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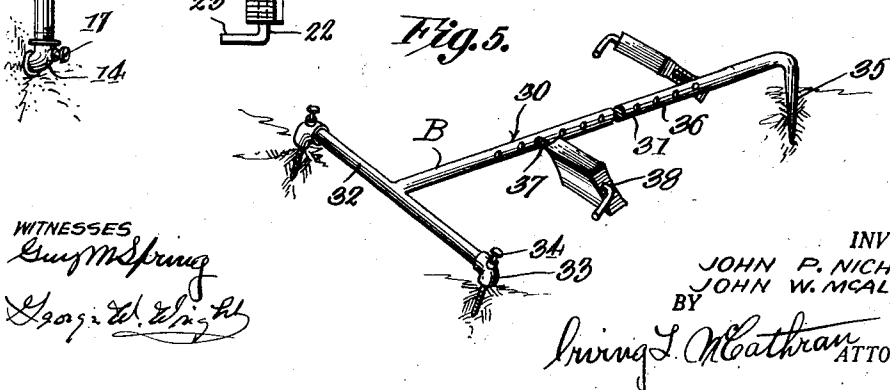
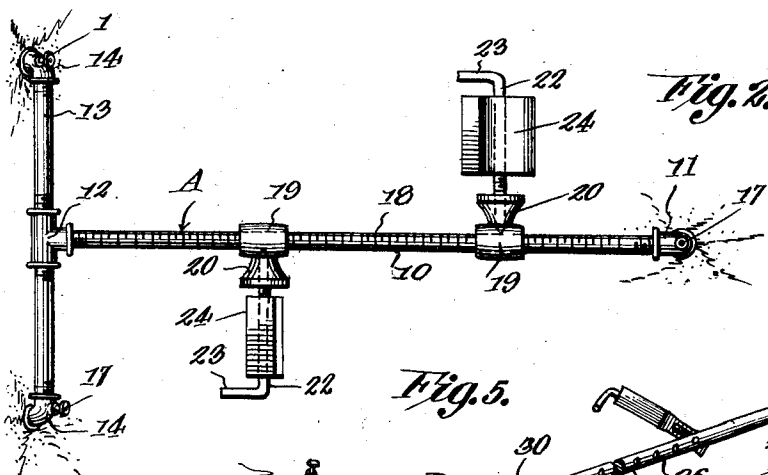
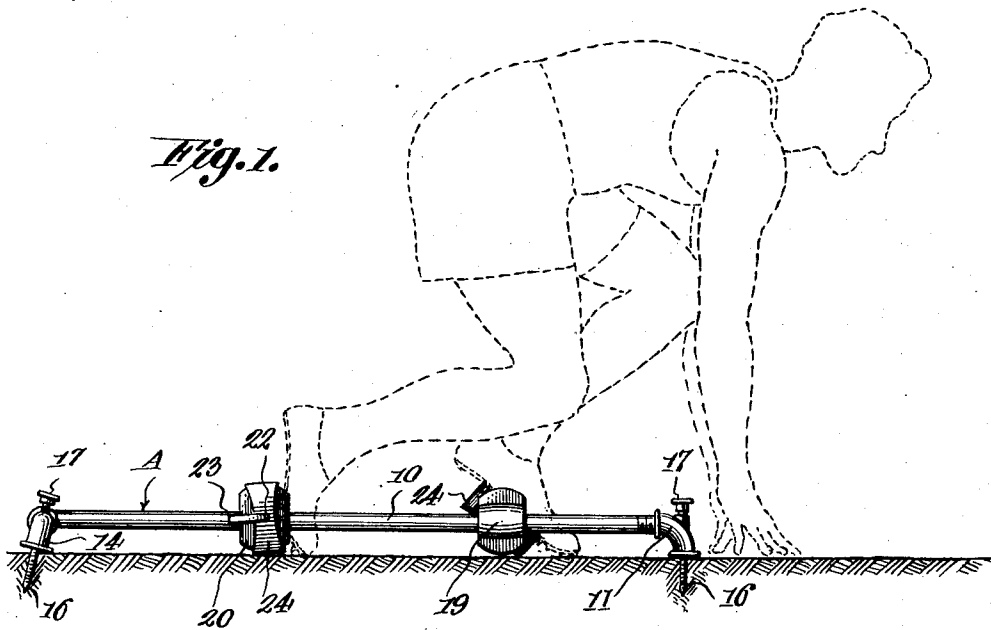
J. P. NICHOLSON ET AL

1,785,968

SPRINT STARTING APPLIANCE

Filed Feb. 23, 1929

2 Sheets-Sheet 1



WITNESSES

George W. Wright
George W. Wright

INVENTORS

JOHN P. NICHOLSON
JOHN W. MCALLISTER

BY

Livingston McCallister
ATTORNEYS.

