

MEN'S TRAIL RUNNING SHOES COMPARISON CHART

Beginner

Intermediate

Advanced



TR2



XT7



MT2



MT CUSHION



RACE ULTRA TRAIL



RACE LIGHT



Distance

40KM

80KM

170KM

170KM

170KM
(Training or race)

40KM
(Training or race)

Terrain

Easy ground

Mixed ground
(Wet & muddy trails)

Mixed ground
(Rocky trails)

Mixed ground
(Rocky & muddy trails)

Mixed ground
(Rocky trails)

Mixed ground
(Rocky trails)

Grip & Traction

4MM lugs

5MM lugs

4MM lugs

5MM lugs

5MM lugs

5MM lugs

Cushioning

KALENSOLE
CS-8, K-Only

KALENSOLE
K-Ring, K-Only

KALENSOLE
K-Ring, K-Only

KALENSOLE
K-Only

KALENSOLE
K-Only

EVA light, UP'BAR
MATRYX

Light weight (EU42)

300g

325g

310g

280g

285g

225g

Ing Guide Trail Running Shoes

Laurence Parent

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Ing Guide Trail Running Shoes:

Ultimate Guide to Trail Running Adam W. Chase, Nancy Hobbs, 2010-02-09 Guide to running's fastest growing endurance and adventure sport Everything You Need to Know About Equipment Finding Trails Nutrition Hill Strategy Racing Avoiding Injury Training Weather Safety *The Trail Runner's Companion* Sarah Lavender Smith, 2017-06-01 The sport of trail running is booming as more runners seek more adventurous routes and a deeper connection with nature Not only are runners taking to the trail but a growing number are challenging themselves to go past the conventional 26.2 mile marathon point The time is right for a book that covers everything a runner needs to safely and successfully run and race trails from 5Ks to ultra distances Like a trusted coach *The Trail Runner's Companion* offers an inspiring practical and goal oriented approach to trail running and racing Whether readers are looking to up their distance or tackle new terrain they'll find sophisticated yet clear advice that boosts performance and enhances well being Along the way they'll learn Trail specific techniques and must have gear What to eat drink and think before during and after any trail run How to develop mental tenacity and troubleshoot challenges on longer trail adventures Colorful commentary on the characters and culture that make the sport special With an engaging encouraging voice including tips and anecdotes from well known names in the sport *The Trail Runner's Companion* is the ultimate guide to achieving peak performance and happiness out on the trails Sarah Lavender Smith has long been one of trail running's finest and most insightful writers and her first book *The Trail Runner's Companion* ties everything together for all trail runners from newbies to veterans and all abilities in between She expertly and empathetically describes how one should train eat drink and think while becoming a trail runner But perhaps most importantly of all she tells us what it means to be a trail runner why this journey in her words all the way up to the summit and back down is worth the effort If you already are a trail runner *The Trail Runner's Companion* will make you want to become a better trail runner If you aren't yet a trail runner *The Trail Runner's Companion* will make you want to become one John Trent longtime ultrarunner race director Western States 100 Mile Endurance Run board member and award winning sportswriter *The Trail Runner's Companion* is a must have for all trail runners both new and experienced It brings a wealth of knowledge and entertaining stories to keep you engaged in the valuable content of the book If only I had *The Trail Runner's Companion* to read before my first trail race I could have avoided so many mistakes I highly recommend it Kaci Lickteig 2016 UltraRunning Magazine UltraRunner of the Year and Western States 100 Mile Endurance Run champion *The Complete Idiot's Guide to Running* Bill Rodgers, Scott Douglas, 2003 Offers motivation to begin running plus warm up exercises and tips for building stamina avoiding injury and choosing the right shoes and clothing **The Great Outdoors: A User's Guide** Brendan Leonard, 2017-04-04 Leonard's durable tome seriously the cover is rubber is stuffed with so many tips about surviving in the wild you'll be able to leave your smartphone behind Entertainment Weekly Best New Books This easy introduction to outdoor life will ensure that even a novice won't get lost in the woods while finding an activity he loves

