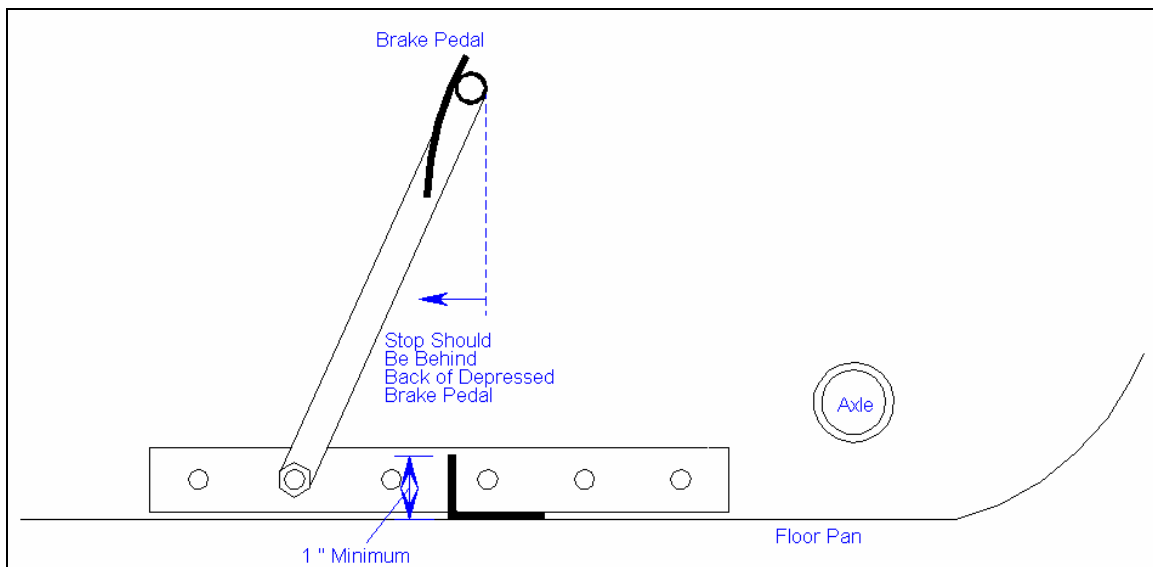


## Heel Stops for 2007

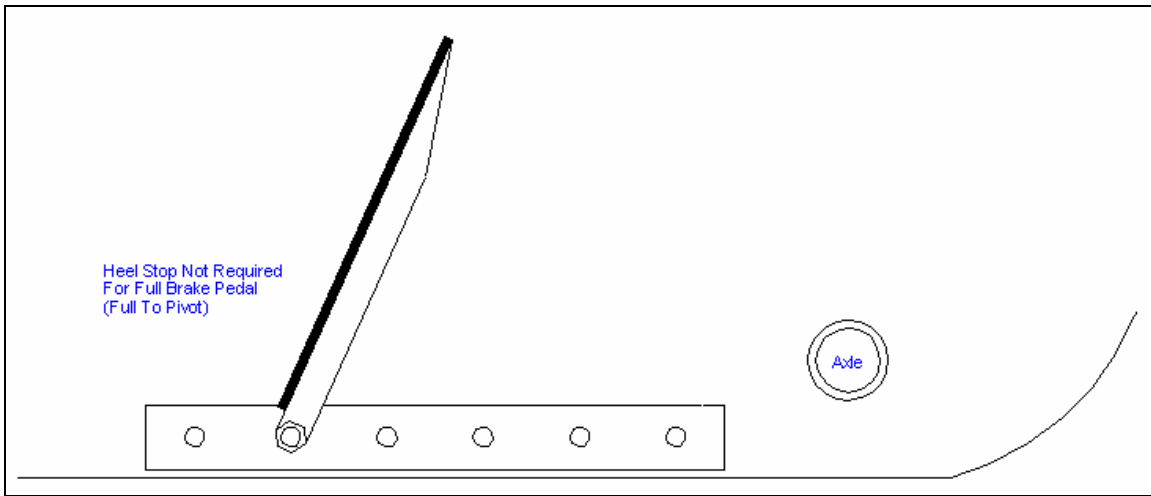
The purpose of the heel stop is to prevent the driver's foot from riding under the brake pedal during an accident. Injury records over the last few years indicate there were a large number of left leg breaks because of the top of the left foot being forced backwards by the brake pedal in a collision. The implementation of a heel stop or full brake pedal is a proactive step to reducing this type of leg injury.

