

2020 Shoe List

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The 2020 shoe list for Performing Arts is a celebration. For almost 2 decades we have been putting together this list for this activity. When we look back at injuries and numbers starting in the early 2000s we are seeing a drastic decline in our injuries and the severity of those injuries. In the early teens this list spread from our work with Cavaliers to the drum corps community in general. 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 in performers NOT WEARING SHOES ON THE 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 NOONE 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 keep you marching.

These shoes must

- work on a variety of surfaces
- be affordable (you're going to need 2 or 3 pairs) 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 be seeing you for your 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. 3 pairs are Pre Tour, Tour early and Tour late.

Socks

In this day and age there are a ton of choices. COTTON IS DEAD!. In this day and age polypro is the best bet. All manufacturers have a moisture wicking sock. Adidas Clima cool, 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. Looking forward to **not** seeing you this summer. With any luck and the right footgear you will make it through the summer painfree. If you have a shoe you think needs considered, take a pic and email it before you buy.*

Men's Shoes

Adidas Timp 2	Brooks Cascadia	ALTRA Lone Peak	New Balance
Terrex Agravic XT	Saucony	Salomon	481 v3
Terrex Response Tr	Excursion 13	XA Elevate	+510 v4
Terrex Agravic TR	Peregrine ISO	XA Wild	+412 v3
ASICS	Xodus ISO	X Mission 3	MX519
GT-2000 (+)	Guide ISO 2 TR	XA Comp 8	MT481
Alpine XT 2	Mad River TR	XA Pro 3D	608 +
+Gel Venture 7	NIKE	Trailster	Nitrel v3
Frequent	Reax III TR		801 Trail
GEL-Sonoma 5	+Reax 8 TR		Salomon Supercross
GEL-Scram 5	+ Air Monarch		
Gel-Kahana 8		North Face Ultra 110	

+ long standing performers.

Women's Shoes.

Asics	NIKE	Ryka Devotion XT	New Balance
GELVenture 7 (+)	Air Wildhorse 5	Intent XT	Summit QOM
Scram 4	+Air Monarch (+)		411
Frequent	Reax	Altra Lone Peak 4.5	412v1
Alpine XT			WX608v5
GT-2000 8 or 7 TR+)		North Face	Nitrel V3
Gel-Kahana 8	Merrell Momentus	Hedgehog Fastpack	510v4 (+)
Adidas	Reebok Craze 2.0	Trail Escape Crest	608 (+)
Terrex Agravic XT	Saucony		
Terrex Agravic Flow	Excursion TR13	Brooks Divide	Saucony
TerrexRockadia Trail	Cohesion TR12		Guide ISO 2
Terrex Tracerocker	Mad River		Peregrine ISO