

April 23, 1929.

A. M. BARRON

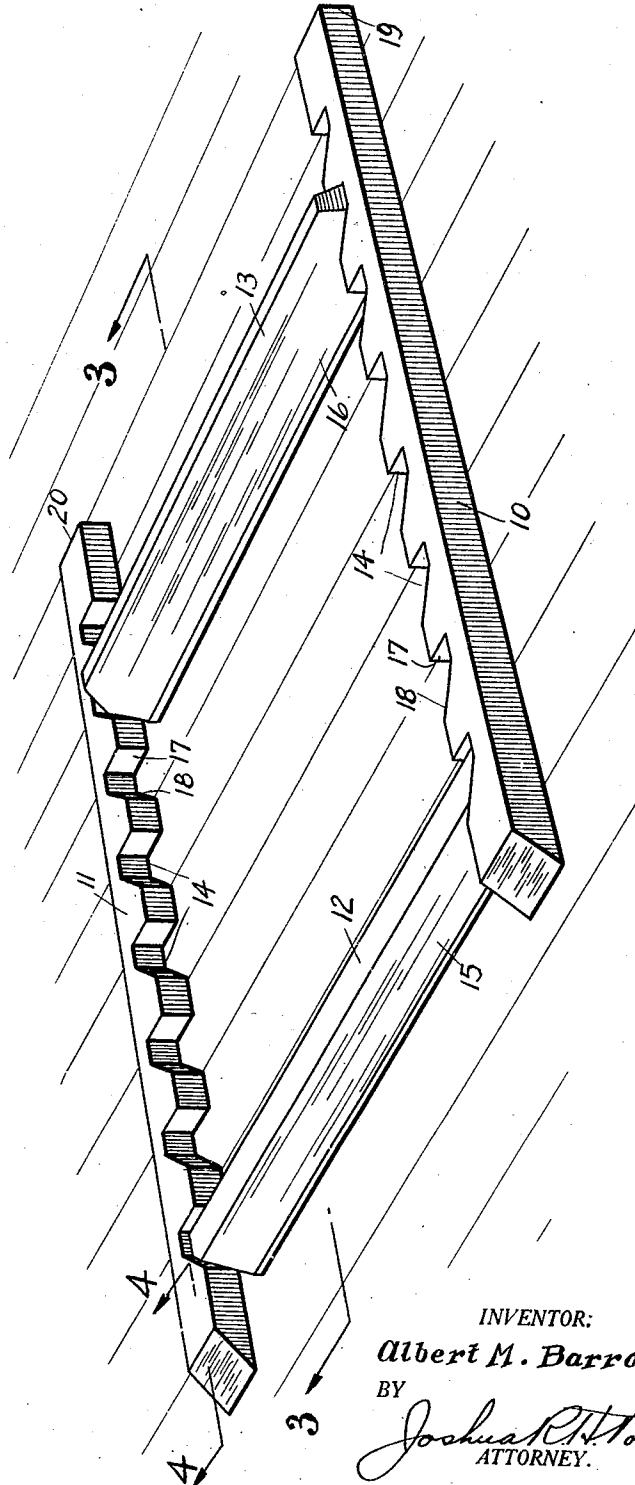
1,709,832

STARTING BLOCK

Filed July 14, 1928

2 Sheets-Sheet 1

Fig. 1.



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FIG. 2.

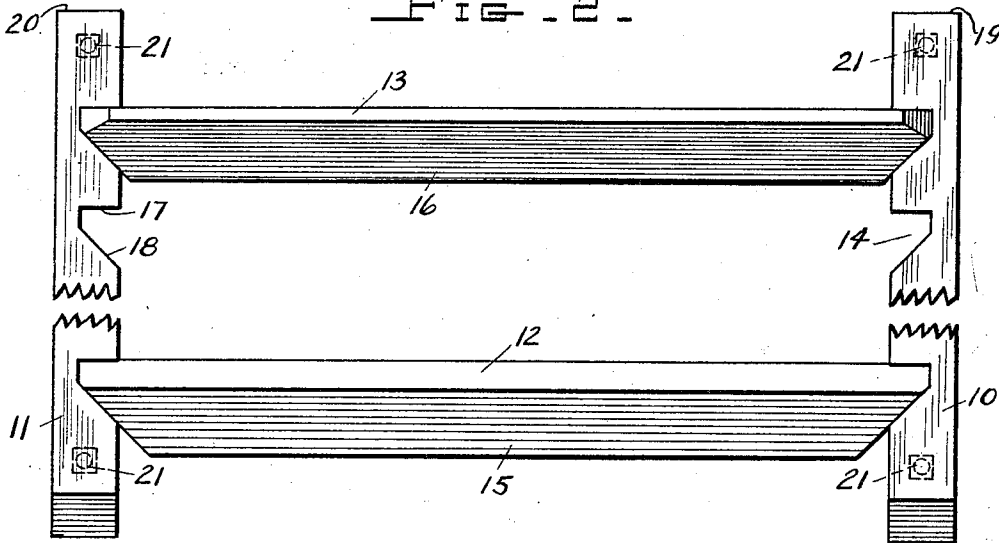


FIG. 3.

