

gear locker

FIT FOR HER

By Shalini Kovach

TESTED: Leki >> Micro Varlo Carbon Lady Trekking Poles

These poles had me at "carbon," but what truly sets them apart is that they're specifically engineered for a female frame, right down to the precise handle angle that preserves a natural wrist position when you take them hiking, mountaineering or trail running. My favorite feature is the SpeedLock2 system, which allows the poles to easily adjust in length between 100 and 120 centimeters, meaning more than one lady in your household can use them. They're pack-friendly, folding down to just 38 centimeters, and weigh a slight 14.96 ounces per pair. Adjustable hand straps can be locked in place, and the carbide Flex Tips help reduce the likelihood of pole breakage. The baskets can be changed for all seasons and conditions. \$200. leki.com



TESTED: Teva Ahnu Montara II WP

This is what you get when two outdoor brands - Teva and Ahnu - team up to make a line of shoes for the modern adventure woman. From bushwhacking through the woods on steep, rugged terrain to walking all day on gravel or pavement, the Montara II WP provided me with great support, stability and comfort. The low-profile design was agile and lightweight (11.8 ounces in size 7), and the waterproof upper, moisture-wicking lining and antimicrobial technology helped keep the shoes dry and odor-free. Bonus: The Montara II comes in four spunky colors, including Mission Fig (pictured). The shoes run narrow, though, so consider going up a half-size if you have a wide foot. \$135. teva.com



▲ Liv Langma

The all-new Langma is the brand's elite racing bike just for women, built ultra-light to conquer hills but with the aerodynamics and stiffness necessary for speed and responsive handling. The low weight is achieved through combining Liv's highest-grade composite with new narrow tube shaping, a compact frame and an integrated seatpost. The RideSense wireless transmitter sends speed and cadence data to any ANT+ compatible computer. The Langma comes in five models. In both rim and disc brake frames. \$1,700-\$9,800. liv-cycling.com



Merrell Willow Tights

Breathable, quick-drying and versatile, this polyester/elastane tight uses a compression interlock knit that fits like a second skin. There's an elastic waistband with interior drawstring for support, as well as a lined crotch gusset for flexibility. Thigh and side pockets let you store your essentials while remaining unencumbered. \$80. merrell.com

TESTED: Nuu-Muu >> Moxie Scoop Dress

I threw on my dress and went for run. Yep, I just said I ran in a dress - and it was liberating! The Nuu-Muu Moxie is made of a silky polyester/spandex blend, with enough stretch for vigorous activity and a flattering, A-line cut that can go right from the trail to town. The fabric is wrinkle, stain and tear resistant, so the dress is highly packable, and it also boasts an SPF of 50+. The Moxie retained moisture on my run, leaving me a bit sweat-logged, but it was a darn hot and humid day to log 20 miles. Nuu-Muu dresses are available in two neckline options (scoop and keyhole) and come in sizes XS to 3XL, an option for every shape and style. If it were up to me, I'd put one in the closet of every active woman, for running, cycling, commuting or all of the above. \$88. nuu-muu.com



TESTED >> Kelty Women's Reva 60

Fine-tuning the PerfectFIT suspension and new Kinesis hip belt - only available on this and one other women's line - it really did feel like Kelty had created a pack just for me. The hip belt is built to match a female body (wider and higher rising hips) and uses a parallel system in which the two belt halves move independently, subtly shifting with every step to add stability and reduce pressure. The shoulder straps are also contoured to fit a female body, and the entire bag is made for shorter torsos (14.5 to 18.5 inches) with adjustable lumbar support. I appreciated the trap door sleeping bag compartment, trekking pole loops and external water bladder sleeve but would have liked a rain cover. Also, the zippered hip-belt pocket could be slightly larger - my phone was hard to get in and out on the fly - but that's hardly a major concern. I'd feel very confident (and comfortable!) taking this streamlined pack on multiday trips over any type of terrain. \$220 (60L) or \$200 (45L). kelty.com



Over 400 miles, the Ozark Trail (OT) is Missouri's only long-distance trail and is open to hikers, bikers, runners, and equestrians. The Ozark Trail Association (OTA) seeks to develop, maintain, preserve, promote, and protect the rugged natural beauty of the OT.

build your trail.

MEGA EVENTS

10.07.17 & 10.28.17

Give back and get more. Volunteer to build trail during these family-friendly weekends, featuring bbq, camping, live music, raffle prizes, and more.

ozarktrail.com/mega