WHAT IS CLAIMED:

1. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole;

an insole that is affixed by glue to the bottom of the interior portion;

wherein there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side;

wherein the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and wherein

(i) the insole is not stitched to the upper or midsole, and

(ii) the heel outsole patch and the toe outsole patch are each made out of an elastomer.

2. The shoe of claim 1, wherein the midsole is made out of leather.

3. The shoe of claim 1, wherein the bottom of the interior portion further comprises a foam inlay and wherein the insole is affixed by glue to the foam inlay.

4. The shoe of claim 1, wherein the interior portion further comprises a cushion insert that is glued to the heel portion of a second face of the midsole.

5. The shoe of claim 3, wherein the midsole comprises a second face having a heel portion and a toe portion and wherein

the interior portion further comprises a cushion insert that is glued to the heel portion of a second face of the midsole, and

the foam inlay is glued to (i) cushion insert and (ii) the toe portion of the second face of the midsole.

6. The shoe of claim 4, wherein the cushion insert is characterized by a first end and a second end, wherein

the first end of the cushion insert is glued to a first part of the heel portion and the second end of the cushion insert is glued to a second part of the heel portion, wherein the first part of the heel portion is closer to the toe portion of the second face of the midsole than the second part of the heel portion, and

the first end of the cushion insert has a thickness that is less than the second end of the cushion insert.

7. The shoe of claim 4, wherein the cushion insert has a thickness that increases along the insert as a function of a distance away from the toe portion of the second face of the midsole so that a portion of the cushion insert that is closest to the toe portion of the midsole is thinner than a portion of the cushion insert that is farthest away from the toe portion of the midsole.

8. The shoe of claim 4 wherein the cushion insert comprises a ethylene vinyl acetate or polyurethane type material.

9. The shoe of claim 4 wherein the cushion insert has a Shore A hardness of between 45 and 70.

10. The shoe of claim 4 wherein the cushion insert has a Shore A hardness of between 60 and 70.

11. The shoe of claim 4 wherein the cushion insert has a density of between 0.30 g/cm^3 and 0.7 g/cm^3.

12. The shoe of claim 4 wherein the cushion insert has a density of between 0.40 g/cm^3 and 0.7 g/cm^3.

13. The shoe of claim 1 wherein

a first groove having a depth of at least 3/64 of an inch is formed proximate to a perimeter of the heel outsole patch and wherein the heel outsole patch is stitched onto the heel portion of the first face of the midsole with a first thread that occupies the first groove; and

a second groove having a depth of at least 3/64 of an inch is formed proximate to a perimeter of the toe outsole patch and wherein the toe outsole patch is stitched onto the toe portion of the first face of the midsole with a second thread that occupies the second groove.

14. The shoe of claim 1 wherein the upper is formed as a single piece having a first end and a second end, wherein the first end and the second end are united by a second seam at the heel cavity.

15. The shoe of claim 1 wherein

the upper is formed as a single piece having (i) a first end, (ii) a second end, (iii) a first edge, and (iv) a second edge,

the first end and the second end are united by a second seam at the heel cavity,

the first edge is stitched to the perimeter of the midsole thereby forming the bottom to the interior portion, and

a first portion of the second edge is characterized by an elastic restriction, wherein the portion of the second edge does not extend to the heel cavity.

16. The shoe of claim 15 wherein a second portion of the second edge is characterized by an Achilles cushion that provides an upper boundary to the heel cavity.

17. The shoe of claim 1 wherein

the upper is formed as a single piece having a first end and a second end,

the first end and the second end are united by a second seam at the heel cavity, and

a half moon piece covers a lower portion of the second seam.

18. The shoe of claim 1 wherein the shoe is in a folded state and is tucked into a pouch having a drawstring.

19. The shoe of claim 18, wherein the pouch includes a pocket for holding a collapsible tote bag, wherein the tote bag is configured to accommodate a pair of shoes.

20. The shoe of claim 1 wherein the shoe is in a folded state and is tucked into a compact box having a lid.

21. The shoe of claim 1 wherein a back corner of the toe outsole patch is within 1/4 of an inch of a portion of the first seam.

