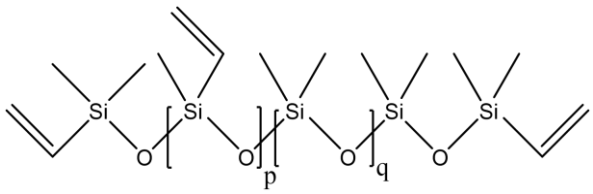
CLAIMS

1. A foamed article formed from a composition comprising at least the following components:

A) from 80 to 90 wt % of an olefin multi-block copolymer, wherein the olefin multi-block copolymer is an ethylene/α-olefin multi-block copolymer having a density from 0.866 g/cc to 0.877 g/cc and a melt index (I2) from 0.5 to 1.0 g/10 min (190°C and 2.16 kg); and

B) from 10 to 20 wt % of a silicone rubber having a weight average molecular weight (Mw) $\geq$ 500,000 g/mole, a viscosity of equal to or more than 10^6 cSt at 25°C and a total vinyl content $\geq$ 0.10 mole %, based on the weight of the silicone rubber, and as determined by 1H NMR, the silicone rubber comprising of structure iii):

iii)



where p is from 1 to 20, and q is from 2000 to 20000;

C) from 0.1 to 2 wt % of a crosslinking agent;

D) from 2.5-2.8 wt % of a blowing agent; and

E) from 0 to 5 wt % of one or more activators;

wherein the foamed article has a foam density from 0.25 to 0.30 g/cc, an abrasion DIN value of 140-190 mm^3, Resilience of 69-70% and a wet COF value from 0.550 to 0.610.

2. The foamed article of claim 1, wherein the olefin multi-block copolymer has a melt temperature Tm from 100°C to 135°C.