

Sorry, I've got to Run.

Trail Running is one of the fastest-growing sports in the world and for good reason. Whether you run for fitness, or just to clear your head, the trail is the ultimate sanctuary. Trail running with poles provides enhanced power and propulsion on the uphill and additional security and support on the downhill, reducing the impact on joints and muscles by up to 40%.

Running with poles not only makes the journey more enjoyable but get's you to your destination faster and feeling fresher than ever. Running with poles incorporates more of the musculoskeletal system which in turn helps keep your legs fresher as other muscles in your arms, shoulders, and back help share the load. Using poles also keeps you more upright on uphill sections allowing your lungs to fully extend providing more oxygen to your muscles which increases energy and reduces fatigue.

Want to learn how to run with poles and all the benefits they have to offer?

(Check out this video by professional Ultrarunner Dylan Bowman)







LEKI is the only brand that has developed and engineered poles and grips 100% for Trail Running.

While other brands market their lightweight hiking poles for running, LEKI appreciates that the needs of runners are unique.

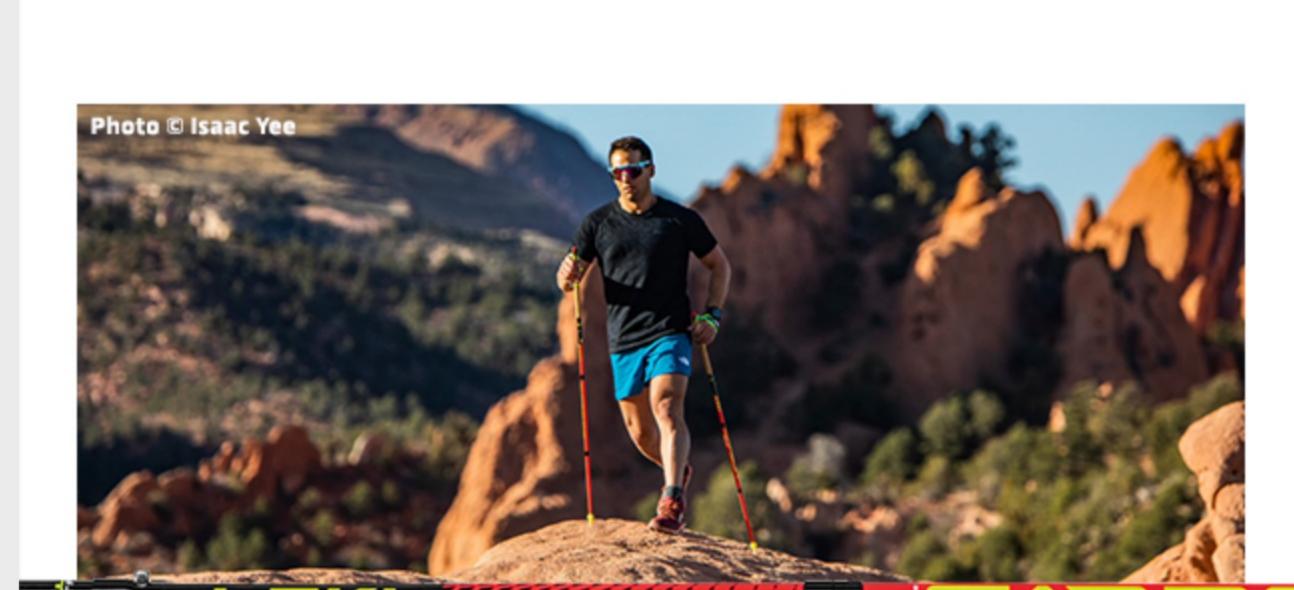
While runners desire featherweight poles, they also demand a tool that provides optimal propulsion, and stability. The poles in the LEKI Trail Running collection are designed with the specific needs of trail runners in their DNA. LEKI poles are used by the fastest trail runners in the world including Courtney Dauwalter, Dylan Bowman, Jim Walmsley, and Francois D'Haene. These athletes make their living on the trail, so you can be assured that the products we design have been thoroughly tested in the field before they ever hit the shelf of your local running store.

TRAIL SHARK

The Trail Shark grip is 30% lighter than previous grips and provides simple click-in and click-out functionality. The breathable mesh strap provides exceptional power transfer from the hand to the pole generating propulsion with each stride.







Ultratrail FX.One

The Ultratrail FX.One is the ultimate pole for daily usage and training. These featherweight poles are just 6.5 ounces a piece and the 16mm shaft provides stability and dependability as you put in miles on the trail. The Ultratrail FX.One folds into three 15" sections making it a cinch to stow them away in a quiver or pole belt when not in use. This pole has an extended foam grip providing multiple locations to grasp when running in rugged terrain. For those that don't stop playing when the snow flies, the Ultratrail FX.One can be easily converted to a 4-Season pole at home, with the addition of the Winter Trail Running Kit.







Ultratrail FX.One Superlite

Superlite. At just 4.8 ounces these poles are like running with air in your palms. The pencil thin 14mm shaft provides incredible propulsion to help you get to the top of the course in record time. The new Ultratrail FX.One Superlite is a folding pole with an exchangeable lower section making it easy to swap out in the event of breakage.

For those looking for a pole optimized solely for race day, we offer the Ultratrail FX. One

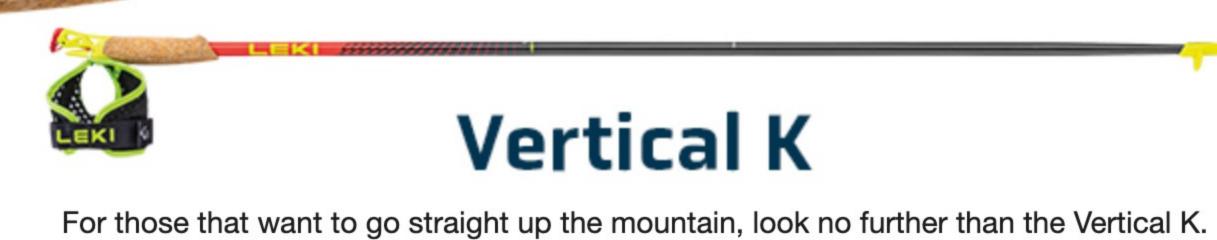




The ideal pole for trail runners that prefer a more traditional loop strap. Weighing in at just

4.5 ounces, the Neotrail is the lightest foldable pole in the LEKI collection. The Neotrail comes with a foam grip extension allowing the user to choke down on the pole if they encounter steep climbs during their run. The Neotrail folds down into three 15" sections making them easy to secure in a pack during flatter sections of the trail.





Initially designed for runners participating in "Vertical K" events in the Alps. For those that know about these suffer fests, there is no explanation needed. For laymen, the traditional Vertical K races have 3,000 vertical feet of climbing in under 5k of course length. This nonfolding pole weighs in at an unfathomably light 4 ounces. For those not afraid to go deep into the pain cave from the opening crack of the gun, the Vertical K is your weapon.

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