



**Dr. Freeman's Selection Requirements:**

- Versatility
- Affordability
- Purpose
- Durability
- Comfort
- Availability
- Active Injury Prevention



*Dr. Tom Freeman is a graduate of the Scholl College of Podiatric Medicine, from which he received his Doctor of Podiatric Medicine degree. He completed his Podiatric Surgical Residency at Trinity Regional Hospital in Fort Dodge, IA. He is Board Qualified by the American Board of Podiatric Surgery. A longtime member of medical team of The Cavaliers, he is one of the founding practitioners of Marching Arts Safety & Health.*

**MEN'S STYLES**



- Tracefinder
- Terrex Two Flow
- Terrex Trailrider
- Terrex Agravic Trail
- Terrex 3 Swift Hiker
- Soulstride
- AS2X



- Olympus 5
- Altra Lone Peak
- Timp
- Superior 5



- GEL Venture 8 \$
- GEL Venture 8 TRAIL \$
- Trabuco Max
- Trail Scout \$
- GT1000 Trail



- Brooks Catamount 2
- Catamount
- Divide
- Cascadia
- Caldera



- Crossover \$



- Grand Tier
- At Peake 24



- Speedgoat
- Torrent
- Stinson 6
- Challenger Trail
- Trail Code GTX



- Moab



- 412 v3 trail \$
- Fresh Foam X Trail
- 608 \*\*\* \$
- 519 \$
- 410 v7 Trail \$
- 481
- 460
- 481
- Hierro GTX
- HierroMID



- Pegasus TRAIL
- AIR Monarch\*\*\* \$
- Juniper



- Cell Surin
- Twitch Trail



- Excursion
- Endorphin Edge
- Peregrine Trail GTX
- Mad River TR2
- Xodus
- Cohesion
- Ride TR
- Grid Raptor \$



- Terrabite
- Equalizer
- Hillcrest



- Ultraventure



- HOVR
- Bandit Cross

**WOMEN'S STYLES**



- Montrail



- Crossover \$



- Challenger
- Torrent
- Speedgoat
- Speedgoat GTX
- Trail Code GTX
- Speedgoat MID



- Moab



- Fresh Foam More Trail
- 412 v3 Trail \$
- Fresh Foam X Trail 2
- 608 \$
- 623 v3 \$
- Nitrel v5
- 411
- Fresh Foam X Hierro
- Fr. Foam X Hierro GTX
- HierroMID



- Air Monarch \$
- Terra Kiger 8 Trail
- Pegasus 3 Trail
- Juniper Trail



- Voyage Nitro
- Explore Nitro



- Sky Walk Trail
- Summit Trail
- Kudos Trail
- Stride Trail
- DevotionXT mid-shaft



- Peregrine GTX Trail
- Ride TR
- Xodus Trail
- Endorphin Edge
- Peregrine Trail
- Excursion
- Grid Raptor

SCAN TO SHOP NOW



**LEGEND**

- \$ Value Priced
- 🔥 Xtra ankle support

# FOOTWEAR BULLETIN

Marching Arts  
Safety & Health



## THE DEFINITIVE SHOE LIST FOR MARCHING ARTS PERFORMERS!

For almost two decades we have been putting together this list for the drum corps activity. When we look back at the types and number of injuries we've observed since the early 2000s, we are pleased to report a drastic decline in both quantity and severity. In the early teens this list spread from our initial work with The Cavaliers to the drum corps community at large. We are celebrating the strides we have made in keeping members on the field and in rehearsals. Last year, for the first time, the only injuries we saw were from performers WEARING REHEARSAL SHOES WHICH DID NOT APPEAR ON OUR RECOMMENDED LIST!

After evaluating the current lines of shoes, the list reflects the cross trainers and trail run shoes that make up the best available for this activity. These shoes are chosen for function. You will look a lot better on the field performing than on the sideline in the latest coolest and cutest shoes you find.

### Background

The concept is simple. Find shoes that are affordable, that work with this activity and that are generally available for the athletes who wear them. We spent time at Kohls, Dick's, Shoe Carnival and similar stores twisting, turning, evaluating and researching. We talked to sales folk in all those places and found that NO ONE working there knew anything about our activity. They suggested many things and all were wrong. We encourage you to work from this list and do everything you can to stay on the field. For US, this simple concept keeps you marching.

### These shoes MUST:

- work on a variety of surfaces
- be affordable (you're going to need 2 or 3 pairs to really do this correctly) and available
- stand up to weather, water, sweat, dew and daily activity
- work with the biomechanics and movement of the activity
- actively work against injury be part of prevention
- must be comfortable and fit a wide range of foot structures and biomechanical variants

### Shopping

As you set out to find shoes TAKE THE LIST. You are going to have sales folks try to sell you what they think you need. Ask them about their knowledge of the activity. Then ask for shoes off the list. Fit them and try several pairs for fit. Use the "one thumb" rule. One thumb between the longest toe and the end of the shoe. Shorter and we'll likely be seeing you for nail injuries. My preference is for you to have 3 pairs of shoes than one expensive one. Shop accordingly. Keep the info for your parents. The perfect scenario: one pair for each part of your season: Pre Tour, Early Tour and Late Tour.

### Socks

In this day and age there are a ton of choices. COTTON IS DEAD! Modern-day athletes generally agree: polypropylene socks are the best bet. All manufacturers have a moisture wicking sock. Adidas® Climacool, Nike Dri-Fit, New Balance, Under Armour all have their models. These socks will give you a fighting chance against blisters, fungus and a variety of moisture related problems.

*Good luck in your search. Take this list and have fun!*



We are looking forward to NOT seeing you this summer! With hard work, a little luck and the right footgear, you will make it through the summer pain-free. If you have a shoe you think needs to be considered, take a pic and email it before you buy. — **Dr. Tom Freeman**

*About Dr. Freeman:*

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### Marching Arts Safety & Health

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