

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	<i>* long proven models</i>
			<i>+ denotes heavier loads</i>

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/>