## CLAIMS

I CLAIM:

1. A footwear sole apparatus, comprising:

a base member that includes a toe portion, midfoot portion, and a heel portion: and an insert extending from a toe portion to a heel portion, the base member being configured to attach to the insert wherein said base member can be attached to said insert(s), wherein

the base member includes: a first rail that protrudes from the base member, the first rail including an edge that protrudes from the first rail, the first rail extending along a longitudinal axis of the base member and extending continuously from the toe portion through the midfoot portion to the heel portion; and a cylindrical stud protruding from the heel portion, the cylindrical stud is positioned in a substantially longitudinal and latitudinal center of the heel portion of the base member; and

the insert includes: a second rail extending continuously from the toe portion through the midfoot portion to the heel portion that includes a groove along an outer edge of the second rail, the first rail of the base member is configured to slide into the second rail of the insert such that edge of the first rail contacts the groove of the second rail: and a circular opening configured to receive the cylindrical stud.

2. The footwear sole apparatus of claim 1, wherein the circular opening of the insert is provided on a center portion of a heel portion of the insert.

3. The footwear sole apparatus of claim 1, wherein the stud extends up to three quarters of a thickness of the base member and extends entirely through a thickness the insert.

4. The footwear sole apparatus of claim 1, wherein the insert is a principal insert and the apparatus further comprising a heel insert configured to overlap the heel portion of the base member.

5. The footwear sole apparatus of claim 4, further comprising a first fail-safe mechanism configured to reinforce a connection between the principal insert and the base member, and a second fail-safe mechanism configured to reinforce a connection between the heel insert and the base member.

6. The footwear sole apparatus of claim 5, wherein the stud extends entirely through a thickness of the heel insert.

7. The footwear sole apparatus of claim 1, wherein the stud is a female threaded stud.

8. The footwear sole apparatus of claim 4, wherein the principal insert includes a central opening that is configured to securely receive the stud of the base member.

9. The footwear sole apparatus of claim 8, wherein: the principal insert includes a plurality of subsidiary holes, and the base member includes a corresponding number of studs that are configured to fit securely into the plurality of subsidiary holes.

10. The footwear sole apparatus of claim 4, wherein the heel insert includes a central opening that is configured to securely receive the stud of the base member.

11. The footwear sole apparatus of claim 10, wherein: the heel insert includes a plurality of subsidiary holes, and the base member includes a corresponding number of studs that are configured to fit securely into the plurality of subsidiary holes.

12. A footwear system comprising:

a footwear including a bottom portion, wherein the bottom portion includes the footwear sole apparatus of claim 1.

13. The footwear system of claim 12, wherein the footwear includes an existing sole, the base member being configured to replace the existing sole and to fit onto a wearable portion.

14. A footwear insert comprising:

a principal insert including a rail that defines a groove along an outer edge of the rail,

a base member configured to slide into the groove of the principal insert and including a cylindrical stud, the principal insert including a toe portion, midfoot portion and a

heel portion, the cylindrical stud is positioned in a substantially longitudinal and latitudinal center of the heel portion of the base member,

wherein: the rail extends longitudinally along the toe portion and extends continuously from the toe portion through the midfoot portion to the heel portion, and the heel portion includes a circular opening configured to receive a cylindrical stud of the base member.

15. The footwear insert of claim 14, further comprising a heel insert being configured to overlap the heel portion of the principal insert.

16. A method of making footwear using the system of claim 12, comprising the steps of:

attaching the base member to the bottom portion of the footwear.

17. A method of making footwear using the system of claim 12, the footwear further including the sole, the method comprising the steps of:

removing the sole from the bottom portion of the footwear; and

attaching the base member to the bottom portion of the footwear.