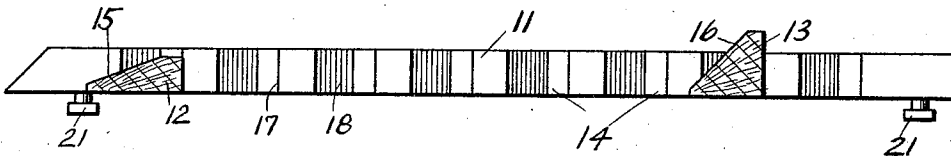


FIG. 4.

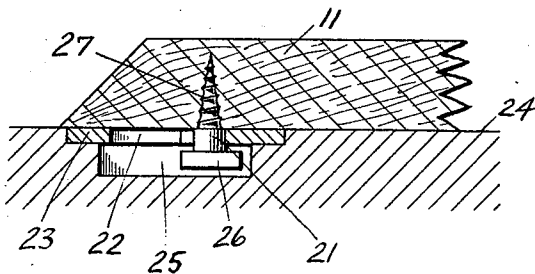
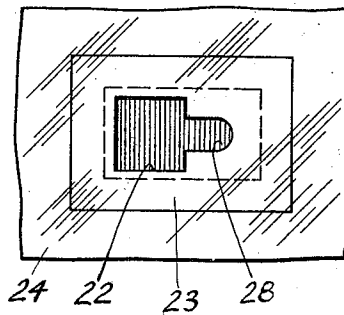


FIG. 5.



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UNITED STATES PATENT OFFICE.

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STARTING BLOCK.

Application filed July 14, 1928. Serial No. 292,852.

My invention relates to running track equipment and more particularly to a starting block for use on hard surfaced tracks.

Before starting a race, runners are accustomed to dig "toe holds" in the track or ground in order to provide a purchase which will enable them to spring into a quick start. When running indoors, or on any hard surfaced track, the runner is deprived of this advantage.

The object of this invention is to provide a starting block which will enable runners to step into a quick start and which is particularly adapted for training runners indoors in preparation for outdoor races.

I attain this object by providing a starting block consisting of side pieces, which may be anchored to the floor, and cross-bars against which the runner may place his feet, as more fully described herein and illustrated in the accompanying drawings, in which

Figure 1 is a perspective view of a starting block embodying my invention,

Figure 2 a fragmentary top view of same,

Figure 3 a longitudinal section on line 3—3 on Figure 1,

Figure 4 an enlarged fragmentary section through one end of a side piece and a section of the floor, as indicated by line 4—4 on Figure 1, and

Figure 5 a plan view of a floor plate and a small section of the floor.

Referring to the drawings, the starting block consists of a pair of side pieces 10 and 11, a front cross-bar 12 and a rear cross-bar 13. In order to adjust the block to fit runners of different heights as well as to provide means for handicapping runners, the cross-bars are preferably adjustable in the side pieces, each of which may have a series of notches 14 into which the ends of the cross-bars extend.

Cross-bars of desirable cross-sectional outline are shown in the drawings, the front cross-bar preferably having a greater width than height and an inclined face or tread 15, which slopes slightly to the horizontal, and the rear cross-bar preferably having a greater height than width and an inclined face or tread 16, which slopes sharply to the horizontal, so that a solid bearing of substantial area is provided for each of the

runner's feet when he is in starting position. The length of the cross-bars may be such that the width of the starting block is equal to the lane in which the runner is to run or to the width of the hurdles which he is to negotiate.

The notches may have their rear edges disposed at right angles to the centerlines of the side pieces and the forward edges inclined thereto and the cross-bars have their ends shaped to fit the notches so that they are held solidly against rearward movement while permitting them to be easily removed or replaced.

The starting block may be held against rearward movement by placing the rear ends 19 and 20 of the side pieces against a wall or other support but the block is preferably anchored to the floor. One method of anchoring the block is illustrated in Figures 4 and 5 in which the side pieces are shown provided with lugs 21 for engaging a key-hole slot 22 in a floor plate 23 secured to the floor 24 which has a recess 25 for accommodating the head 26 of the lug. The lug may conveniently be an ordinary lag screw having a threaded end 27. When the lugs are moved into the small ends 28 of the slots, the side pieces can not be moved laterally, rearwardly or upwardly but the block may be quickly detached from the floor and taken apart when no longer needed at that location.

While I have illustrated and described one embodiment of my invention, it will be understood that modifications may be made without departing from the spirit thereof and, hence, I do not wish to limit myself to the precise construction set forth but consider that I am at liberty to make such changes and alterations as fairly come within the scope of the appended claims.

I claim:

1. A starting block for runners including side pieces, cross-bars between the side pieces, and means for securing the block against movement.

2. A starting block for runners including side pieces having notches, cross-bars in the notches, and means for securing the block against movement.

3. A starting block for runners including

side pieces, a front cross-bar between the side piece, a rear cross-bar, thicker than the front cross-bar, between the side pieces, and means for securing the block against movement.

- 5 4. A starting block for runners including side pieces having series of notches, cross-bars having their ends in notches in each side

piece, plates attachable to a floor and having key-hole slots, and lugs secured to the side pieces and adapted to enter the slots for 10 holding the block against movement.

In testimony whereof I have signed my name to this specification.

ALBERT M. BARRON.