

## BLACK DIAMOND FT-WG-BDDCZP-105cm

# Black Diamond Women's Distance Carbon Z Trekking and Running Poles

Instruction Manual

## INTRODUCTION

The Black Diamond Women's Distance Carbon Z Trekking and Running Poles are designed for lightweight performance and compact portability. Featuring 100% carbon fiber shafts and a Z-pole fixed length construction, these poles offer quick deployment and reliable support for various outdoor activities, including trekking and running. This manual provides essential information for the proper setup, operation, and maintenance of your poles to ensure their longevity and your safety.

## KEY FEATURES

- **100% carbon fiber shafts:** Provides exceptional strength-to-weight ratio.
- **Z-pole fixed length construction with speed-cone deployment:** Allows for rapid and secure assembly.
- **Ultralight recycled nylon wrist straps:** Offers comfortable and secure hand placement.
- **Lightweight EVA foam grip and grip extension:** Ensures comfortable handling during extended use.
- **Breathable, moisture wicking strap made from recycled materials:** Enhances comfort and sustainability.
- **Optimized joint support and stiffness:** Increases overall durability and stability.

## SETUP INSTRUCTIONS

Your Distance Carbon Z poles utilize a fixed-length Z-pole design for quick and easy assembly. To deploy the poles:

1. Hold the grip section of the pole.
2. Allow the lower sections to hang freely.
3. Pull the top section until the speed-cone locks into place, indicated by an audible click and a firm connection.
4. Ensure all sections are fully engaged and the pole feels rigid before use.



Image: The Black Diamond Distance Carbon Z Trekking Poles are shown in both their compact, folded configuration and their fully extended, ready-to-use state. The image highlights the multi-segment design and the connection points for quick assembly.

To fold the poles for storage or transport, locate the release button near the top section's connection point, press it, and collapse the sections. Secure them with the included strap or clip.

## OPERATING YOUR TREKKING POLES

Proper use of trekking poles enhances stability, reduces strain on joints, and improves balance. Here are general guidelines:

- **Grip:** Insert your hand up through the bottom of the strap and then grasp the grip, allowing the strap to rest comfortably around your wrist. This provides support and prevents dropping the pole.
- **Arm Swing:** Use a natural arm swing, planting the pole slightly ahead of your opposite foot.
- **Uphill:** Shorten your poles slightly to push off more effectively.
- **Downhill:** Lengthen your poles slightly to provide better balance and absorb impact.
- **Traversing:** Adjust the pole on the uphill side to be shorter and the pole on the downhill side to be longer for stability.

## CARE AND MAINTENANCE

To ensure the longevity and performance of your Black Diamond trekking poles, follow these maintenance tips:

- **Cleaning:** After each use, especially in wet or muddy conditions, wipe down the poles with a damp cloth. Ensure all sections are clean and free of debris.
- **Drying:** Always allow the poles to dry completely in an open, extended position before storing them. This prevents corrosion and mildew.
- **Storage:** Store poles in a cool, dry place, ideally in their folded state to protect the internal cord. Avoid storing them in direct sunlight or extreme temperatures.
- **Inspection:** Periodically inspect the pole sections, tips, baskets, and grip for any signs of wear, damage, or loose components.
- **Tip Replacement:** Pole tips are wear items. Replace them when they become excessively worn to maintain traction.

## TROUBLESHOOTING

If you encounter issues with your trekking poles, consider the following:

- **Poles not locking securely:** Ensure all sections are fully extended and the speed-cone mechanism has clicked into place. Check for any dirt or debris obstructing the locking mechanism.
- **Difficulty folding poles:** Press the release button firmly. If it's stiff, ensure no dirt is lodged in the mechanism.
- **Unusual noises or wobbling:** This may indicate a loose connection. Re-deploy the poles, ensuring all sections are properly seated. If the issue persists, inspect for damage to the carbon fiber sections or internal cord.

For issues not resolved by these steps, please contact Black Diamond customer support.

## PRODUCT SPECIFICATIONS

Specification	Detail
Brand	BLACK DIAMOND
Model Name	Distance Carbon Z
Model Number	FT-WG-BDDCZP-105cm
Material	Carbon Fiber (Shaft), Ethylene Vinyl Acetate (Handle)
Color	Desert Sky
Extended Length	105 Centimeters

Specification	Detail
Folded Size	41.34 inches
Lock Type	Quick (Speed-cone deployment)
Hand Orientation	Both
Item Package Weight	0.33 Kilograms
UPC	793661667018


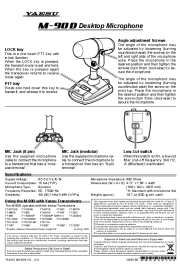
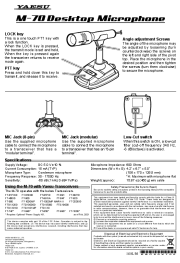
WARRANTY AND SUPPORT

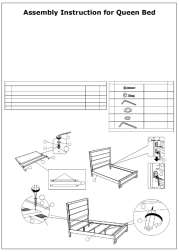
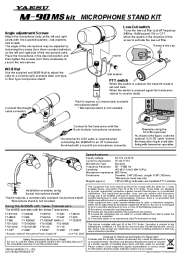
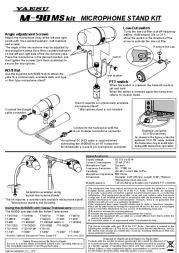
These Black Diamond Trekking Poles come with a manufacturer's warranty. For specific details regarding the warranty period and coverage, please refer to the documentation included with your purchase or visit the official Black Diamond website.

For technical support, product inquiries, or warranty claims, please contact Black Diamond Equipment directly. You can find contact information and additional resources on their official website or through their Amazon store page: [Black Diamond Equipment Store](#).

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Related Documents - FT-WG-BDDCZP-105cm

	<p><a href="#">OleumTech DH1 Base Unit / DH2 Wireless Gateway User Guide</a></p> <p>User guide for OleumTech DH1 Base Unit and DH2 Wireless Gateway. Covers installation, configuration, operation, and troubleshooting for industrial wireless sensor networks. Learn about Breez® software and advanced networking.</p>
	<p><a href="#">Yaesu M-90D Desktop Microphone User Guide</a></p> <p>This document provides information on the Yaesu M-90D Desktop Microphone, including its features, specifications, and compatibility with Yaesu transceivers. It details the LOCK key, PTT key, angle adjustment screws, MIC jacks, and low-cut switch. The guide also includes safety precautions and disposal information for electronic equipment.</p>
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