



Marching Arts Safety & Health



TRAINING SHOE RECOMMENDATIONS

Dr. Freeman's Selection Requirements:

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



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

adidas
Terrex Tracefinder
Terrex Trailrider
Agravic TT

ALTRA
Experience Wild
Timp
Torin
Lone Peak
Superior

asics
Kayano \$ ***
Contend
Venture
Trail Scout
Nimbus \$
Sonoma
GT 2000 ***
Excite
GT 1000 Trail
Trabuco

BROOKS
Cascadia
Caldera
Adrenaline

Columbia
Konos TRS \$

DSI
Crossover

HOKA
Bondi
Speedgoat
Challenger
Stinson
Clifton

new balance
608 *** \$ (W)
510 Trail \$
410 Trail \$
Nitrel V6
408
412 Trail \$

Nike
Air Monarch *** \$ (W)
Reax 8 \$
Wildhorse
Pegasus Trail

n
Cloudsurfer
Cloudultra Trail

PUMA
Tazon
Voyage NITRO
FAST-Trac NITRO 3
FAST-Trac NITRO 4

SALOMON
Genesis
Vison

saucony
Excursion
Ride
Peregrine
Xodus

SKECHERS
Terraform
Equalizer Trail
Afterburn

topo
Athletic
Traverse
Terraventure
Ultraventure

UNDER ARMOUR
Bandit Trail
EXPLOR

LEGEND

\$ Value Priced
(W) Wide Sizes Available
*** "Proven Performers"

WOMEN'S STYLES

PUMA
FAST-Trac NITRO
Voyage NITRO
NITRO 3
NITRO 4

rykō
Upside
Devotion

saucony
Peregrine GTX
Peregrine Trail
Excursion TR
Xodus
Ride

SALOMON
Genesis
Speedcross
XA Pro

adidas
Agravic Flow
Terrex Soulstride
Terrex Tracefinder

ALTRA
Lone Peak
Timp
Experience Wild
Olympus
Superior

asics
Nimbus ***
GT 2000
Trabuco
Pulse
Sonoma ***
Excite
GT-1000 TR

BROOKS
Caldera
Cascadia
Glycerin
Catamount

Columbia
Konos TRS

DSI
Crossover

HOKA
Speedgoat
Challenger
Transport
Bondi
Clifton
Zinal

new balance

Dynasoft Nitrel
410 Trail \$ (W) ***
608 \$ (W) ***
Tektrek
Catalyst
408
412 Trail

Nike
Pegasus Trail
Wildhorse
Kiger
Air Monarch \$ ***

n
Cloudsurfer
Cloudultra
Cloudvista

SCAN TO SHOP



DCI.ORG/SHOES