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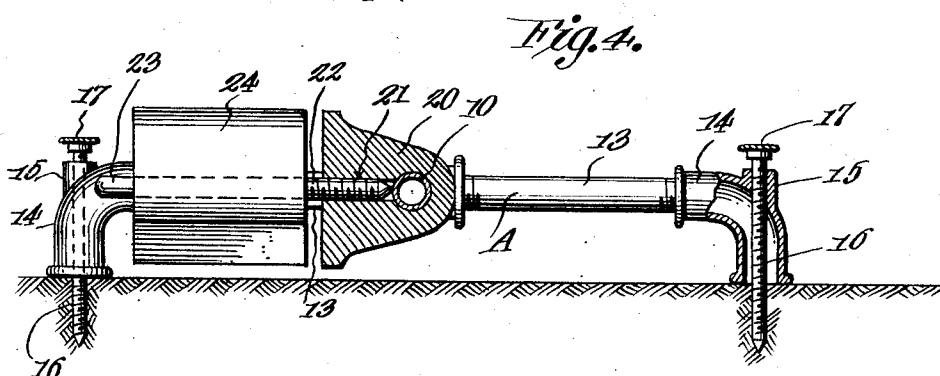
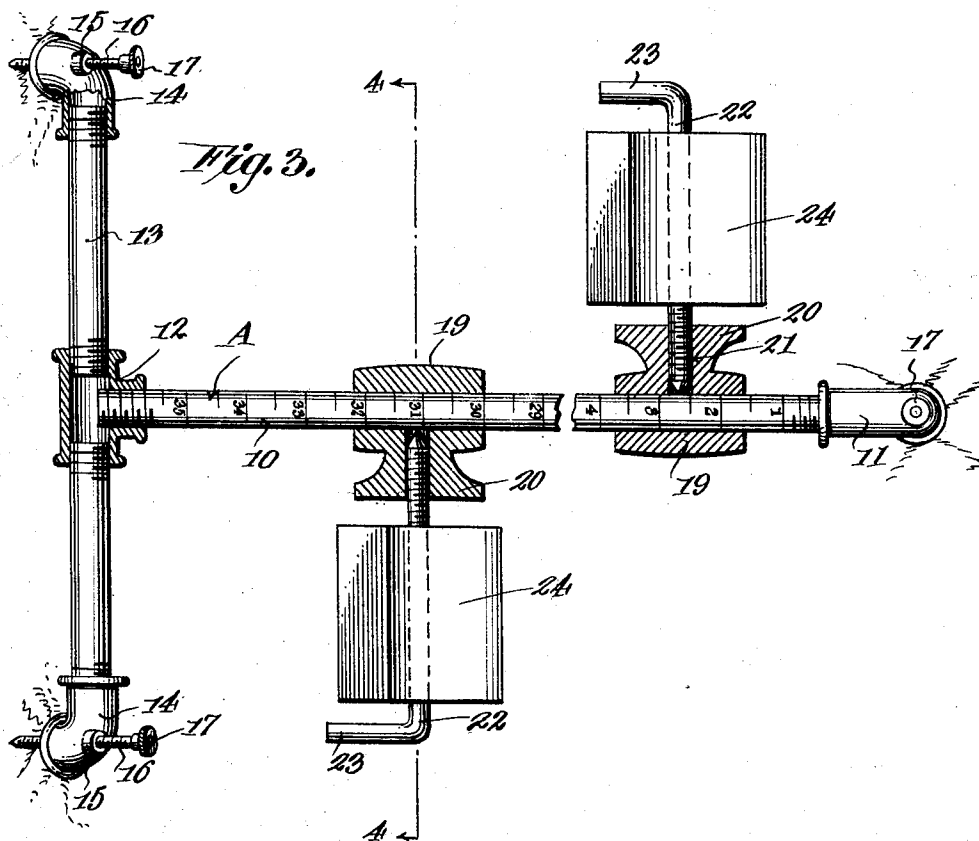
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2 Sheets-Sheet 2



WITNESSES

Guy M Spring
George W. Wright

INVENTORS

JOHN P. NICHOLSON

JOHN W. McALLISTER

BY

BY
Living L. Mcathran
ATTORNEYS.

