JALAJÄLG AS on NIKE ametlik maaletooja Baltikumis aastast 1997.

Pärnu mnt 142a, V floor
Tallinn, 11317
ESTONIA

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Esmaspäev - Reede 9:00 - 17:00
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• Värvid võivad erineda pildil olevast. Palun küsi rohkem infot (laoseis, suurused, värvid jm) oma Nike kontaktilt.

• Hinnad võivad muutuda ette teatamata.
FOOT-HUGGING TRACTION.
Fine tuned for events ranging from 100m to 1500m and hurdling/jumping events, Men’s Nike Zoom Rival MD 8 Track Spike fits like a second skin with ultralightweight mesh and excellent traction.

Single-layer mesh enhances ventilation. Phylon foam in the heel provides responsive cushioning. Pebax® plate with 7 removable spikes for optimal efficiency.

FEATURES AND BENEFITS

UPPER
1. Single-layer spacer mesh enhances breathability.
2. Synthetic underlays provide an internal structure for support.
3. Flywire technology integrates with the lacing system for an adaptive, supportive fit through the midfoot.
4. No-sew overlays add support in the midfoot. Overlays on the toe tip and eye stays for durability.

MIDSOLE
5. Phylon foam midsole provides responsive cushioning.
6. Spike plate extends farther back to act as a midfoot shank for support and torsional rigidity.

OUTSOLE
7. Solid rubber through heel pad with a pyramid-shaped traction pattern enhances grip and durability for long-lasting performance.
8. Aggressive and rigid Pebax® plate with 7 spike receptacles and minimal secondary elements for maximum propulsion, speed and traction on the track.

Jaehind 79,95€
TÜASK-i hind 50,00€
LIGHTWEIGHT LOCKDOWN.

Updated to be even lighter with a snug fit and smooth transition, Unisex Nike Zoom Rival S 9 Track Spike is designed with the sprinter in mind for events ranging from 60m to 400m, including hurdle events and the long jump.

Internal arch band wraps the foot for a secure fit. 3/4-length bootie reduces layers and weight. Updated plate design provides optimal traction and transition.

FEATURES AND BENEFITS

**UPPER**
1. Mesh delivers ventilation in a lightweight package.
2. Internal arch band wraps the foot to provide a snug, secure fit.
3. Laser perforations in the forefoot are strategically placed for flexibility and airflow.
4. 3/4-length bootie construction eliminates layers and weight and provides a sock-like fit.
5. Synthetic overlays throughout the midfoot and heel increase durability.
6. Open mesh tongue provides breathability.

**MIDSOLE**
7. Spike plate extends under the arch for midfoot response and support.

**OUTSOLE**
8. Solid rubber through the heel has an updated horizontal traction pattern for optimal grip and durability.
9. Injected Pebax® spike plate with a honeycomb pattern design uses an algorithm to identify where zones of stiffness and flexibility are needed. This provides a smooth transition and maximum propulsion.
10. Zones that demand greater flexibility have larger cut outs that use less material which significantly reduces weight.
11. 8 removable spike pins made of stainless steel deliver optimal grip.

Jaehind 79,95€
TÜASK-i hind  50,00€
VERSATILITY FOR UNRIVALED PERFORMANCE.

Designed for events ranging from 800m to 5K, Unisex Nike Zoom Rival D 10 Track Spike delivers a cushioned, anatomical fit with an arch band that wraps the midfoot so you can smoke the competition in secure comfort.

Enhanced cushioning under the heel adds comfort. Arch band secures the midfoot. Pebax® plate with 5 removable spikes delivers optimal propulsion.

FEATURES AND BENEFITS

UPPER
1. Single-layer mesh provides lightweight breathability.
2. Internal arch band wraps the foot for a snug, secure fit.
3. No-sew overlays add support in the heel. Overlays on the toe tip and eyestays offer durability.
4. Anatomical toe shape allows room for a spacious, comfortable fit.

MIDSOLE
5. Phylon midsole offers lightweight, responsive cushioning.
6. Cushioning has been increased under the heel for ideal comfort.

OUTSOLE
7. Updated plate smooths the transition from forefoot to heel and is ideal for a variety of surfaces.
8. Aggressive and rigid Pebax® plate with 5 spike receptacles in the forefoot offer maximum propulsion, speed and traction on the track.