22. The shoe of claim 1 wherein a back corner of the toe outsole patch is within 3/16 of an inch of a portion of the first seam.

23. The shoe of claim 1 wherein a front corner of the toe outsole patch is within 1/4 of an inch of a portion of the first seam.

24. The shoe of claim 1 wherein a back corner of the heel outsole patch is within 3/16 of an inch of a portion of the first seam.

25. The shoe of claim 1 wherein a back corner of the heel outsole patch is within 1/4 of an inch of a portion of the first seam.

26. The shoe of claim 1 wherein the toe outsole patch or the heel outsole patch has a durability coefficient of between 0.8 and 1.5.

27. The shoe of claim 1 wherein the toe outsole patch or the heel outsole patch has a durability coefficient of between 1.0 and 1.3.

28. The shoe of claim 1 wherein the heel outsole patch and the toe outsole patch are each at least 3/32 of an inch thick.

29. The shoe of claim 1 wherein the heel outsole patch and the toe outsole patch are each about 5/32 of an inch thick.

30. The shoe of claim 1 wherein the spacing is between 4/8 of an inch and 6/8 of an inch.

31. The shoe of claim 1 wherein the spacing is about 5/8 of an inch.

32. The shoe of claim 1 wherein a side of the heel outsole patch is visible at least at a 45 degree angle from the horizontal when the shoe is worn on a woman's foot who is standing on the horizontal.

33. The shoe of claim 1 wherein a side of the toe outsole patch is visible at least at a 45 degree angle from the horizontal when the shoe is worn on a woman's foot who is standing on the horizontal.

34. The shoe of claim 1 wherein a region of the shoe defined by the heel outsole patch and comprising a corresponding portion of the midsole and the insole has a spring constant of between 0.40 kilogram-force / inch and 0.70 kilogram-force / inch.

35. The shoe of claim 1 wherein a region of the shoe defined by the heel outsole patch and comprising a corresponding portion of the midsole and the insole has a spring constant of between 0.45 kilogram-force / inch and 0.55 kilogram-force / inch.

36. The shoe of claim 1 wherein a region of the shoe defined by the toe outsole patch and comprising a corresponding portion of the midsole and the insole has a spring constant of between 0.40 kilogram-force / inch and 0.70 kilogram-force / inch.

37. The shoe of claim 1 wherein a region of the shoe defined by the toe outsole patch and comprising a corresponding portion of the midsole and the insole has a spring constant of between 0.45 kilogram-force / inch and 0.55 kilogram-force / inch.

38. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole;

an insole that is affixed by glue to the bottom of the interior portion;

wherein there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side;

wherein the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and wherein

(i) the insole is not stitched to the upper, and

(ii) a region of the shoe defined by the heel outsole patch and comprising a corresponding portion of the midsole and the insole has a spring constant of between 0.40 kilogram-force / inch and 0.70 kilogram-force / inch.

39. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole;

an insole that is affixed by glue to the bottom of the interior portion;

wherein there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side;

wherein the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and wherein

(i) the insole is not stitched to the upper, and

(ii) a back corner of the toe outsole patch is within 1/4 of an inch of a portion of the first seam.

40. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole;

an insole that is affixed by glue to the bottom of the interior portion;

wherein there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side;

wherein the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and wherein

(i) the insole is not stitched to the upper,

(ii) a first groove having a depth of at least 3/64 of an inch is formed proximate to a perimeter of the heel outsole patch and wherein the heel outsole patch is stitched onto the heel portion of the first face of the midsole with a first thread that occupies the first groove; and

(iii) a second groove having a depth of at least 3/64 of an inch is formed proximate to a perimeter of the toe outsole patch and wherein the toe outsole patch is stitched onto the toe portion of the first face of the midsole with a second thread that occupies the second groove.

41. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole;

an insole that is affixed by glue to the bottom of the interior portion;

wherein there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side;

wherein the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and wherein

(i) a region of the shoe defined by the heel outsole patch and comprising a corresponding portion of the midsole and the insole has a spring constant of between 0.45 kilogram-force / inch and 0.55 kilogram-force / inch; and

(ii) the toe outsole patch or the heel outsole patch has a durability coefficient of between 0.8 and 1.5.

