



The Outsole: The I-Runner Difference

The outsole is slightly flared for stability. The outsole is solid, not waffled or honeycombed inside (which saves weight but weakens the outsole) so an orthotist/pedorthist can cut into our outsole parallel to the ground in order to add a cushioned wedge (SACH heel) or add elevation. The outsole has a 3:1 forefoot-to-rear foot rocker, considered most appropriate to allow for comfortable ambulation.

To allay heel pain, the heel construction has a soft well built into it where the plantar fascia connects to the calcaneus. Heel strike is made on a rubber pad that improves slip resistance. The ball of the foot, the section that bends on walking, from the head of the 1st metatarsal to the 5th metatarsal head, has a groove in the outsole to allow for an easier, more natural gait (think walking barefoot on sand).

The wall of the shoe is made from three different fabrics. The outer mesh is very porous and allows for heat diffusion. The interior forefoot fabric is a highly wickable microfiber that allows for moisture evaporation. It is so effective and efficient, wearers have commented that the longer they wear the shoe, the cooler the foot feels. The tongue and inner counter are made of a durable fabric that resists wear, yet has a smoothness (called slip) that allows for easy doffing and donning.

I-Runner is the only shoe that has double padding, not just in the counter, but all the way down to the calcaneal insertion. This not only hugs the heel more comfortably, it also helps prevent a narrow heel from pistoning (slipping up and down). The plastic counter reinforcement can be heated and reshaped to widen or narrow the rear foot section even more. Since the medial malleolus, the ankle formed by the tail, the end, of the tibia, is higher off the ground than the lateral malleolus, the ankle formed by the tail of the fibula, the I-Runner upper is constructed asymmetrically to insure wearer comfort. In other words, the cut is below the ankle to prevent rubbing or chafing, particularly with an orthotic.

The shank added to the midsole of the shoe is visible when the sock liner is removed. It is high density compressed fiberboard. It adds structure to the shoe and allows I-Runners to have arguably the best lateral stability of all therapeutic athletic shoes. Unlike spring steel or carbon fiber, it is both cost reducing and weight reducing.