Jaehind 79,95€
TÜASK-i hind 50,00€
ON TRACK FOR SPEED AND DISTANCE.

Whether you are lacing up to grind out a track session or racing the competition, Unisex Nike Zoom D Track Spike delivers superior breathability and support though engineered mesh and the optimal traction of a 5-pin Pebax® plate.

Cushlon foam midsole for responsive cushioning. Split-plate design decouples down the forefoot to promote a smooth transition. 5-pin Pebax® plate provides optimal traction.

FEATURES AND BENEFITS

UPPER
1. Engineered mesh provides breathability and support where you need it most.
2. No-sew overlays offer midfoot support and seam-free comfort.
3. Lightweight padding in the collar and heel provides comfort around the ankle with a snug fit and feel.

MIDSOLE
4. Cushlon foam provides soft and springy, yet responsive cushioning.

OUTSOLE
5. Pebax® plate has 5 spike receptacles that are strategically placed for optimal traction on a variety of surfaces.
6. Split-plate design decouples down the forefoot to promote a smooth medial-to-lateral transition.
7. Secondary elements around the perimeter of the spike plate add grip.
8. Sharkskin heel pad enhances grip for optimal traction on a variety of surfaces and reduced overall weight.

Jaehind 99,95€
TÜASK-i hind 65,00€
Designed for the sprinting events, Unisex Nike Zoom Celar 5 Track Spike (Men’s Sizing) features an ultrathin TPU structure, supportive Flywire technology and lightweight spike plate so you can fly past the competition.

Flywire technology in the arch and heel support the foot with a glovelike fit. 5-spike Pebax® plate gives you maximum traction on the track. Lightweight mesh tongue helps keep you cool.

FEATURES AND BENEFITS

UPPER
1. Ultra-thin TPU material throughout the upper provides great support and an ultra-lightweight feel.
2. Dynamic Fit technology uses Flywire technology to wrap the arch for a glove-like fit and feel.
3. Traditional Flywire in the heel helps reduce rearfoot movement and enhances support.
4. Mesh tongue offers ventilation and lightweight comfort.
5. Heel lobes provide a snug, comfortable fit around the ankle.

MIDSOLE
6. Thin, compression-molded, contoured Phylon midsole helps keep the shoe light and low to the ground while offering impact protection.

OUTSOLE
7. Lightweight, responsive Pebax® plate with a removable 5-spike configuration for maximum power, speed and traction on the track.
8. Aggressive secondary elements provide extra grip and traction.
9. Sharkskin heel pad enhances grip for optimal traction on a variety of surfaces and reduces overall weight.
FEATHERWEIGHT AGGRESSION.

Nike Zoom Ja Fly 3 Track Spike returns to the lanes with a fine-tuned, featherlight feel specifically designed for 200m sprinters. Updated with a stiffer plate and a new woven upper, the no-sew tip and asymmetrical tongue highlight the modernized design.

Woven upper construction increases flexibility and support. Asymmetrical tongue wraps the foot for a contoured fit. Seamless toe tip for comfort in the starting blocks.

FEATURES AND BENEFITS

UPPER
1. Utilizing aerospace materials, the lightweight Flyweave provides improved flexibility than previous version and a more secure, locked-down fit in key zones.
2. Deconstructed upper has no-sew overlays and no toe seam to reduce overall weight and bulk.
3. Asymmetrical eyestay and lacing system conforms to the contours of the foot for a more natural feel. It works in tandem with a tongue that wraps the foot to create a dynamic performance fit.
4. Heel counter sits low on the foot and works with a flexible, lightweight collar to provide extra relief for the achilles tendon.

OUTSOLE
5. Injected Pebax® spike plate has a generative design that uses an algorithm to identify where zones of stiffness and flexibility are needed. It has a honeycomb-inspired pattern.
6. Zones that demand greater flexibility have larger cutouts that use less material to significantly reduce weight.
7. 8 removable spike pins made of stainless steel deliver optimal grip.
8. Color effect is achieved using vapor deposition. The spike plate is placed in a chamber.

Jaehind 129,95€
TÜASK-i hind 85,00€
STAY LIGHT. STAY FAST.

Designed for sprinting events, Unisex Nike Zoom 400 Track Spike features ultra-thin Flyweave construction and lightweight spike plate so you can fly past the competition.

FEATURES AND BENEFITS

UPPER
1. Flyweave-constructed upper provides ultralight, flexible support.