42. A method of manufacturing a shoe, the method comprising:

(A) stitching a heel outsole patch onto a heel portion of a first face of a midsole;

(B) stitching a toe outsole patch onto a toe portion of the first face of the midsole;

(C) affixing a cushion insert to the heel portion of a second face of the midsole,

(D) sewing an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity, to the midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein the sewing (D) results in a perimeter of the midsole being stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

(E) affixing by glue an insole to the bottom of the interior portion;

wherein, the stitching (A) and stitching (B) form a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole

patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side;

wherein the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and wherein

(i) the insole is not stitched to the upper or midsole, and

(ii) the heel outsole patch and the toe outsole patch are each made out of an elastomer.

43. A method of manufacturing a shoe, the method comprising:

(A) stitching a heel outsole patch onto a heel portion of a first face of a midsole;

(B) stitching a toe outsole patch onto a toe portion of the first face of the midsole;

(C) sewing an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity, to the midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein the sewing (C) results in a perimeter of the midsole being stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

(D) affixing by glue an insole to the bottom of the interior portion;

wherein, the stitching (A) and stitching (B) form a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side;

wherein the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and wherein

(i) a region of the shoe defined by the heel outsole patch and comprising a corresponding portion of the midsole and the insole has a spring constant of between 0.45 kilogram-force / inch and 0.55 kilogram-force / inch; and

(ii) the toe outsole patch or the heel outsole patch has a durability coefficient of

between 0.8 and 1.5.

44. The shoe of claim 1 wherein the shoe is in a folded state and is associated with a collapsible tote bag.

45. The shoe of claim 44 wherein the tote bag is compressible.

46. The shoe of claim 45 wherein the tote bag is compressible into a self-contained pocket made of two-way stretch material, wherein the self-contained pocket compresses the tote bag when compressed into the self-contained pocket.

47. A shoe of any one of claims 1-37, wherein the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0.

48. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole;

an insole that is affixed to the bottom of the interior portion; wherein

(A) there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side,

(B) the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and

(C) the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0.

49. The shoe of claim 48 wherein the outsole ratio is between 7.0 and 9.0.

50. The shoe of claim 48 wherein the outsole ratio is greater than 7.6.

51. The shoe of claim 48 wherein the outsole ratio is greater than 8.0.

52. The shoe of claim 48 wherein the outsole ratio is greater than 8.4.

53. The shoe of claim 48 wherein D is between 2.0 mm and 4.0 mm.

54. The shoe of claim 48 wherein T is between 3.0 mm and 10.0 mm.

55. The shoe of claim 48 wherein W is between 60 mm and 89 mm.

56. The shoe of claim 48 wherein M is between 70 mm and 93 mm.

57. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole; and

an insole that is affixed by glue to the bottom of the interior portion;

wherein there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side;

wherein the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and wherein

(A) a region of the shoe defined by the heel outsole patch and comprising a corresponding portion of the midsole and the insole has a spring constant of between 0.40 kilogram-force / inch and 0.70 kilogram-force / inch, and

(B) the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0.

58. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole;

an insole that is affixed to the bottom of the interior portion;

wherein there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side;

wherein the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and wherein

(i) a back corner of the toe outsole patch is within 1/4 of an inch of a portion of the first seam, and

(ii) the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0.

59. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole;

an insole that is affixed to the bottom of the interior portion;

wherein there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side;

wherein the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and wherein

(i) a region of the shoe defined by the heel outsole patch and comprising a corresponding portion of the midsole and the insole has a spring constant of between 0.45 kilogram-force / inch and 0.55 kilogram-force / inch,

(ii) the toe outsole patch or the heel outsole patch has a durability coefficient of between 0.8 and 1.5, and

(iii) the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0.

60. A method of manufacturing a shoe, the method comprising:

(A) stitching a heel outsole patch onto a heel portion of a first face of a midsole;

(B) stitching a toe outsole patch onto a toe portion of the first face of the midsole;

(C) affixing a cushion insert to the heel portion of a second face of the midsole,

(D) sewing an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity, to the midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein the sewing (D) results in a perimeter of the midsole being stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

(E) affixing an insole to the bottom of the interior portion;

wherein, the stitching (A) and stitching (B) form a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side;

wherein the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and wherein the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0.

