



“IT’S GREAT TO BE KNOWN FOR YOUR SHOES, BUT IT’S BETTER TO BE KNOWN FOR YOUR SOLE”

-Cole K.



Saw them, loved them, bought them. This is how you acquire one of those good-looking, comfy shoes in the market or anywhere as long as it makes oneself happy. But is this just a plane ware? Ever questioned how a human body has parts, function, and role, while you see your sneakers and asked just once in your life what is this side of the shoe that makes it so comfy and easy to walk on or does it have a purpose at all? This blog provides supplemental information about your typical sneakers.

- Outsole (depending on striking type is there enough support or cushion to safely attenuate force?)
- Rideliner or Rails (does your foot, footbed, or orthotic comfortably fit with-in this system)

Now after some consideration on the parts let’s tackle what shoes are typically made up of.

Upper

The upper is the combination of fabrics that form the top-most part of the shoe. Fabric properties such as breathability, durability and water resistance vary depending on the shoe’s purpose (i.e. racing, trail running etc). The different parts of the upper may be stitched together or heat bonded with glue to create a seam-free fit. These uppers are constructed using different weave patterns to provide highly adaptive fit.



Overlays

Overlays are durable pieces of material that are attached to the upper to provide shape and structure to the shoe.



They are also used to provide an element of stability for the foot. The number of overlays, as well as where they are placed, can affect how snug a shoe feels to the wearer. Overlays can be attached to the upper either by stitching, heat bonding and

even 3D printed directly onto the fabric.



Back in the day even now different preferences on the importance of certain areas dictated by your goals and history matters. So, the image above shows typical parts a sneaker consists of and what kind of question you should need to consider upon seeing one.

- Heel Counter (is there any slippage or does it cradle and grab the calcaneus appropriately)
- Midsole (is there a build-up or posting that is occurring in the shoe that is necessary?)



Lace cage

As well as housing the shoe's lacing system, the lace cage can provide different levels of torsion to the shoe. The materials the lace cage is made of, as well as its placement on the shoe, can vary to suite the intended use of the shoe. The lace cage can be stitched flat against the upper, or a partially attached layer that adapts with the foot's movement to feel more flexible.



Tongue

The tongue sits under the lacing system and provides an element of integrity to the shoe when the lace is tied. Its thickness depends on the shoe type. Lighter racing shoes tend to have a thinner tongue, made out of a lightweight material. Shoes with more cushioning more cushioning may have a thick, padded tongue. This provides an all-round feeling of cushioning and comfort. Some trail shoes feature a wide tongue that is stitched to form a protective layer between your foot and any debris that might find its way into your shoe.

Heel Counter

The heel counter is a moulding placed at the back of the shoe to secure your foot. Heel counters can be made of plastic or fabric. Some are attached to the outside of the shoe where it is visible while others are enclosed in the upper. Some brands include some support for your Achilles in the heel counter where as others sit them lower to prevent rubbing. Which you opt for is a matter of personal comfort.



Midsole

The midsole is the mainstay of the shoe's cushioning system, typically made of an EVA (Ethylene-Vinyl Acetate) foam combined with a brand's proprietary cushioning technology.

Ride Liner

A lavish piece of technology not found in all running shoes, the ride liner lies between the midsole cushioning and the foot. Its purpose is to provide an additional element in cushioning and comfort.

Outsole

The outsole is the very bottom layer of shoe that provides the necessary traction (grip). It is made from a blend of durable compounds, usually carbon rubber, bonded together. More robust materials are placed in the most typical areas of high wear, such as the heel. Off-road shoes feature prominent pieces of rubber, called lugs, that have qualities to suit different types of terrain. Longer, more aggressive lugs will perform well on muddy surfaces. Lugs with sticky rubber will be helpful on rocky / stony terrain.

There are more parts improvised by makers like [medical post](#) for stabilizing and motion control function that makes life more comfortable and easier.

A little fact about sneakers is that sneakers got their name because their rubber soles do not make noise. In the late 1800s, people started calling **sneakers** their name because they had rubber soles which enabled people to walk or "sneak" around without making a sound.

So, in whatever you do, whether sneaking around from a wife or run errands because that's what your purpose in life since you married her. Just remember that those shoes parts, serves its purpose too just like you do.