MIDSOLE
2. Phylon midsole helps keep the shoe lightweight and low to the ground while absorbing impact.

OUTSOLE
3. Responsive 7-spike plate gives you ultimate traction on the track. Anatomical fit provides a secure feel.
4. Integrated tongue offers smooth comfort by eliminating seams across the top of the foot.

Jaehind 129,95€
TÜASK-i hind 85,00€
ULTRA LIGHT. ULTRA FAST.

13 years since its last update, the new Nike Superfly Elite Racing Spike delivers a highly technical design to sprinters (100m-400m). Innovative spike plate with 8 fixed pins provides optimal grip to power through the finish.

Dynamic Fit technology delivers midfoot lock down. Generative plate design combines zones of stiffness and flexibility. 8 fixed stainless-steel pins grip the track.

FEATURES AND BENEFITS

UPPER
1. Seamless Flymesh upper for breathable comfort. Zones of ventilation and structure are engineered into the material. The weave is inspired by seat belt webbing to increase tension during acceleration.
2. Dynamic Fit straps wrap the midfoot for lockdown and a glove-like fit.

MIDSOLE
3. Anatomical sockliner cushions your foot to enhance comfort.

OUTSOLE
4. Injected Pebax® spike plate with generative design uses an algorithm to identify where zones of stiffness and flexibility are needed. Its honeycomb pattern is inspired by nature.
5. Zones that demand greater flexibility have larger cut outs that use less material which significantly reduces weight.
6. 8 fixed spike pins made of stainless steel deliver optimal grip.
7. Color effect is achieved using vapor deposition. The spike plate is placed in a chamber where color vapor is floating around and sticks to the plate.

Jaehind 169,95€
TÜASK-i hind  110,00€
DESIGNED FOR MAXIMUM SPEED.

Men’s Nike Zoom Maxcat 4 Track Spike is ideal for 100m-800m sprints, made with an ultra-lightweight mesh upper and five removable spikes for minimal weight and superb traction.

No-sew upper for a lightweight feel and structured support. Pebax® plate for optimal performance without added weight. Removable, five-spike configuration provides excellent traction on track surfaces.

FEATURES AND BENEFITS

UPPER
1. Aggressive no-sew upper for a lightweight feel and structured support.
2. Lightweight mesh enhances breathability and comfort.

MIDSOLE
3. Low-profile Phylon midsole wedge provides cushioning while keeping the shoe light and low to the ground.
4. Carbon-fiber midfoot shank provides support through midstance with little added weight.

OUTSOLE
5. Flexible, 3-fingered Pebax® plate allows for a more natural range of motion and a great track feel for optimal performance without added weight.
6. Removable, 5-spike configuration provides excellent traction on track surfaces.
706617 ZOOM MAMBA 3
800m – 5000m

LIGHTWEIGHT PRECISION.
Reshaped for the steeplechase, Unisex Nike Zoom Mamba 3 Running Shoe features a 2-piece articulated plate to clear hurdles with ease, a carbon fiber shank for responsive snap off the ground and upper perforations for water drainage, leaving you dry and light to maintain your speed.

Mesh allows for extreme ventilation and drainage. 2-piece articulated plate supports lateral to medial toe-off. Midfoot traction helps grip the water barrier upon landing.

FEATURES AND BENEFITS

UPPER
1. Single-layer open mesh throughout the upper for lightweight breathability and water drainage.
2. Thin arch bandage supports the midfoot, offering superior fit without adding bulk.
3. Neoprene collar is built together with the tongue and provides a close, sock-like fit around the ankle. The neoprene material is included to maintain performance when wet.
4. Small perforations in the sockliner reduce overall weight of the shoe.

MIDSOLE
5. Lightweight Phylon midsole provides responsive cushioning for your footstrike.
6. Carbon fiber shank in the midfoot creates structure and gives a snappy response, while maintaining flexibility.

OUTSOLE
7. Pebax spike plate is split into 2 articulated pieces, allowing a smooth and flexible lateral to medial transition with each footstrike.
8. 5-pin spike configuration is fixed to give you a closer-to-the-ground feel. By eliminating the screw-in part of the spike, weight is reduced and the overall result is greater traction and a more natural toe-off.