61. The shoe of claim 48 wherein T is greater than 5.0 mm.

62. The shoe of claim 48 wherein T is greater than 8.0 mm.

63. The shoe of claim 1 wherein the toe outsole patch has a thickness that is greater than 5.0 mm.

64. The shoe of claim 48 wherein D is less than 2.0 mm.

65. A shoe of any one of claims 1-37, wherein the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0, wherein the shoe has a women's shoe size selected from any of the women's shoe sizes set forth in Table 1 and wherein the values for D, T, W, and M is that given in Table 1 for the selected women's shoe size.

66. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole;

an insole that is affixed to the bottom of the interior portion; wherein

(A) there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the

first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side,

(B) the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and

(C) the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0, wherein the shoe has a women's shoe size selected from any of the women's shoe sizes set forth in Table 1 and wherein the values for D, T, W, and M is that given in Table 1 for the selected women's shoe size.

67. A shoe of any one of claims 1-37, wherein the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0, wherein the shoe has a women's shoe size selected from any of the women's

shoe sizes set forth in Table 1 and wherein the values for D, T, W, and M is that given in Table 2 for the selected women's shoe size.

68. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole;

an insole that is affixed to the bottom of the interior portion; wherein

(A) there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side,

(B) the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and

(C) the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0, wherein the shoe has a women's shoe size selected from any of the women's shoe sizes set forth in Table 1 and wherein the values for D, T, W, and M is that given in Table 2 for the selected women's shoe size.

69. A shoe of any one of claims 1-37, wherein the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0, wherein the shoe has a women's shoe size selected from any of the women's shoe sizes set forth in Table 1 and wherein the values for D, T, W, and M is that given in Table 3 for the selected women's shoe size.

70. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole;

an insole that is affixed to the bottom of the interior portion; wherein

(A) there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side,

(B) the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper

comprising the toe cavity is tucked into the heel cavity, and

(C) the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0, wherein the shoe has a women's shoe size selected from any of the women's shoe sizes set forth in Table 1 and wherein the values for D, T, W, and M is that given in Table 3 for the selected women's shoe size.

71. The shoe of claim 15, wherein a second portion of the second edge is characterized by an Achilles region that is skived so as to reduce its depth.

72. The shoe of claim 48 wherein,

the upper is formed as a single piece having (i) a first end, (ii) a second end, (iii) a first edge, and (iv) a second edge,

the first end and the second end are united by a second seam at the heel cavity,

the first edge is stitched to the perimeter of the midsole thereby forming the bottom to the interior portion,

a first portion of the second edge is characterized by an elastic restriction, wherein the portion of the second edge does not extend to the heel cavity, and

a second portion of the second edge is characterized by an Achilles region that is skived so as to reduce its depth.

73. The shoe of claim 1 wherein

the upper is formed as a single piece having (i) a first end, (ii) a second end, (iii) a first edge, and (iv) a second edge,

the first end and the second end are united by a second seam at the heel cavity,

the first edge is stitched to the perimeter of the midsole thereby forming the bottom to

WHAT IS CLAIMED:

1. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole;

an insole that is affixed by glue to the bottom of the interior portion;

wherein there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side;

wherein the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and wherein

(i) the insole is not stitched to the upper or midsole, and

(ii) the heel outsole patch and the toe outsole patch are each made out of an elastomer.

2. The shoe of claim 1, wherein the bottom of the interior portion further comprises a foam inlay and wherein the insole is affixed by glue to the foam inlay.

3. The shoe of claim 1, wherein the interior portion further comprises a cushion insert that is glued to the heel portion of a second face of the midsole.

4. The shoe of claim 2, wherein the midsole comprises a second face having a heel portion and a toe portion and wherein

the interior portion further comprises a cushion insert that is glued to the heel portion of a second face of the midsole, and

the foam inlay is glued to (i) cushion insert and (ii) the toe portion of the second face of the midsole.