to do in the great outdoors whether it s hiking a 14er or camping on ice With 400 strategies for engaging in the outdoors and expert tips and tricks The Great Outdoors A User s Guide makes Mother Nature easier to understand than ever before Brendan Leonard writer filmmaker and outdoor adventurer shows the reader how rewarding it can be to live life away from the computer and get outside From mountain climbing to skiing sledding and sailing Leonard shows that you don t need to be a risk taker to enjoy the outdoors And if the reader does find himself at the point of man vs nature Leonard shares survival skills from how to bandage a wound and read a topographical map to how to drive on sand and remove a tick from your skin all organized thematically and written in short takeaway entries with helpful line drawings Bound in a uniquely rugged and waterproof PVC cover material The Great Outdoors A User s Guide is a friendly way into the outdoor lifestyle whether you re looking to dabble or go all in

Runner's World Essential Guides: Barefoot Running and Minimalism Scott Douglas, Editors of Runner's World Maga, 2011-10-20 The basic rationale for running barefoot or in minimalist models goes something like this Humans evolved to cover long distances by foot By introducing a thick layer of cushioning and an elevated heel between the foot and the ground modern running shoes alter natural running form But modern running shoes alter form in ways that lead to injury Therefore getting back to a more natural running gait by running in little to no shoe will lead to improved form which should lower injury rates A key reason to run barefoot or in minimalist shoes is to allow your feet to work more naturally free from the confines and controls of overly engineered running shoes Unfortunately too many runners eager to run more naturally have gone too far too fast from one extreme to the other The realities of modern life have weakened our feet ankles and lower legs and our bodies have adapted to the shoes we have worn for most of our lives if we suddenly start running in little to no shoe our bodies are not prepared for the new stresses Runner s World Essential Guides Barefoot Running and Minimalism provides historical context thoughts advice and tips on making a healthy transition The foremost authorities on running on the planet show you how to ease into a transition from conventional running shoes to barefoot running or minimalist shoes starting with some simple at home tests to see if your feet already have the strength they need to handle little to no shoe You ll learn a step by step process for safely moving away from doing all your running in big bulky shoes including guidelines on how to introduce barefoot running into your regimen Whether you want to learn more about the barefoot craze that s swept the nation or you want to introduce barefoot running into your training plan this indispensable guide contains everything you need to get started

Joy of Backpacking Brian Beffort, 2015-07-20 A comprehensive guide covering every aspect of how to backpack from planning a first trip to advanced wilderness travel For those new to the activity longtime backpacker and author Brian Beffort covers the fundamentals with sections on trip planning gear backcountry nutrition and cooking navigation and other essential wilderness skills You will also learn what to expect on the trail and in camp and how to stay safe with first aid weather preparedness and more For experienced packers this book is filled with practical tips and inspired ideas on how to update and refine your approach to backpacking based on

trends in lightweight gear high tech gadgets changing wilderness rules and increasing opportunities for wilderness travel around the world

Hiking Ozarks JD Tanner, Emily Ressler-Tanner, 2025-05-06 Updated and revised Hiking Ozarks guides hikers through 40 of the very best hiking trails throughout the Ozarks Spanning Oklahoma Illinois Arkansas and Missouri this guide provides trails for every type of hiker from easy flat trails to miles long excursions in the region Explore the wonders this region has to offer from sparkling springs and waterfalls to glorious mountains caves and caverns

Best Trail Runs Seattle Adam W. Chase, Nancy Hobbs, 2018-01-15 Best Trail Runs Seattle features nearly forty of the best trail runs within an hour or so of downtown complete with color photos maps and detailed specs and trail descriptions Full of inspirational photos throughout this book includes practical maps elevation gains and key information on training safety and must see attractions along the way

Summit Guide, 1995

Hiking Maine's Baxter State Park Greg Westrich, 2024-09-03 From Grand Pitch on remote Webster Stream to the blueberry covered summit of The Sentinel to dozens of waterfalls and swimming holes on Howe Brook this revised edition of Hiking Maine's Baxter State Park is your source for detailed hike descriptions maps and color photos for Baxter State Park's best hikes Also included are iconic routes up Katahdin easy walks to ponds and wetlands where wildlife regularly feed multi day trips within the park and hikes along the southern most section of the International Appalachian Trail