My expectation for the heel stop is a device at least 1" high that keeps the driver's foot from traveling past the top of the brake pedal. It can be mounted no further forward than the top of the brake pedal when the brakes are applied. You can mount it closer to the driver if they want. The heel stop can be made out of any material: aluminum, wood, steel or plastic, as long as it is sturdy and will prevent the heel from traveling past the pedal. I recommend using at least 2 button head screws or regular screws with washers through the belly pan. A heel stop can also be accomplished simply by welding an additional post approximately 1" up from the pivot point on the pedal as well. Please keep in mind that every driver's foot is different and every manufacturer has their own style of pedal. It is up to the handler and the safety director to determine what is best suited for their driver.



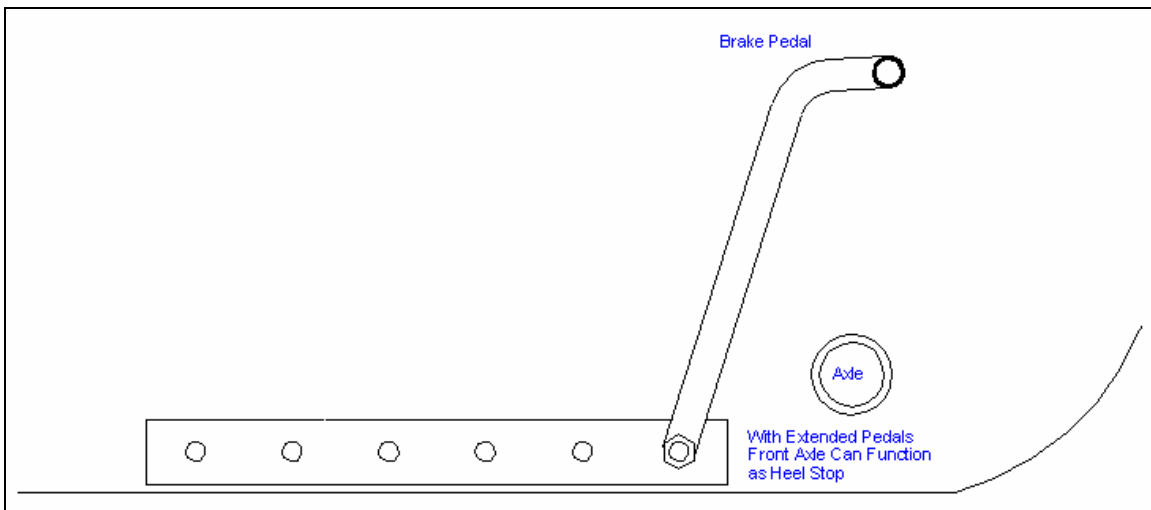
**Figure 1, Typical Brake Pedal with Heel Stop**

There are two cases where the heel stop does not need to be installed: full pedals and extended pedals. A full pedal is one that is complete to the pivot as shown in figure 2.



**Figure 2, Full Brake Pedal**

In many cases taller drivers use extended pedals, which allow the driver's foot to extend over the front axle as shown in figure 3. In this case, there is no room for a heel stop and the axle functions as the heel stop. Cars with extended pedals where the front axle functions as a heel stop do not need an additional heel stop.



**Figure 3, Extended Brake Pedal**

There are many commercially available heel stops. Some include:

TS Racing

[http://www.tsracing.com/store/showdetl.cfm?&DID=7&CATID=25&ObjectGroup\\_ID=63&OBS=6&Move=Next&count=7&Pcount=7](http://www.tsracing.com/store/showdetl.cfm?&DID=7&CATID=25&ObjectGroup_ID=63&OBS=6&Move=Next&count=7&Pcount=7)

or

<http://tinyurl.com/2r923t>



Figure 4, TS Racing Heel Stops

Pitts Performance Heel Stops

[http://www.pittsperformance.com/product\\_info.php?products\\_id=762&osCsid=513bd3db42a8d7343356e800526c054b](http://www.pittsperformance.com/product_info.php?products_id=762&osCsid=513bd3db42a8d7343356e800526c054b)

or

<http://tinyurl.com/2ms5no>