5. The shoe of claim 3, wherein the cushion insert is characterized by a first end and a second end, wherein

the first end of the cushion insert is glued to a first part of the heel portion and the second end of the cushion insert is glued to a second part of the heel portion, wherein the first part of the heel portion is closer to the toe portion of the second face of the midsole than the second part of the heel portion, and

the first end of the cushion insert has a thickness that is less than the second end of the cushion insert.

6. The shoe of claim 3, wherein the cushion insert has a thickness that increases along the insert as a function of a distance away from the toe portion of the second face of the midsole so that a portion of the cushion insert that is closest to the toe portion of the midsole is thinner than a portion of the cushion insert that is farthest away from the toe portion of the midsole.

7. The shoe of claim 3, wherein the cushion insert comprises a ethylene vinyl acetate or polyurethane type material.

8. The shoe of claim 3, wherein the cushion insert has a Shore A hardness of between 45 and 70.

9. The shoe of claim 3, wherein the cushion insert has a Shore A hardness of between 60 and 70.

10. The shoe of claim 3, wherein the cushion insert has a density of between 0.30 g/cm^3 and 0.7 g/cm^3.

11. The shoe of claim 3, wherein the cushion insert has a density of between 0.40 g/cm^3 and 0.7 g/cm^3.

12. The shoe of claim 1 wherein

a first groove having a depth of at least 3/64 of an inch is formed proximate to a perimeter of the heel outsole patch and wherein the heel outsole patch is stitched onto the heel portion of the first face of the midsole with a first thread that occupies the first groove; and

a second groove having a depth of at least 3/64 of an inch is formed proximate to a perimeter of the toe outsole patch and wherein the toe outsole patch is stitched onto the toe portion of the first face of the midsole with a second thread that occupies the second groove.

13. The shoe of claim 1 wherein the upper is formed as a single piece having a first end and a second end, wherein the first end and the second end are united by a second seam at the heel cavity.

14. The shoe of claim 1 wherein

the upper is formed as a single piece having (i) a first end, (ii) a second end, (iii) a first edge, and (iv) a second edge,

the first end and the second end are united by a second seam at the heel cavity,

the first edge is stitched to the perimeter of the midsole thereby forming the bottom to the interior portion, and

a first portion of the second edge is characterized by an elastic restriction, wherein the portion of the second edge does not extend to the heel cavity.

15. The shoe of claim 14 wherein a second portion of the second edge is characterized by an Achilles cushion that provides an upper boundary to the heel cavity.

16. The shoe of claim 1 wherein

the upper is formed as a single piece having a first end and a second end,

the first end and the second end are united by a second seam at the heel cavity, and

a half moon piece covers a lower portion of the second seam.

17. The shoe of claim 1 wherein a back corner of the toe outsole patch is within 1/4 of an inch of

a portion of the first seam.

18. The shoe of claim 1 wherein a back corner of the toe outsole patch is within 3/16 of an inch of a portion of the first seam.

19. The shoe of claim 1 wherein a front corner of the toe outsole patch is within 1/4 of an inch of a portion of the first seam.

20. The shoe of claim 1 wherein a back corner of the heel outsole patch is within 3/16 of an inch of a portion of the first seam.

21. The shoe of claim 1 wherein a back corner of the heel outsole patch is within 1/4 of an inch of a portion of the first seam.

22. The shoe of claim 1 wherein the toe outsole patch or the heel outsole patch has a durability coefficient of between 0.8 and 1.5.

23. The shoe of claim 1 wherein the toe outsole patch or the heel outsole patch has a durability coefficient of between 1.0 and 1.3.

24. The shoe of claim 1 wherein the heel outsole patch and the toe outsole patch are each at least 3/32 of an inch thick.

25. The shoe of claim 1 wherein the heel outsole patch and the toe outsole patch are each about 5/32 of an inch thick.

26. The shoe of claim 1 wherein the spacing is between 4/8 of an inch and 6/8 of an inch.

27. The shoe of claim 1 wherein the spacing is about 5/8 of an inch.

28. The shoe of claim 1 wherein a side of the heel outsole patch is visible at least at a 45 degree

angle from the horizontal when the shoe is worn on a woman's foot who is standing on the horizontal.

29. The shoe of claim 1 wherein a side of the toe outsole patch is visible at least at a 45 degree angle from the horizontal when the shoe is worn on a woman's foot who is standing on the horizontal.

