

## Special use (sports) foot



### Description

Specialized sporting feet are very lightweight and dominated by the features: energy return and shock absorption.

Feet designed for high end sporting activities or competitions are not usually suitable for everyday use. Running feet in particular are often built without a heel and may be unstable when not used for running.

### Advantages

- Higher energy return than all other models of foot.
- Lower weight than conventional feet.

### Disadvantages

- Usually single-use design.
- May have an upper weight limit.
- Higher cost.