UNITED STATES PATENT OFFICE

JOHN P. NICHOLSON AND JOHN W. McALLISTER, OF NOTRE DAME, INDIANA; SAID
McALLISTER ASSIGNOR TO SAID NICHOLSON

SPRINT STARTING APPLIANCE

Application filed February 23, 1929. Serial No. 342,113.

This invention relates to accessories for track meets, and more particularly to a sprint starter for runners both in gymnasium and field tracks.

5 In sprint races, difficulty is encountered in getting the proper foothold for the getaway, which is of prime importance in races of this character and the athlete is now under the necessity of digging footholds in the track,
10 which is often impossible and inadvisable and which materially delays or holds up the races. Further the sprinters under these conditions have a tendency to start before the proper signal is given, which adds further
15 confusion and delay to the race.

It is therefore a salient object of this invention to provide a novel device which will give the proper foothold to the athlete and which will throw the body of the athlete in
20 proper posture for starting and eliminate the tendency to start before the firing of the gun or the starting signal.

Another important object of the invention is the provision of a unitary device which
25 can be quickly associated with a track, whether the same is a cinder track or board track, having footholds or pedals against which the feet of the sprinter can be placed, the pedals rocking with the feet of the sprinter, as the sprinter rises from "on his mark"
30 position to his "get set" position, the pedals being so arranged as to give the proper starting posture to the athlete with the maximum amount of starting leverage.

35 A further object of the invention is the provision of a sprint starting device embodying a unitary device including a central graduated supporting rod with means for connecting the same to a track, the rod having adjustable thereon pintle shafts which
40 rockably support the pedals or footholds for the sprinter, the adjustability of the shafts on the rod allowing the device to conform to the individual stride and personal characteristics of an athlete.
45

A further object of the invention is the provision of a sprint starting device embodying a central graduated rod with novel means
50 for anchoring the rod to a track, slide blocks

screws and pedal shafts carried by the blocks for holding the blocks in an adjusted position on the shafts and for rockably receiving the pedals against which the feet of the athlete bear.

A still further object of the invention is to provide a novel sprint starting device of the above character, which will be durable and efficient in use, one that will be simple and easy to manufacture and one which can be
60 placed upon the market at a reasonable cost.

With these and other objects in view, the invention consists in the novel construction, arrangement and formation of parts, as will be hereinafter more specifically described,
65 claimed, and illustrated in the accompanying drawing, in which drawing:

Figure 1 is a side elevation of the improved device showing the same in use;

Figure 2 is a top plan view of the improved device;

Figure 3 is an enlarged fragmentary top plan view of the device showing the same partly broken away and in section;

Figure 4 is an enlarged transverse section
75 taken on the line 4-4 of Figure 3 looking in the direction of the arrows; and

Figure 5 is a detail perspective view of a modified form of the sprint starting device.

Referring to the drawing in detail, wherein
80 similar reference characters designate corresponding parts throughout the several views, the letter A generally indicates the improved sprint starting device which comprises a longitudinally extending central
85 metal rod 10 which can either be in the nature of a solid bar or of hollow tubing or pipe. The opposite ends of the rod 10 are threaded for the reception respectively of an elbow 11 and a T-coupling 12. The T-coupling 12 has
90 threaded into the same oppositely extending arms 13, which in turn have threaded on the outer terminals thereof elbows 14. The elbows 11 and 14 form supporting feet for the device and it is to be noted that the single
95 elbow foot 11 is arranged at the front of the appliance so that there will be no part of the apparatus in the path of the runner in getting his start. The rear elbows or feet 14 are preferably arranged at a slight angle to the
100

vertical so as to withstand the thrust exerted on the device incident to the start of the sprinter using the appliance. The elbows 11 and 14 have formed therein threaded sockets 15 for the reception of threaded spikes 16 for engaging the track whether the same be a board track or a cinder path. It is to be noted that the threaded spikes are provided with manipulating heads 17 and that the spikes are in the nature of so-called "stage screws".

In accordance with the invention and to facilitate the use thereof, the rod 10 is graduated throughout its length as indicated by the reference character 18 for a purpose which will be later described, and the rod has slidably and rotatably mounted thereon blocks 19 carrying heads 20. These blocks 19 with their heads 20 are provided with threaded bores 21 which adjustably receive combination axles and set screws 22. The outer ends of the set screws have cranks 23 formed thereon for facilitating the adjusting or turning thereof. These set screws 22 act as means for impinging against the rod 10 to hold the blocks 19 in adjusted position on the rod 10 and form shafts or axles for rotatably receiving foot blocks or pedals 24 which preferably have the opposite sides thereof concave, to conform to the curvature of the foot incident to the position thereof in starting a race.

