

2018 Shoe List

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Welcome to the 2018 shoes list for Drum Corps and Marching Bands. Every year I try to evaluate shoes that will work well in out activity. There are certain prerequisites for shoes that are suitable to the activity. Cost, injury prevention, construction, reliability, wear characteristics and value are but a few of the parameters.

Shoes for this activity need to be well suited and meet a few criteria. They need to have good lateral support given the movements of the activity. Running shoes fail this as they are built to run in straight lines. Many performers are confronted with this as they go to buy and the typical clerk at the local retail store tries to reason why a running shoe will work. It does not and those that buy them will be disappointed and/or injured. No more than we would expect performers to show up in football cleats because we are on a football field would we expect them to show up in running shoes. They must work with the individual's foot type so it is important to try them on and ensure a good fit. They must be economical. Athletes in this activity will go through 3 pairs of shoes on average each summer. I would prefer that an athlete spend a little less on shoes and change them out more often. Studies are published that show the shock absorption and cushioning of many athletic shoes is great diminished in a fairly short time as the materials used in the sole materials "bottom out" under loads. This is, of course, dependent on the foot type and physical size and activity of the athlete. New Balance continues to lead the way with a variety of shoes well suited while Asics seem to fit a wide variety of feet found within the demographic of the activity.

With this in mind you should take some time, try shoes on and find one that fits and feels good. Do not be afraid to try 3 of each shoe. With wide variability in sizing I always try a half size larger and a half size smaller in each shoe to ensure a good fit. Breaking shoes in is something we do not normally see a need for in this era of modern materials and shoe construction.

This year's list incorporates some tried and tested models and some new ones on the scene. Most of these are available at Kohl's, Dicks, Finish line and the regular places shoes can be found in most US Cities. Go armed with your list and use google to locate them near you. If you find the ones you like buy 2 or 3 pair and write down the name and where you got them. Put this somewhere Mom and Dad can find it in case you have to call home for a replacement pair.

| ASICS | BROOKS | NEW BALANCE | NIKE |
|------------------|---------------------|-----------------------|-------------------------|
| Gel Sonoma 3 | Beast | Mt 481wc3 Weatherized | Air Monarch **** + |
| Gel Venture 6 | Cascadia | 409v3 | Shox NZ |
| Jolt | Caldera | 590v3 | Air Max Full Ride |
| Gel Scram **** + | PUMA | 623 | Reax 8 TR **** + |
| | Tazon Modern Sl | 608 ***** + | Reax TR3Sl **** |
| Adidas | Tazon 6 | 410 | Ring Leader + |
| Questar Byd | Enzin Ripstop | 411 | Air Zoom Wildhorse |
| Cosmic 2 | Cell Surin 2 | 420 | SAUCONY |
| Kanadia Trail | HOKA ONE ONE | 560 | Peregrine |
| Terrex \$ + | Speed Instinct | Mt590rt3 + | |
| | FILA | Mx517ab3 | UNDER ARMOUR |
| TOPO MT2 | Memory TKO 5.0 | MT510 **** + | Horiz |
| | | MT 481 **** + | |
| | | 769 | * long proven models |
| | | | + denotes heavier loads |

2017 Models still available

| <u>Asics</u> | <u>Fila</u> | <u>New Balance</u> | <u>Nike</u> |
|--------------------|---------------------|--------------------|----------------------|
| Gel Venture | Decimus | MW 411 * | VXT |
| Evolution | AT Peake | MX 409 wg3 * | Air Monarch * |
| Sonoma | | MX 608 v4 * | Dart 12 |
| Gel Scram | <u>Columbia</u> | M510 * | Dart |
| Gel Tambora | Caldorado II | M450 | Reax Lightspeed |
| | Mountain Masochist | M610 * | Reax 9 |
| <u>Puma</u> | TransAlp | MT481 * | Reax |
| Tazon | | MT 590 * | Reax 8 TR |
| Tazon Modern | <u>Brooks</u> | MX 519 | Reax TR 3 |
| Super Elavate | Cascadia | M 412 | Dual Fusion Trail 2 |
| | Caldera | M 560 | |
| <u>Saucony</u> | | M619 | <u>Keen</u> |
| Grid Eclipse Trail | <u>Hoka ONE</u> | MT 612 | Versatrail |
| Cohesion Trail | Challenger Trail | M675 | Gypsum |
| Calibre | Mafate | Leadville | Flint |
| Xodus trail | | | |
| Nomad | <u>Skecher</u> | | |
| | Stamina Plus Rappel | | * long proven models |

Women's Shoes 2018

| | | | |
|---------------------------|---------------------|------------------------|-----------------------|
| <u>BROOKS</u> | <u>ASICS</u> | <u>COLUMBIA</u> | <u>MERREL</u> |
| Cascadia | Gel Venture | Mountain | All Out Crush |
| Pure Grit 4 | GT2000 Trail | Masochist | All Out Peak |
| | Sonoma | Caldorado II | |
| <u>NEW BALANCE</u> | Evolution | TransAlp | <u>SAUCONY</u> |
| WT910V3 | | | Xodus trail |
| W420 | <u>FILA</u> | <u>SALOMON</u> | Grid Eclipse Trail |
| W720 | Ravenue | XA Pro Trail | Peregrine Trail |
| WT690 | Aspect 4 | XA Comp | Cohesion Trail |
| WT 410 | TKO tr 5.0 | SpeedCross 4c | Excursion Trail |
| WT510 | | Wing Pro 2 Trail | Grid Escape TR2 |
| WX608 | <u>NIKE</u> | City Cross Aero | |
| Ww411 | Rockstar Reax | | <u>MIZUNO</u> |
| Ww669 | Reax Run 5 | <u>HOKA</u> | Wave Hayate |
| WL575 | | One Trail | |
| Wx409 | <u>RYKA</u> | Challenger ATR3 | <u>PUMA</u> |
| W560 | Infinite | TOPO Mt 2 | Tazon |
| W450 | Intent XT | | Super Elevate |
| | Aries | <u>KEEN</u> | Altra Lone Peak |
| | Comfort Walk | Saltzman | |

There are a number of other manufacturers that I will be able to evaluate but have not had much experience with Salomon, Vasque, Scoot, North Face, etc. If you email me, dtfreeman6@gmail.com with the model and manufacturer I will find a pair and attempt to give you feedback.

ON the subject of socks

The best socks we have found are a polypropylene blend. These are moisture wicking and tend to hold up a lot better and provide better comfort and protection than the cotton or cotton blends. They will say Moisture Wicking on the package and have trade names like Dry Wick, Clima Cool, Drystar or similar. The most economical place we have found is TJ MAXX. They usually have a good assortment at a pretty good price. Change them daily, Pack plenty of them.

TOUR AND FLIP FLOPS.

The only place for flip flops on tour is to head to the showers and the bathroom. We have treated a ton of injuries over the year when athletes put on flip flops at free time, pit members practice in them, athletes in the lots, and performers loading equipment. **PUT YOUR SHOES ON TO AVOID LOST REHEARSAL AND PERFORMANCE TIME.** Do not walk around on free time in these. (PLEASE!)

INSOLES

We highly recommend SPENCO products. We find the Full Length Orthotic and the Polysorb Cross Trainers to be the 2 types we use most often.

DSI Crossover

We have been involved in the development of the Crossover Shoes specifically built for this activity. It will have many of the characteristics of these OTC shoes and will be available from many outlets DSI distributes to in the activity. These are designed as practice/rehearsal shoes.

<http://dshowcase.com/crossovershoe/>