Jaehind 149,95€
TÜASK-i hind 95,00€
FOCUS ON THE WIN

Toe the line with confidence in the Nike Zoom Victory 3 Racing Shoe, tuned for distance events ranging from the 1500 to the 5k. It’s zoned with areas of flexibility and support from the upper to spike plate for optimal lightweight performance.

Ultra-breathable mesh upper delivers a minimal feel. Generative plate design combines zones of stiffness and flexibility. 6 detachable spike pins deliver optimal grip.

FEATURES AND BENEFITS

UPPER
1. Seamless Flymesh upper for breathable comfort. Zones of ventilation and structure are engineered into the material.
2. Anatomical toe design follows the natural contours of the foot. It enhances propulsion by increasing space in the forefoot, allowing toes to splay and push off the ground.

MIDSOLE
3. Cushlon midsole provides incredibly lightweight and responsive cushioning.

OUTSOLE
4. 3/4-length injected Pebax® spike plate with generative design uses an algorithm to identify where zones of stiffness and flexibility are needed. Its honeycomb pattern is inspired by nature.
5. Zones that demand greater flexibility have larger cut outs that use less material which significantly reduces weight.
6. 6 detachable spike pins deliver optimal grip.
7. Sharkskin heel pad enhances grip for multi-surface traction and reduced overall weight.
8. Color effect is achieved using vapor deposition. The spike plate is placed in a chamber where color vapor is floating around and sticks to the plate.

Jaehind 149,95€
TÜASK-i hind 95,00€
FOCUS ON THE WIN.

Lead the pack in the ultra lightweight Nike Zoom Victory Elite Racing Spike. The combination of the innovative spike plate design and minimal anatomical upper feels like it disappears on your foot so you can focus on the win.

Ultra-breathable mesh upper delivers a minimal feel. Minimal Cushlon midsole for response and lightweight comfort. Generative plate design combines zones of stiffness and flexibility.

FEATURES AND BENEFITS

UPPER

1. Seamless Flymesh upper for breathable comfort. Zones of ventilation and structure are engineered into the material.
2. Anatomical toe design follows the natural contours of the foot. It enhances propulsion by increasing space in the forefoot, allowing toes to splay and push off the ground.

MIDSOLE

3. Cushlon midsole provides incredibly lightweight and responsive cushioning.

OUTSOLE

4. 3/4-length injected Pebax® spike plate with generative design uses an algorithm to identify where zones of stiffness and flexibility are needed. Its honeycomb pattern is inspired by nature.
5. Zones that demand greater flexibility have larger cut outs that use less material which significantly reduces weight.
6. 6 detachable spike pins deliver optimal grip.
7. Sharkskin heel pad enhances grip for multi-surface traction and reduced overall weight.
8. Color effect is achieved using vapor deposition. The spike plate is placed in a chamber where color vapor is floating around and sticks to the plate.

Jaehind 169,95€
TÜASK-i hind 110,00€
BREATHABLE COMFORT.

Crafted for events ranging from the 3k to 10k, Nike Matumbo Racing Spike offers extremely lightweight support to help you can blaze down the homestretch in breathable comfort.

Ultra-breathable mesh upper delivers a minimal feel. Cushlon midsole delivers response and comfort. Horseshoe-shaped spike plate has 4 pins for optimal grip.

FEATURES AND BENEFITS

UPPER
1. Seamless Flymesh upper for breathable comfort. Zones of ventilation and structure are engineered into the material.
2. Anatomical toe design follows the natural contours of the foot. It enhances propulsion by increasing space in the forefoot, allowing toes to splay and push off the ground.

MIDSOLE
3. Cushlon midsole provides incredibly lightweight and responsive cushioning.

OUTSOLE
4. Horseshoe-shaped Pebax® plate with 4 fixed pins is designed to support the foot for faster running with the least amount of weight.
5. Sharkskin heel enhances grip for multi-surface traction and reduced overall weight.
6. Robust heel foam cushions your crash.
7. Color effect on the plate is achieved using vapor deposition. The spike plate is placed in a chamber where color vapor is floating around and sticks to the plate.

Jaehind 139,95€
TÜASK-i hind 90,00€
Whether rotating or gliding, Unisex Nike Zoom Rival SD 2 Running Shoe delivers a flexible fit that you can secure for competition. The synthetic leather upper offers contoured support while the integrated strap locks down the midfoot, enhancing your precision for launch.