Hiking New Jersey Paul Decoste, Ronald Dupont, 2009-06-02 New Jersey's stereotype as overpopulated and industrial notwithstanding there's another New Jersey worth seeing and this guide goes there This is the aptly nicknamed Garden State of preserved forests and farmland of streams and waterfalls of clean beaches and vast wetlands of endless green mountains This comprehensive informative user friendly guide describes fifty hikes for all abilities

Hiking Minnesota Mary Jo Mosher, 2009-05-19 View the spectacular waterfalls gorges and canyons of the nationally known Superior Hiking Trail step back into Native American history alongside the quarries of Pipestone National Monument or see bald eagles and other wildlife in Bear Head Lake State Park Highlighting the history and geography of each route this book introduces more than forty of the finest trails the Gopher State has to offer

[Explorer's Guides South Carolina](#) Page Ivey, 2011-09-20 A comprehensive explorer's guide to South Carolina with maps and information on hotels and restaurants shopping and entertainment and other interesting sights

Run the Rockies Steven Bragg, 2004 A comprehensive reference guide to the Colorado Front Range for any level of trail runner Contains many of the best outings in the state from the Colorado Mountain Club the outdoor experts in the Rockies for nearly a century Full color guidebook plus fully GPS enabled The latest in a new series from the Colorado Mountain Club CMC's Classics

Downhill Techniques for Off-Road Runners Keven Shevels, 2010

Guatemala Adventure Guide Shelagh McNally, 2008-04 Guatemala is a feast for explorers looking for new experiences and this guidebook leads the way from fiery volcanoes to historic churches from sailing on Lake Atitlán to hiking to Mayan ruins With the author's excellent advice travelers will find excellent eateries locally made crafts and family run B Bs Color throughout Maps index

Runner's World, 2007

Hiking New Mexico Laurence

Parent, 2025-10-21 New Mexico is famous for its high mountains Indian ruins sand dunes and stark deserts Hikes in the state offer everything from lush alpine lakes in the Sangre de Cristo Mountains to rugged wilderness canyons in Carlsbad Caverns National Park This revised edition of Hiking New Mexico gives you the information you need to plan your customized trip to the Land of Enchantment with more than 90 of the state's best hikes mile by mile directional cues and detailed directions to the trailheads and information on distance and difficulty for each trail This guide leads you through New Mexico's mountains deserts caves and canyons Climb Wheeler Peak the state's highest and enjoys views deep into Colorado go underground in the lava tubes of El Malpais National Monument and hike for days through the lush woodland of the Gila Wilderness in complete solitude Look inside to find Hikes suited to every ability Full color maps and photos throughout GPS coordinates Directions to the trailhead Difficulty ratings best seasons to hike and much more

The Rough Guide to Iceland David Leffman, James Proctor, 2004 The Rough Guide to Iceland is the ultimate guidebook to one of Europe's most exciting destinations Features include Full colour section introducing Iceland's highlights Comprehensive coverage of all the attractions from cosmopolitan Reykjavik to the coastal villages of the southeast and the wilderness of the Hornsundir Peninsula Insider's reviews of the best places to eat stay and drink plus how to enjoy the country on any budget Practical tips on a host of activities from whitewater rafting to whale watching and crossing the uninhabited interior Maps and plans for every region

The Rough Guide to Nepal David Reed, 2002 THE ROUGH GUIDE TO NEPAL is the ultimate guide to this beautiful and varied country Features include Full colour section introducing Nepal's highlights Unrivalled accounts of all the sights from legendary Kathmandu and the peaks around Pokhara to the jungles and ethnic diversity of the Tarai region Insider's reviews of the best places to stay eat drink and shop whatever your budget Detailed chapters on trekking rafting and mountain biking Comprehensive background on Nepalese culture politics and the environment Maps and plans for every region

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