30. The shoe of claim 1 wherein a region of the shoe defined by the heel outsole patch and comprising a corresponding portion of the midsole and the insole has a spring constant of between 0.40 kilogram-force / inch and 0.70 kilogram-force / inch.

31. The shoe of claim 1 wherein a region of the shoe defined by the heel outsole patch and comprising a corresponding portion of the midsole and the insole has a spring constant of between 0.45 kilogram-force / inch and 0.55 kilogram-force / inch.

32. The shoe of claim 1 wherein a region of the shoe defined by the toe outsole patch and comprising a corresponding portion of the midsole and the insole has a spring constant of between 0.40 kilogram-force / inch and 0.70 kilogram-force / inch.

33. The shoe of claim 1 wherein a region of the shoe defined by the toe outsole patch and comprising a corresponding portion of the midsole and the insole has a spring constant of between 0.45 kilogram-force / inch and 0.55 kilogram-force / inch.

34. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole;

an insole that is affixed by glue to the bottom of the interior portion;

wherein there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side;

wherein the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and wherein

(i) the insole is not stitched to the upper, and

(ii) a region of the shoe defined by the heel outsole patch and comprising a corresponding portion of the midsole and the insole has a spring constant of between 0.40 kilogram-force / inch and 0.70 kilogram-force / inch.

35. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole;

an insole that is affixed by glue to the bottom of the interior portion;

wherein there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side;

wherein the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded

state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and wherein

(i) the insole is not stitched to the upper, and

(ii) a back corner of the toe outsole patch is within 1/4 of an inch of a portion of the first seam.

36. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole;

an insole that is affixed by glue to the bottom of the interior portion;

wherein there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side;

wherein the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and wherein

(i) the insole is not stitched to the upper,

(ii) a first groove having a depth of at least 3/64 of an inch is formed proximate to a perimeter of the heel outsole patch and wherein the heel outsole patch is stitched onto the heel portion of the first face of the midsole with a first thread that occupies the first groove; and

(iii) a second groove having a depth of at least 3/64 of an inch is formed proximate to a perimeter of the toe outsole patch and wherein the toe outsole patch is stitched onto the toe portion of the first face of the midsole with a second thread that occupies the second groove.

37. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole;

an insole that is affixed by glue to the bottom of the interior portion;

wherein there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side;

wherein the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and wherein

(i) a region of the shoe defined by the heel outsole patch and comprising a corresponding portion of the midsole and the insole has a spring constant of between 0.45 kilogram-force / inch and 0.55 kilogram-force / inch; and

(ii) the toe outsole patch or the heel outsole patch has a durability coefficient of between 0.8 and 1.5.

38. A method of manufacturing a shoe, the method comprising:

(A) stitching a heel outsole patch onto a heel portion of a first face of a midsole;

(B) stitching a toe outsole patch onto a toe portion of the first face of the midsole;

(C) affixing a cushion insert to the heel portion of a second face of the midsole,

(D) sewing an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity, to the midsole, the midsole

having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein the sewing (D) results in a perimeter of the midsole being stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

(E) affixing by glue an insole to the bottom of the interior portion;

wherein, the stitching (A) and stitching (B) form a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side;

wherein the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and wherein

(i) the insole is not stitched to the upper or midsole, and

(ii) the heel outsole patch and the toe outsole patch are each made out of an elastomer.

39. A method of manufacturing a shoe, the method comprising:

(A) stitching a heel outsole patch onto a heel portion of a first face of a midsole;

(B) stitching a toe outsole patch onto a toe portion of the first face of the midsole;

(C) sewing an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity, to the midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein the sewing (C) results in a perimeter of the midsole being stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

(D) affixing by glue an insole to the bottom of the interior portion;

wherein, the stitching (A) and stitching (B) form a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and

the outer side;

wherein the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and wherein

(i) a region of the shoe defined by the heel outsole patch and comprising a corresponding portion of the midsole and the insole has a spring constant of between 0.45 kilogram-force / inch and 0.55 kilogram-force / inch; and

(ii) the toe outsole patch or the heel outsole patch has a durability coefficient of between 0.8 and 1.5.

