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(54) **HEATABLE AND COOLABLE INSERTS FOR FOOTWEAR**

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(57) **ABSTRACT**

An article of footwear may include an insert configured to receive a foot of a wearer. The insert may consist essentially of a casing configured to at least partially enclose a foot of a wearer and including a casing material and a high heat capacity material. The article of footwear may also include an outer assembly configured to receive the foot of the wearer when the foot is received within the insert.

25 Claims, 14 Drawing Sheets

