



FRONT RUNNER

**FORD SUPER CAB TRACKS
1080MM 2012**



TRFS002

 **INSTALL TIME: 1.2 Hours**



IMPORTANT WARNING!

IT IS CRITICAL THAT ALL FRONT RUNNER PRODUCTS BE PROPERLY AND SECURELY ASSEMBLED AND ATTACHED TO YOUR VEHICLE. IMPROPER ATTACHMENT COULD RESULT IN AN AUTOMOBILE ACCIDENT, AND COULD CAUSE SERIOUS BODILY INJURY OR DEATH TO YOU OR TO OTHERS. YOU ARE RESPONSIBLE FOR ASSEMBLING AND SECURING ALL FRONT RUNNER PRODUCTS TO YOUR VEHICLE, CHECKING THE ATTACHMENTS PRIOR TO USE, AND PERIODICALLY INSPECTING THE PRODUCTS FOR ADJUSTMENT, WEAR, AND DAMAGE. THEREFORE, YOU MUST READ AND UNDERSTAND ALL OF THE INSTRUCTIONS AND CAUTIONS SUPPLIED WITH YOUR FRONT RUNNER PRODUCT PRIOR TO INSTALLATION OR USE. IF YOU DO NOT UNDERSTAND ALL OF THE INSTRUCTIONS AND CAUTIONS, OR IF YOU HAVE NO MECHANICAL EXPERIENCE AND ARE NOT THOROUGHLY FAMILIAR WITH THE INSTALLATION PROCEDURES, YOU SHOULD HAVE THE PRODUCT INSTALLED BY A PROFESSIONAL INSTALLER OR OTHER QUALIFIED PERSONNEL.

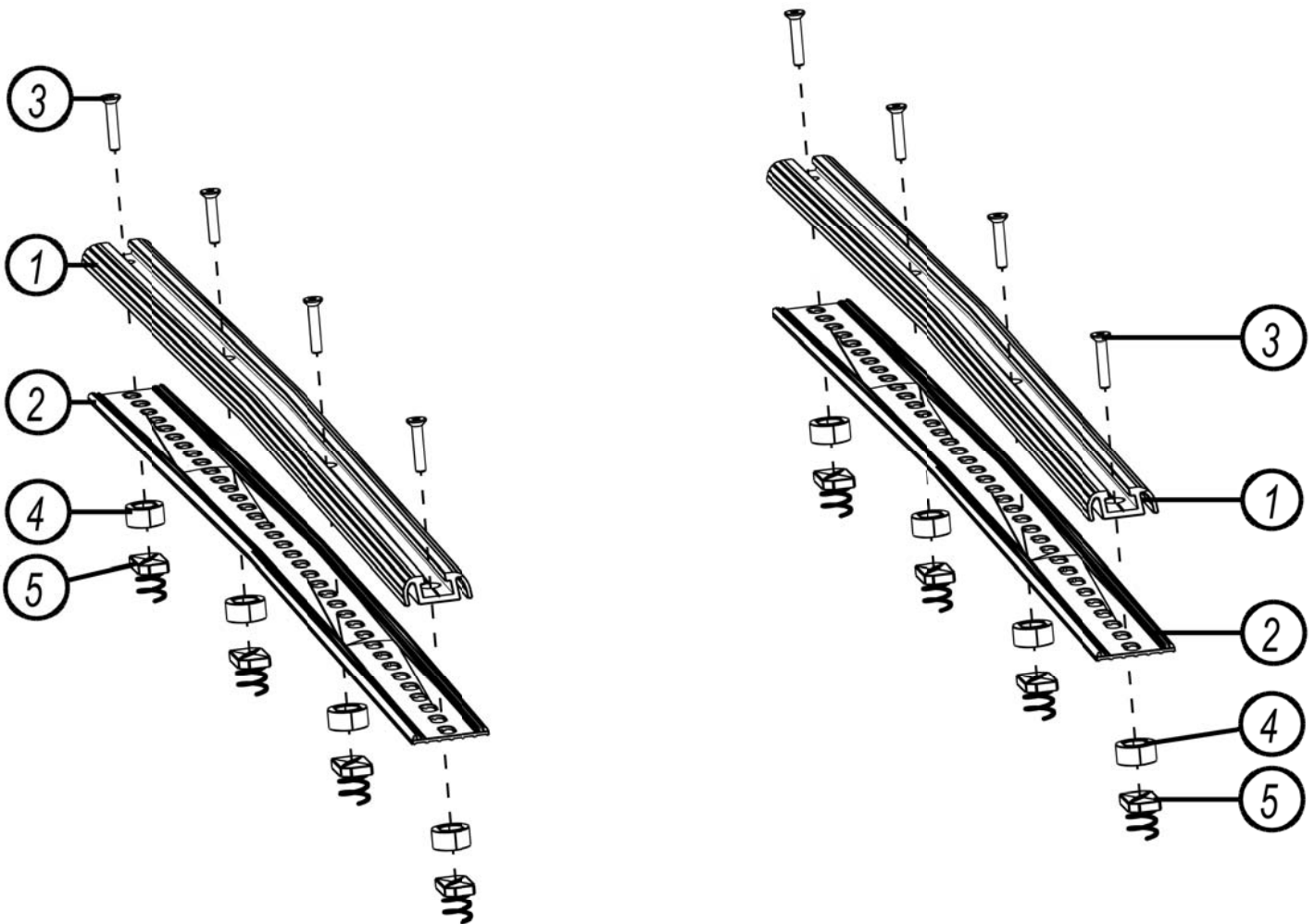
1 GET ORGANIZED...