No-sew synthetic leather upper offers seamless support. Integrated strap wraps the arch for a secure competition fit. Mesh enhances breathability on the vamp and quarter panels.

**FEATURES AND BENEFITS**

**UPPER**
1. Durable, synthetic leather delivers a snug, secure and supportive fit.
2. Perforations in the toe box reveal mesh to increase air flow.
3. Midfoot strap provides great lockdown over the footbed for a snug, secure fit and optimal power transfer.

**MIDSOLE**
4. EVA material provides lightweight cushioning and comfort.
5. Nylon forefoot plate enhances support and provides optimal power transfer.

**OUTSOLE**
6. High-abrasion, textured rubber outsole delivers durable traction and grip.
7. Pivot point allows for ease of rotation.
8. Outsole wraps the upper for enhanced durability.
9. Flex grooves encourage a more natural, efficient range of motion.

Jaehind 79,95€
TÜASK-i hind 50,00€
LOCKED-DOWN FOR A COMFORTABLE LAUNCH.

Whether rotating or gliding, Unisex Nike Zoom SD 4 Running Shoe delivers a contoured support for elite level performance. The no-sew upper provides seamless comfort while the midfoot strap and Flywire cables wrap under the arch, erasing internal movement as you’re preparing to launch.

No-sew synthetic leather upper offers seamless support. Integrated strap and Flywire cables wrap the arch for incredible lockdown. Mesh enhances breathability on the vamp and quarter panels.

FEATURES AND BENEFITS

UPPER
1. Durable, synthetic leather delivers a snug, secure and supportive fit.
2. Perforations in the toe box reveal mesh to increase air flow.
3. Flywire technology wraps the arch for a secure fit through the midfoot.

MIDSOLE
4. EVA foam provides lightweight, low-profile cushioning and impact protection.
5. Reduced cross-rocker in the forefoot provides more surface contact for a stable ride.

OUTSOLE
6. High-abrasion, textured rubber outsole delivers durable traction and grip.
7. Pivot point allows for ease of rotation.
8. Outsole wraps the upper for enhanced durability.
9. Flex grooves enhance flexibility for a more natural, efficient range of motion.

Jaehind 99,95€
TÜASK-i hind 75,00€
ADVANCED TECHNOLOGY FOR AGGRESSIVE PERFORMANCE.

Unisex Nike Zoom Rotational 6 Running Shoe delivers a fit that’s technically advanced for shot putters, hammer and discus throwers. The design is primed to erase internal movement and enhance stability, creating a premiere competition fit for executing rapid pivots.

External heel counter delivers exceptional stability. Integrated strap and Flywire cables wrap the arch for incredible lockdown. No-sew synthetic leather upper offers seamless support.

FEATURES AND BENEFITS

UPPER
1 Durable, synthetic leather delivers a snug, secure and supportive fit.
2 Perforations in the toe box reveal mesh to increase air flow.
3 Flywire technology wraps the arch for a secure fit through the midfoot.
4 External heel counter for great lockdown.

MIDSOLE
5 Full-length, thin EVA midsole provides low-profile, lightweight impact protection.

OUTSOLE
6 Full-length BRS 1000 carbon rubber outsole for traction and durability.
7 Full-length Pebax® plate provides excellent durability and a responsive underfoot feel.
8 Contoured outsole design provides optimal performance during throwing and gliding.

Jaehind 124,95€
TÜASK-i hind 80,00€
SUPERB SUPPORT AND POWER AT TAKEOFF.

The Unisex Nike Zoom Long Jump 4 Track Spike is a superior long jump spike with a lightweight, seamless upper and a responsive plate that optimizes power transfer for an exceptional takeoff.

Forefoot plate allows the toes to splay for a natural foot plant on takeoff. Lock-down strap over the forefoot for a secure fit and support. High-density EVA wedge in the midsole provides cushioning and support.

FEATURES AND BENEFITS

UPPER
1. Welded quarter panel for a seamless construction and optimal support without added weight.
2. Lock-down strap over the forefoot for a snug, secure fit and support at takeoff.
3. Mesh on the vamp and quarter enhances breathability and helps provide coverage from sand.
4. Concealed tongue construction helps keep out the sand.

MIDSOLE
5. High-density EVA wedge provides cushioning and support.