40. A shoe of any one of claims 1-33, wherein the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0.

41. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole;

an insole that is affixed to the bottom of the interior portion; wherein

(A) there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side,

(B) the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and

(C) the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0.

42. The shoe of claim 41 wherein the outsole ratio is between 7.0 and 9.0.

43. The shoe of claim 41 wherein the outsole ratio is greater than 7.6.

44. The shoe of claim 41 wherein the outsole ratio is greater than 8.0.

45. The shoe of claim 41 wherein the outsole ratio is greater than 8.4.

46. The shoe of claim 41 wherein D is between 2.0 mm and 4.0 mm.

47. The shoe of claim 41 wherein T is between 3.0 mm and 10.0 mm.

48. The shoe of claim 41 wherein W is between 60 mm and 89 mm.

49. The shoe of claim 41 wherein M is between 70 mm and 93 mm.

50. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole; and

an insole that is affixed by glue to the bottom of the interior portion;

wherein there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side;

wherein the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and wherein

(A) a region of the shoe defined by the heel outsole patch and comprising a corresponding portion of the midsole and the insole has a spring constant of between 0.40 kilogram-force / inch and 0.70 kilogram-force / inch, and

(B) the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0.

51. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole;

an insole that is affixed to the bottom of the interior portion;

wherein there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side;

wherein the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and wherein

(i) a back corner of the toe outsole patch is within 1/4 of an inch of a portion of the first seam, and

(ii) the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0.

52. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole;

an insole that is affixed to the bottom of the interior portion;

wherein there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side;

wherein the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and wherein

(i) a region of the shoe defined by the heel outsole patch and comprising a corresponding portion of the midsole and the insole has a spring constant of between 0.45 kilogram-force / inch and 0.55 kilogram-force / inch,

(ii) the toe outsole patch or the heel outsole patch has a durability coefficient of between 0.8 and 1.5, and

(iii) the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole

patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0.

53. A method of manufacturing a shoe, the method comprising:

(A) stitching a heel outsole patch onto a heel portion of a first face of a midsole;

(B) stitching a toe outsole patch onto a toe portion of the first face of the midsole;

(C) affixing a cushion insert to the heel portion of a second face of the midsole,

(D) sewing an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity, to the midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein the sewing (D) results in a perimeter of the midsole being stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

(E) affixing an insole to the bottom of the interior portion;

wherein, the stitching (A) and stitching (B) form a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side;

wherein the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and wherein the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0.

54. The shoe of claim 41 wherein T is greater than 5.0 mm.

55. The shoe of claim 1 wherein the toe outsole patch has a thickness that is greater than 5.0 mm.

56. The shoe of claim 41 wherein D is less than 2.0 mm.

57. A shoe of any one of claims 1-33, wherein the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0, wherein the shoe has a women's shoe size selected from any of the women's shoe sizes set forth in Table 1 and wherein the values for D, T, W, and M is that given in Table 1 for the selected women's shoe size.

58. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole;

an insole that is affixed to the bottom of the interior portion; wherein

(A) there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side,

(B) the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and

(C) the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0, wherein the shoe has a women's shoe size selected from any of the women's shoe sizes set forth in Table 1 and wherein the values for D, T, W, and M is that given in Table 1 for the selected women's shoe size.

59. A shoe of any one of claims 1-33, wherein the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole

patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0, wherein the shoe has a women's shoe size selected from any of the women's shoe sizes set forth in Table 1 and wherein the values for D, T, W, and M is that given in Table 2 for the selected women's shoe size.

60. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole;

an insole that is affixed to the bottom of the interior portion; wherein

(A) there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side,

(B) the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and

(C) the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole

patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0, wherein the shoe has a women's shoe size selected from any of the women's shoe sizes set forth in Table 1 and wherein the values for D, T, W, and M is that given in Table 2 for the selected women's shoe size.

61. A shoe of any one of claims 1-33, wherein the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0, wherein the shoe has a women's shoe size selected from any of the women's shoe sizes set forth in Table 1 and wherein the values for D, T, W, and M is that given in Table 3 for the selected women's shoe size.