Here is what you are looking at:

Item #	Quantity	Description
1	2	ROOF TRACK-1 LEFT/1 RIGHT
2	2	RUBBER LINING TRACK
3	8	M6 x 35 COUNTERSUNK BOLT
4	8	ALUMINIUM SPACER 25 x 16 x 12
5	8	M6 SPRING NUT

You will need:

- 13 mm Socket Wrench
- 13 mm Flat and Socket Wrench
- 4 mm Hex Key
- Tube of Silicone
- Ladder
- Friend
- Marking pen
- Measuring tape
- Drill Machine
- 4 & 7 mm Drill bit
- T20 & T30 Spline bit
- Side cutters
- Insulation tape
- Utility knife



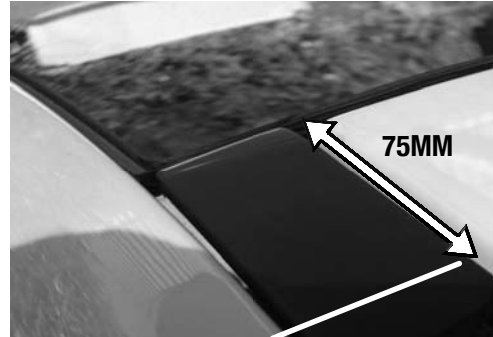
(A) Familiarize yourself with the parts and then step away from the work area and read through these instructions from beginning to end. Grab a cup of coffee and take a moment. A little prep now may save you a lot of time later.

2 INSTALL TRACK

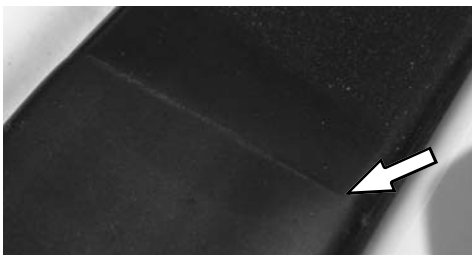
- (A) Drop/remove the roof head liner. You will need to use a T20 & T30 Spline bit to loosen the Bolts.