OUTSOLE
6. 3/4-length nylon plate with 7 removable spikes for traction and power on the track.
7. Forefoot plate design allows the foot to spread out for a more natural foot plant on the takeoff board.

Jaehind 139,95€
TÜASK-i hind 90,00€
The Unisex Nike Triple Jump Elite Running Shoe is a performance-oriented shoe that supports your foot with an adjustable closure system and a cushioned but firm midsole to prepare you for speed and power in the triple jump event.

**FEATURES AND BENEFITS**

Midfoot closure system enhances lockdown for a snug, secure fit. EVA midsole features a heel wedge for lightweight cushioning. Pebax® plate in the forefoot features 7 removable spikes.
PROPULSION AND AGILITY.

Inspired by the world’s best jumpers, Unisex Nike High Jump Elite Track and Field Shoe gives you the support and stability you need for training and competitions. The new Pebax® plate design gives you the right amount of stiffness for a better push-off.

FEATURES AND BENEFITS

Thin Phylon midsole adds comfort, support and stability. Pebax® plate provides stiffness for a better push-off. Midfoot support strap for a custom, locked-down fit. Mesh and synthetic skin for a lightweight, breathable design.

Jaehind 139,95€
TÜASK-i hind 90,00€
TRACTION FOR TAKEOFF.

Designed for both training and competition, Unisex Nike Zoom Pole Vault II Track and Field Shoe features super lightweight construction, a stretch inner sleeve and Dynamic Fit system for a premium fit. A Pebax® plate features five strategically placed and removable pins for maximum traction. Forefoot plate allows the toes to splay for a natural foot plant on takeoff. Lock-down strap over the forefoot for a secure fit and support. High-density EVA wedge in the midsole provides cushioning and support.

FEATURES AND BENEFITS

UPPER
1. Synthetic-leather upper provides support and comfort on the track.
2. Mesh panels enhance breathability.
3. Lightweight stretch inner sleeve provides a snug, secure fit for great lockdown and support.
4. Midfoot support strap for an adjustable fit and tension release during competition.
5. External heel counter provides a snug, secure heel fit for enhanced stability.

MIDSOLE
6. Full-length Phylon midsole provides lightweight cushioning and comfort.
7. 8mm heel-to-toe offset enhances the transition for the upright running style that’s unique to vaulting.

OUTSOLE
8. 5 removable spikes placed in key zones under the foot for explosive runway traction.
9. Flatter, extended spike plate enables a more accurate posture and enhances stability at foot plant. The plate is made of Pebax® material with short glass fibers to increase stiffness and support without increasing weight.

Jaehind 149,95€
TÜASK-i hind 95,00€
A SPECIALIZED DESIGN FOR A
TECHNICAL EVENT.

The Unisex Nike Zoom Javelin Elite 2 Track Spike is asymmetrically designed for javelin-specific movements and delivers tailored support and flexibility exactly where you need it. The collar of the blocking (left) foot is higher for stability. A lower collar on the drag (right) foot provides ankle mobility. Adjustable forefoot strap with a hook-and-loop closure for lockdown.

FEATURES AND BENEFITS

UPPER
1. Combination of synthetic leather and ultra-thin mesh delivers excellent breathability in a durable package.
2. Full mesh inner sleeve wraps the foot provide a sock-like fit. Notches on each side of the tongue allow for easy on and off.
3. Flywire technology in the midfoot and heel enhances support and helps reduce rearfoot movement.
4. Adjustable forefoot strap with a hook-and-loop closure improves lockdown for stability during the planting phase.
5. TPU toe-caps help protect against wear from toe drag. The cap on the right shoe covers more of the drag foot to help stop the force of momentum gained on the runway.
6. Collar height is different on each shoe. The blocking foot has a higher collar height for added stability. The collar on the drag foot is lower to provide ankle mobility.

MIDSOLE
7. Full-length Phylon midsole provides lightweight cushioning and comfort.

OUTSOLE
8. Full-length Pebax® spike plate with 11 spike receptacles improves the grip and durability on the track.
9. Spike pins boast a new star-shaped design. They are flat on the top and sharp along the edges to really dig into the track and catch the surface better.
10. Flex grooves in the heel and forefoot run medial to lateral to promote a natural range of motion. The javelin event has a movement focus that is heel to forefoot.
11. Carbon fiber midfoot shank for torsional rigidity. Torsion is the twisting of the foot that naturally occurs while running.