strap Mesh
Material	Carbon (HRC)
Finish	Clear Finish
Segments	4-section[s]
Diameter	Ø 16 14 14 14 mm
Construction	Fixed length
Folding system	Push-Button
Locking system	
Antishock system	
Basket	Trail Running Basket
Exchange basket	
Tip	Trail Running Tip One size (Carbide)
Rubber pad	



ADDITIONAL WINTER TRAIL RUNNING KIT
811 0146 651 2585



ULTRATRAIL FX.ONE

+



WINTER TRAIL RUNNING KIT

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EVOTRAIL FX.ONE TA
652 2575 1
SHARK 2.0

Length	110 - 130 cm
Pack size	38 cm (120 cm)
Weight	218 g (120 cm)
Grip	Shark 2.0
Strap	Shark Frame Strap Mesh
Material	Aluminium (HTS 6.5)
Finish	Clear Finish
Segments	4-section[s]
Diameter	Ø 16 14 14 14 mm
Construction	Fixed length
Folding system	Push-Button
Locking system	
Antishock system	
Basket	Nordic
Exchange basket	
Tip	Flex Tip Short (Carbide)
Rubber pad	



ULTRATRAIL FX JUNIOR
653 2583 1
SHARK 2.0

Length	95 - 110 cm
Pack size	40 cm
Weight	172 g
Grip	Shark 2.0
Strap	Shark Frame Strap Mesh
Material	Carbon (CC 450)
Finish	Clear Finish
Segments	4-section[s]
Diameter	Ø 16 14 12 12 mm
Construction	Vario (continuously adjustable)
Folding system	Push-Button
Locking system	Speed Lock plus
Antishock system	
Basket	Trail Running Basket
Exchange basket	
Tip	Trail Running Tip One size (Carbide)
Rubber pad	





ANNA-STIINA
ERKKILÄ

THE FASTEST GLOVES ON THE TRAIL

TRAIL RUNNING GLOVES

Specially developed for trail running, the gloves offer the best power transmission and maximum speed.

SHORT CUFF

Assymmetrically optimized for access to the smartwatch.

SILICON PALM GRIP

Maximum grip.

MF TOUCH® PRINT

Suitable to use a smartphone.

SHARK SYSTEM

Fast and easy click in and out.

REFLECTIVE PRINTS

High visibility during races at night.





ULTRA TRAIL STORM SHARK

653 7023 01 black-red-yellow
SHARK SYSTEM

Sizerun	6.0 - 11.0 (full size)
Construction	Slim Fit
Features	SHARK SYSTEM, Storable Overglove, Silicone Palm Grip, mf touch, Flex Cuff
Main material	Softspan (80%Polyester, 20% Elastane)
Palm material	AX Suede (80% Polyester, 20% Polyurethane)
Insert	
Insulation	
Lining	
Waterproof level	1* Hydrophobic Fibers
Warmth level	1* Active Skin

ULTRA TRAIL BREEZE SHARK

653 7053 01 black-red-yellow
SHARK SYSTEM

Sizerun	6.0 - 11.0 (full size)
Construction	Slim Fit
Features	SHARK SYSTEM, Silicone Palm Grip, Palm Ventilation, mf touch, Flex Cuff
Main material	Softspan (80%Polyester, 20% Elastane)
Palm material	Nash SLT (55% Nylon, 45% Polyurethane)
Insert	
Insulation	
Lining	
Waterproof level	1* Hydrophobic Fibers
Warmth level	1* Active Skin



ULTRA TRAIL STORM

653 7063 01 black-red-yellow

Sizerun	6.0 - 11.0 (full size)
Construction	Slim Fit
Features	mf touch, Flex Cuff
Main material	Storable Overglove, Silicon Palm Grip, Softspan (80%Polyester, 20% Elastane)
Palm material	AX Suede (80% Polyester, 20% Polyurethane)
Insert	
Insulation	
Lining	
Waterproof level	1* Hydrophobic Fibers
Warmth level	1* Active Skin