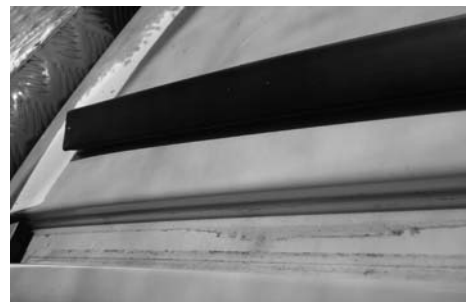
- (B) Looking at the roof on the outside of the vehicle, you will see the weather strip. Using a tape measure and a marking pen, measure 75mm from the front windscreen and mark the rubber as indicated.



- (C) From the rear of the vehicle follow the weather strip until you find a joint line. Using a utility knife, cut the weather strip along the joint line.



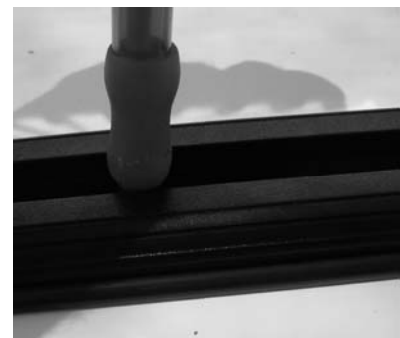
- (D) Peel the weather strip from the vehicles body towards the front, stopping when you reach your measured mark from Step 2B. Using a pair of side cutters, cut the strip along the mark. Remove the weather strip exposing the gutter.



- (E) Place the Track over the exposed gutter 65mm from the front windscreen. There is a left and a right track. The bend in the Track should be to the front and facing the outside of the vehicle.

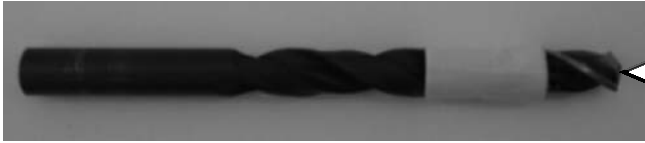


- (F) Mark position of the holes in the Track onto the vehicles roof with a marking pen. There will be four holes per track.



2 INSTALL TRACK...

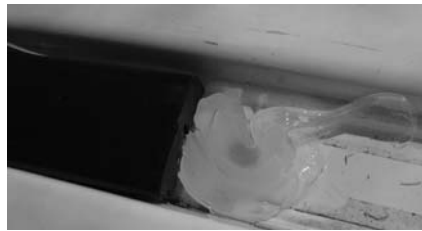
- (G) Before drilling the holes in the roof, you need to do a bit of prep. Take both the 4 & 7mm drill bits. Using some insulation tape, wrap a band of tape around the drill bit to act as a stopper to prevent you from drilling to deep as there are airbags located below where you will be drilling.



10mm from tip of drill bit to start of tape.

Drill the 8 holes you marked earlier, starting with a 4mm pilot hole before going to the larger 7mm hole.

- (H) Silicone around each hole and place a aluminium spacer on top of the silicone.

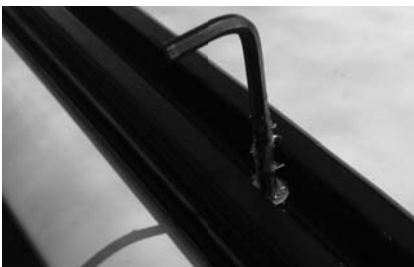


- (I) The Aluminium Tracks ship with the Rubber Lining loosely fitted in place. There are two quick steps to prep the Rubber Lining and the Tracks. First, remove the paper to expose the glue. Then carefully centre the holes in the Rubber Lining with the holes in the track and press the Rubber Lining into place.

Using a utility knife trim the rubber at the end of each track.

- (J) Place the Tracks on top of the Aluminium Spacers lining up the holes. Bolt the Tracks to the roof using the M6 x 35 Countersunk Bolts and M6 Spring Nuts. Unwind the spring to give you a "handle" to aid lining up the nut with the bolt and stop the nut from turning. Tighten using a 4mm Hex key.

Refit the roof lining to the vehicle.



CONGRATULATIONS: YOU HAVE COMPLETED THE INSTALLATION!