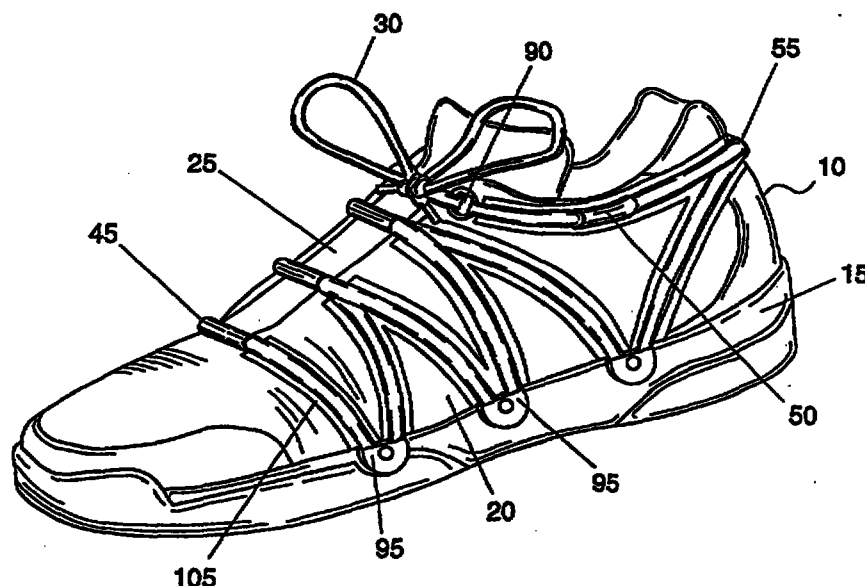




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(54) Title: SHOE HAVING LACE TUBES**(57) Abstract**

This invention relates to a shoe having an ergometric shoe lace design. The laces pass through tubes on the tongue portion of the shoe and extend down to the sole of the shoe on either side of the shoe where they pass through tubes on or near the perimeter of the sole. The laces crisscross the foot in this manner to secure the foot from up and down motion in the shoe. Optionally the lace may continue to be wrapped around the heel of the foot through ankle tubes and heel tubes to secure the foot from toe to heel movement in the shoe. This is particularly of advantage for shoes used in sporting activities. In this manner the upper of the shoe is not pulled together on either side of the tongue as in conventional shoes, thus avoiding stresses in the upper that tend to put pressure on and rub against the user's foot. Thus the shoe is comfortably and securely held to the user's foot.