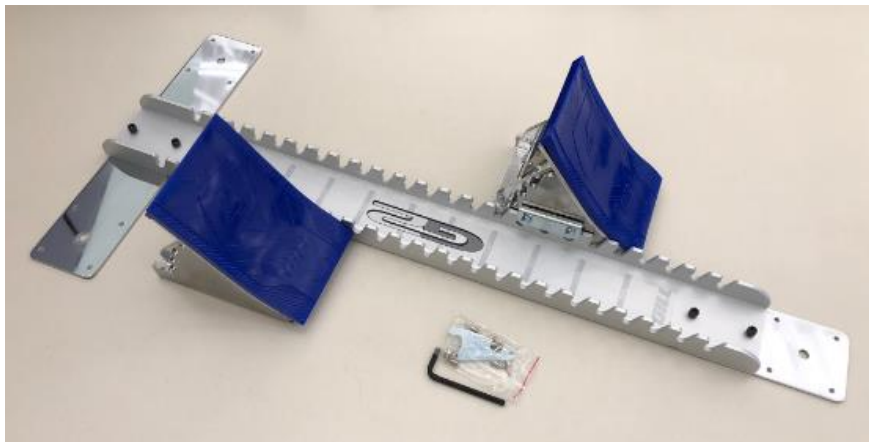




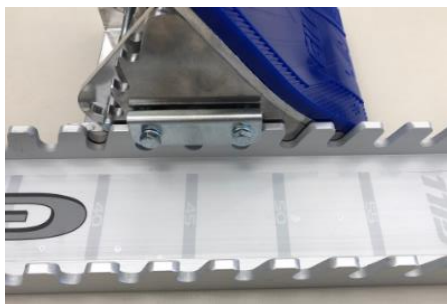
www.gillathletics.com
800-637-3090

410 – G2 STARTING BLOCK CUSTOMER INSTRUCTIONS



Designed for high level competition. Constructed of aircraft quality aluminum. Pedals feature four angle adjustments.

Includes ½" pyramid spikes for synthetic tracks.



Pedals adjust easily along the length of the rail.

Ruled decal makes repeatable pedal set-ups quick and easy.



45°



55°



65°



75°

Pedals feature four angle adjustments.



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410 – G2 STARTING BLOCK CUSTOMER INSTRUCTIONS



The 410 G2 Starting Block consists of the following:

- 1x G2 Rail
- 1x Front Stake Plate
- 1x Rear Stake Plate
- 1x Right Pedal
- 1x Left Pedal
- 4x Stake Plate Screw
- 12x Pyramid Spikes ½"
- 1x Allen Wrench
- 1x Spike Wrench



Using the four screws and provided Allen wrench, fasten the front and rear stake plates to the rail. The front stake plate should be at the end of the rail with the "10" marking. The rear stake plate should be at the end of the rail with the "55"

Turn the starting block over and install the track spikes with the provided spike wrench. The large hole between the spike locations is for an anchor pin for cinder tracks or tracks with anchor pin sleeves.



Turn the starting block back over and place the pedals on the rail so that they engage the "teeth" of the rail. The pedals should face the front of the rail, towards the "10" marking. Adjust the angle of the pedals as needed.

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410 – G2 STARTING BLOCK CUSTOMER INSTRUCTIONS



841
1/2" Pyramid Spikes (bag of 100)



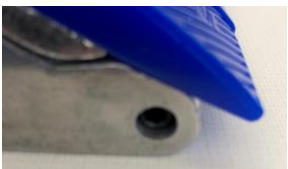
P41002
Anchor Pin with Cap (bag of 3)
Sold Separate



P41012
Bracket Bushing (single)



P41007
Pedal Bracket



REPL00042
Pedal Hinge Set Screw
M6 X 25 (bag of 10)



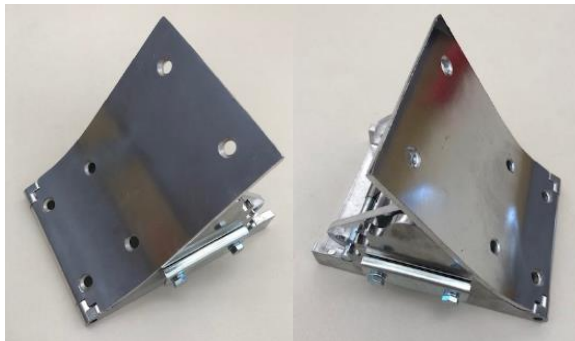
41040C02
Blue Pad



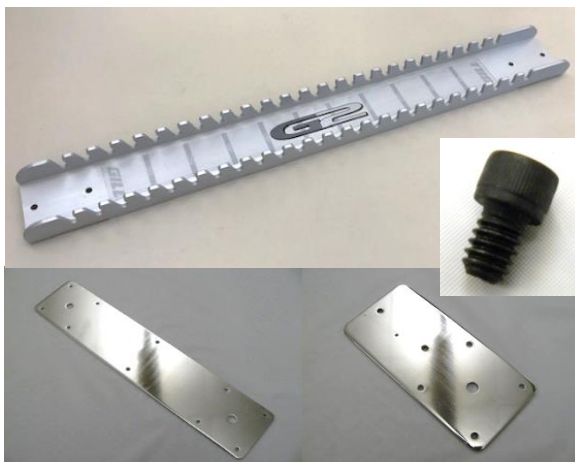
41040C03
Red Pad



41040C12
Black Pad



41020
Left & Right Pedal Block (without pads)



41010
G2 Rail & Front and Rear Stake Plate &
Stake Plate Screw, 1/4"-20 x 3/8" socket cap (qty 4)