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Spenco Earthbound Replacement Insole: Recycled Foot Cradle



<http://www.fancy-green.com/newthismonth/spencoeearthboundinsoles.html>

Sometimes it's as if insoles are an afterthought to shoe manufacturers. Sometimes they're fine, and I make do with the factory insoles. Other times I just need to get new insoles.

My new Spenco Earthbound Replacement Insoles got thrown into a totally different situation: a pair of leather cross-country ski boots I picked up from a thrift store.

A little saddle soap and elbow grease and my tired looking \$6 boots had a facelift. I trimmed a little off the toe of my new insoles (along one of the "trim to" lines), and they fit perfectly into the boots. These recently tired boots were adventure-ready once again.

My new boots felt great when I tried them around the house--thanks to the Spenco insoles, but the true test would be how my feet felt after a few hours of skiing. I headed up to the Nordic Ski Center with a buddy. The snow was frozen rock-hard and kind of a pain to ski on. A little disappointing. Snow conditions aside, even after a couple or hours of kicking and gliding around on the groomed ski trails my feet felt great.

The molded heel cup and arch support make a nice saddle to support and hold my foot, but the thing that sets these apart from other replacement insoles I've used is the metatarsal support pad right behind the ball of my foot. It doesn't look like much but it makes a world of difference in the long run to relieve strain on the front and top of my foot.

Spenco makes an impressive variety of insoles for men, women and children. The Earthbound Insoles contain recycled and renewable materials.

Bottom Line: That my Earthbound Insoles found life in a pair of thrift store boots is very fitting (pun intended) because the insoles are earth-friendly and they helped me recycle a pair of boots.--A.S.

Buy Online: \$40, click here to shop at onlineshoes.com. icon, on sale at amazon.com.

Manufacturer's Site: www.spenco.com