62. A shoe comprising:

an upper, the upper forming an interior portion for receiving a foot of a woman, the interior portion including a toe cavity and a heel cavity;

a midsole, the midsole having (i) a toe end, (ii) a heel end, (iii) an inner side, and (iv) an outer side, wherein a perimeter of the midsole is stitched to the upper thereby forming a bottom to the interior portion that is bounded by a first seam;

a heel outsole patch stitched onto a heel portion of a first face of the midsole;

a toe outsole patch stitched onto a toe portion of the first face of the midsole;

an insole that is affixed to the bottom of the interior portion; wherein

(A) there is a spacing between (i) the heel outsole patch stitched onto the heel portion of the first face of the midsole and (ii) the toe outsole patch stitched onto the toe portion of the first face of the midsole, the spacing extending from the inner side to the outer side and occupying a position intermediate the toe end and the heel end thereby permitting the entire shoe to fold about an axis in the spacing running between the inner side and the outer side,

(B) the shoe is configured to fold between (i) an extended state wherein the heel outsole patch and the toe outsole patch are coplanar or approximately coplanar and (ii) a folded state in which the shoe is bent about the axis such that a portion of the upper comprising the toe cavity is tucked into the heel cavity, and

(C) the shoe has a maximum outsole ratio OR, where

$$OR = \frac{D \times T \times W}{M}$$

wherein

D is a average depth of a groove in the toe outsole patch used to stitch the outsole patch onto the toe portion of the first face of the midsole,

T is an average thickness of the toe outsole patch,

W is a maximum width of the toe outsole patch, and

M is a width of the midsole at the point of maximum width of the toe outsole patch, wherein M is greater than W, and wherein the OR ratio of the shoe is greater than 7.0, wherein the shoe has a women's shoe size selected from any of the women's shoe sizes set forth in Table 1 and wherein the values for D, T, W, and M is that given in Table 3 for the selected women's shoe size.

63. The shoe of claim 14, wherein a second portion of the second edge is characterized by an Achilles region that is skived so as to reduce its depth.

64. The shoe of claim 41 wherein,

the upper is formed as a single piece having (i) a first end, (ii) a second end, (iii) a first edge, and (iv) a second edge,

the first end and the second end are united by a second seam at the heel cavity,

the first edge is stitched to the perimeter of the midsole thereby forming the bottom to the

interior portion,

a first portion of the second edge is characterized by an elastic restriction, wherein the portion of the second edge does not extend to the heel cavity, and

a second portion of the second edge is characterized by an Achilles region that is skived so as to reduce its depth.

65. The shoe of claim 1 wherein

the upper is formed as a single piece having (i) a first end, (ii) a second end, (iii) a first edge, and (iv) a second edge,

the first end and the second end are united by a second seam at the heel cavity,

the first edge is stitched to the perimeter of the midsole thereby forming the bottom to the interior portion, and

a first portion of the second edge is characterized by an elastic restriction, wherein the portion of the second edge does not extend to the heel cavity, and wherein the elastic restriction is sewn to the shoe without glue.

66. The shoe of claim 41 wherein

the upper is formed as a single piece having (i) a first end, (ii) a second end, (iii) a first edge, and (iv) a second edge,

the first end and the second end are united by a second seam at the heel cavity,

the first edge is stitched to the perimeter of the midsole thereby forming the bottom to the interior portion, and

a first portion of the second edge is characterized by an elastic restriction, wherein the portion of the second edge does not extend to the heel cavity, and wherein the elastic restriction is sewn to the shoe without glue.

67. The shoe of claim 1 wherein the midsole is reinforced with a flexible material affixed to an unexposed portion of the midsole.

68. The shoe of claim 41 wherein the midsole is reinforced with a flexible material affixed to an unexposed portion of the midsole.

69. The shoe of claim 1, wherein the bottom of the interior portion further comprises a foam inlay, wherein the insole is affixed by glue to the foam inlay, and wherein a rigid insert is inserted between the foam inlay and the midsole.

70. The shoe of claim 41, wherein the bottom of the interior portion further comprises a foam inlay, wherein the insole is affixed by glue to the foam inlay, and wherein a rigid insert is inserted between the foam inlay and the midsole.