



How To Fix a Hole in the Sole of a Shoe

This short guide will walk you through the materials and steps needed to fix a hole in the sole of your Adidas Gazelle shoe.

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INTRODUCTION

If your Adidas Gazelles have seen better days and have acquired a hole in their sole, then this is the guide for you. This guide will walk you through how to repair a hole in the sole of your Adidas Gazelles in 7 easy steps. Repairing the hole in your Gazelles will protect them from water damage and restore them to their former glory.



TOOLS:

- [4" Putty Knife](#) (1)
- [Utility Knife](#) (1)
- [100 Grit Sandpaper](#) (1)
- [150 Grit Sandpaper](#) (1)
- [Towel](#) (1)



PARTS:

- [Shoe Goo](#) (1)

Step 1 — How To Fix a Hole in the Sole of a Shoe



- To begin, clean the Adidas Gazelles with some water on a towel.
- ⚠ Be careful not to use too much water or you could further damage your shoes.

Step 2



- Carefully use the utility knife to free the hole of any excess material.
- Make sure and clear the Gazelles of any debris that that could be stuck under the loose squares of the sole.

Step 3



- Use 100 grit sandpaper to roughen the inside surface of the hole.
- ⓘ This will help the shoe goo grip the surface of the shoe, and produce a more lasting fix.

Step 4



- Apply shoe goo to the inside of the hole in the sole of your Adidas Gazelles.

⚠ Make sure to apply evenly to avoid making your Gazelles off balance.

- If there is anywhere else on your Gazelle's sole that could use additional protection, apply shoe goo to those surfaces as well.

Step 5



- Take your putty knife and smooth the shoe goo flush to the surface of the sole.
- Try to spread the shoe goo in one direction to increase surface smoothness.

Step 6



- Now place your Gazelles in a safe and clean place to dry for 24 hours.

Step 7



- After 24 hours, use 150 grit sandpaper to rub down the surface of your filled hole to create a smooth surface.

Now with the hole repaired your Gazelles are ready for action. With the proper care you can extend their life for many years to come.