The graduation 18 of the rod considerably facilitates the adjusting of the blocks 19 thereon, so as to permit the foot pedals 24 to be set according to the stride and characteristics of a runner and it can be seen that the screws and axles can be readily turned for holding the blocks in proper place.

We lay particular stress on the fact that we have provided a unitary device and that the foot pedals 24 are freely rockable so as to give with the foot of the runner as he changes from one position to the other during the start of the race and the fact that the members 22 act as combination axles and set screws.

Referring to Figure 1 of the drawing it will be seen that after the pedals 24 have been adjusted to their position according to the individual characteristics of the runner, the same can be readily set on a track and held in place by the spikes 16 and the runner, by placing his feet against the pedals, can obtain a proper foothold to facilitate a quick start and the proper and necessary leverage incident to said start. The pedals also act as means for giving the proper posture to the body of the runner for the start and eliminating the tendency of the runner to start before the firing of the gun incident to the raising of the runner from his "on his mark" position to his "get set" position.

In Figure 5 we have illustrated a slightly modified form of the sprint starting device which is of a substantially integral structure. This device is generally indicated by the reference character B and comprises a T-shaped

solid bar 30 including the longitudinally extending leg 31 and laterally extending arms 32. The terminals of the arms 32 have threaded or otherwise secured thereto the elbow feet 33 which receive the holding spikes or screws 34. The forward end of the leg 31 can be sharpened and bent at right angles to provide a holding spike 35. The leg 31 can be provided at spaced points with threaded sockets 36 for receiving the threaded ends of supporting axles 37 for the foot pedals 38. If desired the elbows 33 can be eliminated and the terminals of the arms 32 bent and sharpened to provide spikes, the same as the spike 35. This form of device is used the same as the form previously described, but is of a somewhat simpler construction.

From the foregoing description, it can be seen that we have provided an exceptionally simple and novel appliance which will facilitate the starting of sprinters in sprint races.

Attention is again directed to the form shown in Figures 1 to 4 of the drawing, and it is to be noted that in this form the device can be readily taken apart so that the same will occupy a minimum amount of space during shipping or storing, and it is to be also noted that the blocks 19 can be thrown on either side of the rod 10.

Changes in detail may be made without departing from the spirit or the scope of this invention, but what we claim as new is:

1. A sprint starting device for track meets comprising a single central support, and foot holds carried by and projecting laterally from the opposite sides of the support.

2. A sprint starting device for track meets comprising a single central support for connection with the track, and a pair of rockable foot pedals carried by and projecting laterally from the opposite sides of the central support.

3. A sprint starting device for track meets comprising a support, a foothold projecting laterally from the side of the support, means for securing the foothold to the support for permitting the foothold to automatically adjust itself to the movement of the foot of the user.

4. A sprint starting device comprising a centrally disposed rod, means for anchoring the rod to a track, and footholds carried by said rod and projecting from the opposite sides thereof.

5. A sprint starting device comprising a centrally disposed supporting member, means for anchoring the member to a track, and pedals rockably carried by and projecting from the opposite sides of said supporting member.

6. A sprint starting device for track meets comprising a longitudinally disposed supporting member, means for anchoring the member to a track, foot pedals adjustably

mounted on said member and projecting from the opposite sides thereof.

7. A sprint starting device comprising a longitudinally disposed supporting member for engaging a track, and foot pedals adjustable longitudinally of said member and projecting laterally from the opposite sides thereof.

8. A sprint starting device for track meets comprising a longitudinally extending supporting member for connection with the track, and pedals adjustable longitudinally on said supporting member, said pedals being rockable.

9. A sprint starting device for track meets comprising a longitudinally extending supporting member for connection with the track, slide blocks adjustable on said member, combined axles and set screws carried by the block for impinging against the supporting member, and foot pedals rockable on said axles.

10. A sprint starting device for track meets comprising a longitudinally extending graduated rod, slide blocks mounted for longitudinal movement on the rod, axles adjustably carried by the slide blocks for impinging against said rod, foot pedals rockably mounted on said axles, laterally extending arms carried by the rear end of the rod, depending feet carried by the outer terminals of the arms and the forward end of the rod, and track engaging screws adjustably carried by said feet.

In testimony whereof we affix our signatures.

JOHN P. NICHOLSON.
JOHN W. McALLISTER.