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1,515,665

T. W. ECK

TOE WEIGHT

Filed Nov. 16, 1922

Fig. 1.

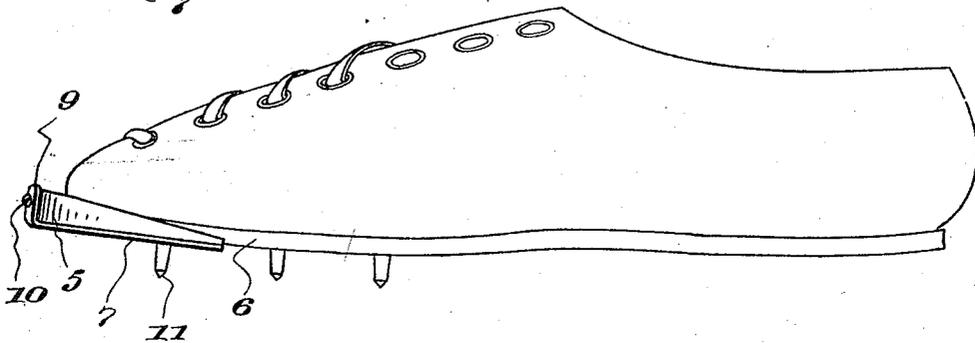


Fig. 2.

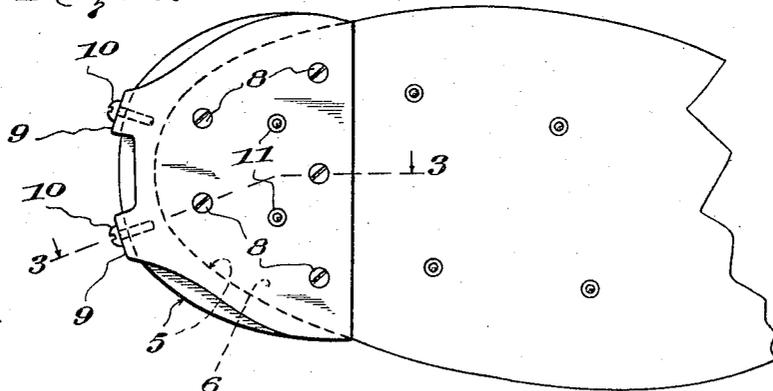
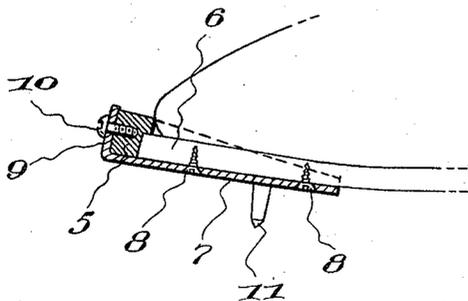


Fig. 3.



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UNITED STATES PATENT OFFICE.

THOMAS W. ECK, OF CHICAGO, ILLINOIS.

TOE WEIGHT.

Application filed November 16, 1922. Serial No. 601,266.

To all whom it may concern:

Be it known that I, THOMAS W. ECK, a citizen of the United States, residing at Chicago, in the county of Cook and State of Illinois, have invented new and useful Improvements in Toe Weights, of which the following is a specification.

This invention relates to shoes which are worn by professional and amateur runners, and it is the object of the invention to provide the shoe with a weight which is positioned to correct the wearer's gait or stride as will be pointed out in the detailed description appearing hereinafter.

In order that the invention may be better understood, reference is had to the accompanying drawing, wherein:

Figure 1 is a side elevation of a shoe showing the application of the invention; Fig. 2 is a plan view thereof, and Fig. 3 is a section on the line 3—3 of Fig. 2.

Referring specifically to the drawing, the weight is a piece 5 of metal which is fitted to the forward or toe portion of the shoe sole 6 at the edge thereof, and in order that it may be fitted to this portion of the sole, it is made U-shaped. The weight 5 is held in place by a retaining plate 7 which is secured to the bottom of the sole by screws or similar fasteners 8, and has upturned ears 9 to engage the forward edge of the weight and receive screws or similar fasteners 10 which are threaded into the weight. The plate 7 is also apertured for the passage of some of the usual spikes 11 with which the sole 6 is fitted.

By fitting the shoe with the hereinbefore described weight 5, the amount or stroke of the runner's backward up-kick is materially reduced and transformed into a stride. This is desirable for the reason that in kicking the heels up, extra time and energy is consumed without adding to the hori-

zontal or actually useful stroke or stride. The weight will keep the foot down and straight without inducing fatigue, and hence it will greatly improve the runner's horizontal stride.

I claim:

1. The combination with a shoe, of a weight fitted to the toe portion of the sole thereof, a retaining plate secured to the bottom of the sole and having upturned ears positioned opposite the edge of the weight, and fasteners passing through said ears and into the weight.

2. The combination with a shoe, of a weight for the toe portion thereof, said weight being a member which is U-shaped to fit the toe portion of the sole, and clamping means carried by said sole and engageable with weight for holding the same in place.

3. The combination with a shoe, of a weight for the toe portion thereof, said weight being a member which is U-shaped to fit the toe portion of the sole, a retaining plate secured to the bottom of the sole and having upturned ears positioned opposite the edge of the weight, and fasteners passing through said ears and into the weight.

4. The combination with a shoe sole; of a weight, a keeper portion carried by said weight and engageable with the toe of said sole, and means carried by said sole and engageable with said weight for holding said keeper portion in frictional engagement with said sole.

5. The combination with a shoe, of a weight fitted to the toe portion of the sole thereof, a retaining plate secured to the bottom of the sole, and means carried by said plate and engageable with said weight for holding the same in place.

In testimony whereof I affix my signature.
THOMAS W. ECK.