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(71) Applicant *(for all designated States except US)*: HEELING, LTD. [US/US]; 4400 West Plano Parkway, Plano, TX 75093 (US).

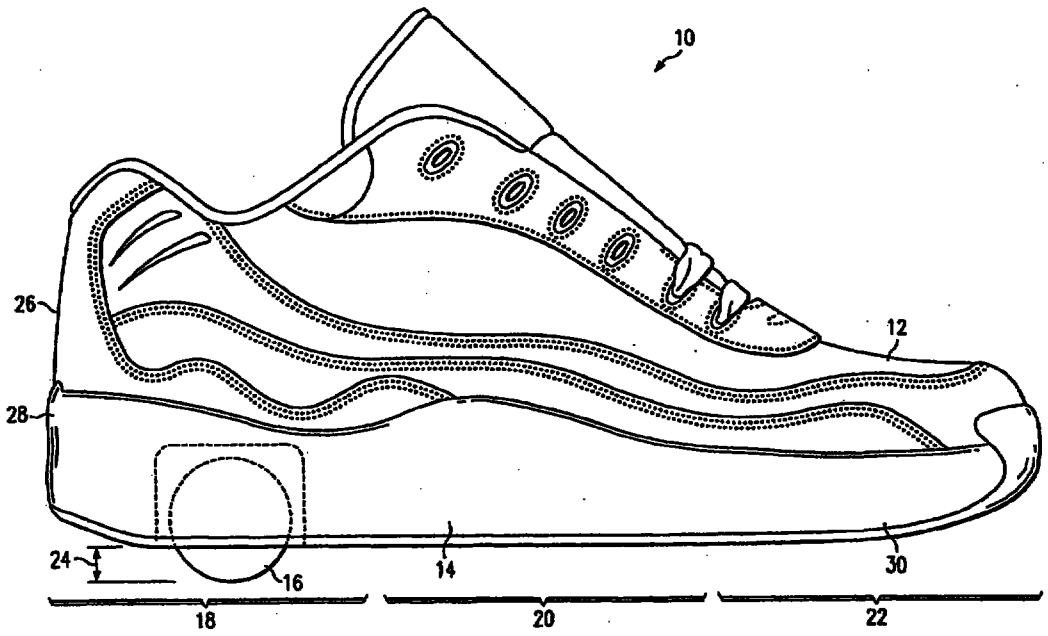
(72) Inventor; and
(75) Inventor/Applicant *(for US only)*: ADAMS, Roger, R. [–/US]; 4527 Jenkins, The Colony, TX 75056 (US).

(74) Agent: WARD, Robert, J.; Worsham Forsythe Wooldridge LLP, 30th Floor, Energy Plaza, 1601 Bryan Street, Dallas, TX 75201-3402 (US).

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(54) Title: HEELING APPARATUS AND METHOD



(57) Abstract

A heeling apparatus includes a shoe with a unique feature in the heel that allows one to walk, run, or roll seamlessly. The appearance is that of normal footwear because of the covert wheel assembly. The stealth wheel (16) in the heel gives one the ability to roll or slide in areas you could only walk. Heeling is a new activity that employs a unique method of rolling and requires a newly learned skill set of balance, positioning, and coordination.