

NIKE FREE 5.0

The Nike Free 5.0 offers runners increased foot strength and a barefoot-like feel. Nike Flywire technology delivers a dynamic, glove-like fit, and lightweight mesh provides optimal ventilation. Nike Free articulated flex grooves along the length and width of the midsole enhance flexibility and help maintain stability. The Nike Free 5.0 has an 8 millimeter midsole offset and lies in the middle of the Nike Free spectrum between a barefoot-like feel and a traditional athletic shoe.



- 1 Full inner sleeve construction made of textured sandwich mesh provides a dynamic, sock-like fit that hugs the foot but still allows for easy on and off.
- 2 Strategically placed synthetic overlays add lightweight durability and support.
- 3 Nike Flywire technology wraps the midfoot and arch from underneath the foot up through the laces for a glove-like fit. The soft, yet durable Nike Flywire technology moves with the foot to provide unparalleled comfort and less potential for hot spots.
- 4 Easy entry tongue construction features notches for easy and off.
- 5 Asymmetrical lacing system is offset to the lateral side of the foot to help reduce pressure over the top ridge of the foot for enhanced comfort.
- 6 Minimalistic, molded sockliner mimics the curvature of the foot to provide a great fit, enhance comfort and add support.

- 7 Low-profile Phylite midsole has a 8mm offset, provides a resilient ride and is tough enough to double as an outsole, reducing the overall weight.
- 8 Transtarsal diagonal cuts enhance flexibility and provide a more natural motion.
- 9 Flex grooves along the length and width of the midsole enhance flexibility and help maintain stability.
- 10 BRS 1000 carbon rubber under the highest-wear areas enhances durability.
- 11 Waffle outsole pistons work with the Phylite midsole by helping to absorb impact, and then spring back to the original shape for added responsiveness.
- 12 Strategically placed segments of solid rubber enhance traction and durability in key wear zones.