

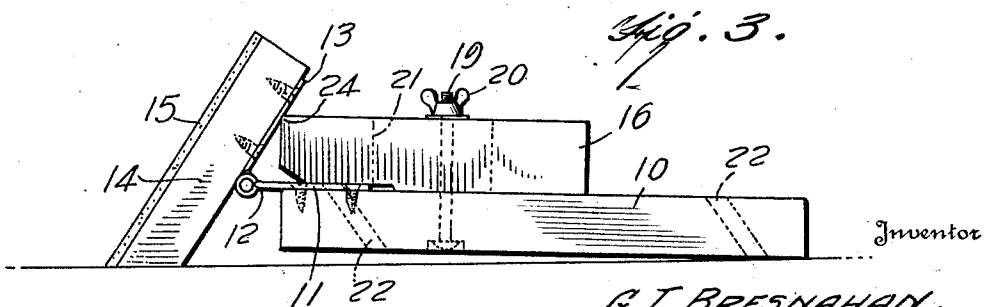
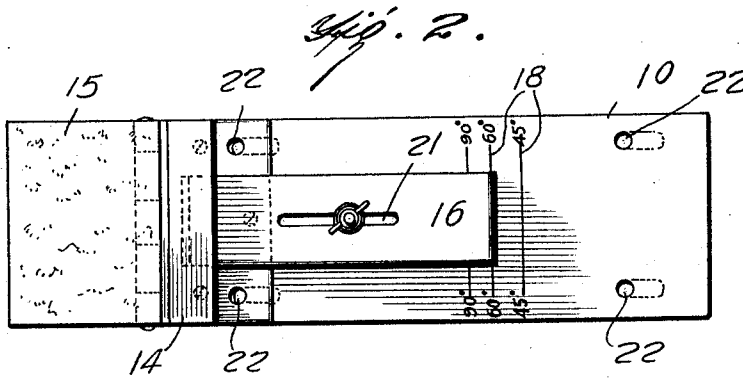
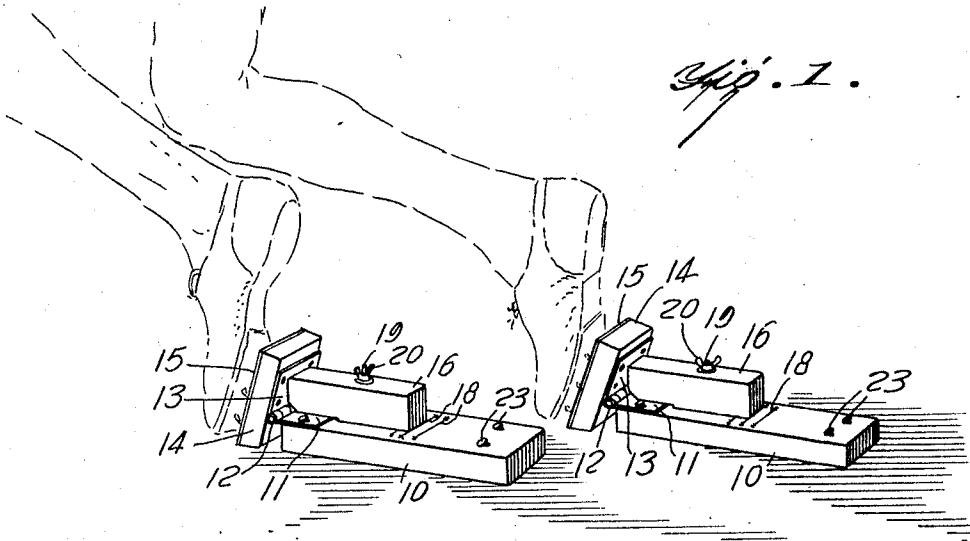
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G. T. BRESNAHAN

FOOT SUPPORT

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FOOT SUPPORT.

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My invention relates to what might be termed a starting block used in connection with a running track or field whether it be a board track or cinder path.

5 It is a well known fact that in short runs or sprints the moments of greatest importance are those in the "get-away" or the driving from their starting marks. The outdoor track athletes usually dig holes in the ground
10 in an effort to get a firm foothold but inasmuch as the firmness of the soil or cinders is of great variance this is frequently very impractical.

15 One of the principal objects of my invention resides in the provision of a very simple, inexpensive, compact and highly effective device of this character which may be readily placed in its proper position or removed therefrom. A further object of my invention
20 resides in a means for tilting this device so that it may conform to the feet of the various individuals. These and other objects will be apparent as the description proceeds.

25 The scope of my invention extends to whatever constructions may be defined by or included within the terms or language of the appended claims.

In the drawings:

30 Figure 1 is a view in perspective illustrating my invention in its operative position;

Figure 2 is a top plan view thereof, and
Figure 3 is a side elevation.

35 My invention in the form or embodiment shown in the drawings and briefly described comprises two similarly constructed devices, for the use of each athlete, that is to say one for the right foot and one for the left. Each
40 of the devices comprises a ground block, 10, which is preferably in the form of a rectangular piece of wood and adapted to be adjusted to the running track whether it be wood, cinders or the like. To the forward end of the ground block, 10, is secured one plate, 11,
45 of a hinge, 12, by screws or other suitable means. The other plate, 13, of the hinge, 12, is secured to an adjustably mounted block, 14 against which the runner's foot bears. For the purposes of permitting a very firm
50 foot-hold for the athlete I provide a cork or rubber plate, 15, on the outer surface of the adjustably mounted block, 14.

Various angles of tilt may be given the

adjustably mounted block, 14, which is accomplished by means of a slidably mounted member, 16, which is arranged to slide longitudinally of the ground block, 10. Graduations, 18, are arranged upon the upper surface of the ground block, 10, so that the adjustably mounted block may be given certain
55 or predetermined angles as for example 30, 45 or 60 degrees. For the purpose of locking the slidably mounted block, 16, with respect to the ground block I provide a bolt and wing nut, 19 and 20. The bolt, 19 is preferably firmly secured in the ground block, 10,
60 whereas the slidably mounted member, 16, is provided with a longitudinally extending slot, 21.

Downwardly and rearwardly arranged openings, 22, are located at the front and rear
65 ends of the ground block, 10, for the purpose of receiving suitable nails or spikes, 23. When this device is used in connection with a board track suitable openings may of course be arranged in the floor in proper relation-
70 ship to the starting line.

As is clearly shown in Figure 3 it will be noted that the forward and upper corner or edge, 24, of the slidably mounted member, 16, firmly rests against the adjacent portion
75 of the plate, 13, of the hinge, 21. In this position of the adjustably mounted block, 14, the front end of the ground block, 10, would be slightly elevated above the ground. This of course has a tendency to cause the adjust-
80 ably mounted block, 14, to firmly be seated against either the surface or floor of the track.

What I claim is:

1. A device of the character described comprising a member adapted to rest upon the surface of a track, an adjustably mounted
85 block adapted to support a foot and slidable on said member, and means interconnecting said block and member for varying the tilt of said adjustably mounted block.

2. A device of the character described comprising a ground block adapted to be located upon the surface of a track, a foot support
90 pivotally mounted thereon and a movable member interposed between said ground block and the foot-supporting member on
95 said ground block.

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