ULTRA TRAIL BREEZE

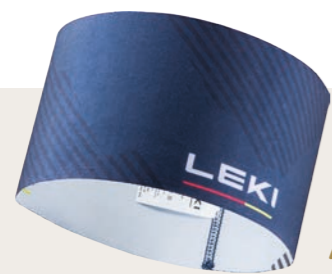
653 7083 01 black-red-yellow

Sizerun	6.0 - 11.0 (full size)
Construction	Slim Fit
Features	Silicone Palm Grip, Palm Ventilation, mf touch, Flex Cuff
Main material	Softspan (80%Polyester, 20% Elastane)
Palm material	Nash SLT (55% Nylon, 45% Polyurethane)
Insert	
Insulation	
Lining	
Waterproof level	1* Hydrophobic Fibers
Warmth level	1* Active Skin



YOUR LEKI TRAIL RUNNING WORLD

Discover the LEKI trail running accessories!
Whether goggles, socks, quiver, headbands or
windbreaker - here you can complete
the perfect trail running outfit.



XC HEADBAND
352 2551 04

*MORE COLORS
AVAILABLE*



**WINDBLOCKER
JACKET**
357 2200 0



STORM MAGNETIC
369 4513 221



**LEKI
LOGO CAP
MESH LEKI**
352 1221 01



**LEKI
LOGO CAP LEKI**
352 1220 01



**TRAIL
RUNNING
SOCKS**
350 5220 0



**TRAIL RUNNING
POLE BELT**
368 3220 02 M-L
368 3220 01 S-M

The trail running pole belt
is not only suitable for food
and drinks, also to carry
your poles with an elastic
band in the back.



**TRAIL RUNNING
QUIVER**
358 0124 1

The trail running quiver comes
with an easy strap system, you
can easily store your poles with
one hand and don't need a
backpack



**TRAIL RUNNING
QUIVER VEST**
357 2124 1

It's also possible to combine
the quiver with the quiver vest.
You have the possibility to carry
stuff in the vest and also the poles
in the quiver.



MORE DISPLAYS
AVAILABLE



MICRO EDGE 2.0

- 311 112221 40x40x150 cm Trekking
- 311 112222 40x40x150 cm Cross Trail
- 311 112223 40x40x150 cm Trail Running

Details Small freestanding display for the presentation of one product category, stocking place for 12-21 folding poles

TRAIL SHARK

- 844 0141 401200 14 mm neonyellow
- 844 0161 601200 16 mm neonyellow



SHARK 2.0

- 836 1141 400200 14 mm black-white
- 836 1141 401200-1 14 mm black-neon-yellow
- 836 1161 600200 16 mm black-white
- 836 1161 601200 16 mm black-neon-yellow



SHARK FRAME STRAP MESH

- 808 6710 025 S - M - L gray-dark anthracite
- 808 6710 012 S - M - L black-neonyellow
- 808 6720 025 M - L - XL gray-dark anthracite
- 808 6720 012 M - L - XL black-neonyellow



WINTER TRAIL RUNNING KIT

- 811 0146 651 2585 -5 110 + 115 cm multi
- 811 0146 651 2585 -6 120 + 125 cm multi
- 811 0146 651 2585 -7 130 + 135 cm multi

Details Alu lower part 14mm with FlexTip long and Big Mountain Basket



TRAIL RUNNING TIP XT

- 871 8001 12 One size neonyellow
- 871 8001 02 One size white



FOLDING POLE BAG

- 364 0600 01 45 cm black-white
- Material 100% Polyester

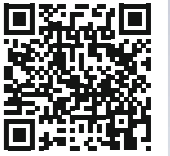


FOLDING POLE BAG BIG

- 364 0600 02 45 cm black-white
- Material 100% Polyester



"HOW TO RUN WITH POLES" mit Luis Alberto



FIND YOUR OPTIMAL POLE LENGTH

In order to find your optimal pole length, LEKI recommends that you become familiar with your chosen model, especially if you are beginner. Your ideal length will vary depending on your technique and style of running. Highly advanced and skilled pole users tend to use 5cm more than LEKI ordinarily recommends.

Body height in cm	Pole length in cm
155	110
160	110
165	115
170	120
175	125
180	125
185	130
190	135
195	135
200	140

POLE LENGTH CONFIGURATOR
309 7750



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