START HERE!
READ ME FIRST

Don't be a hero and muscle through this installation without reading these fitting instructions first! Improper installation of this gear may void certain aspects of your warranty.

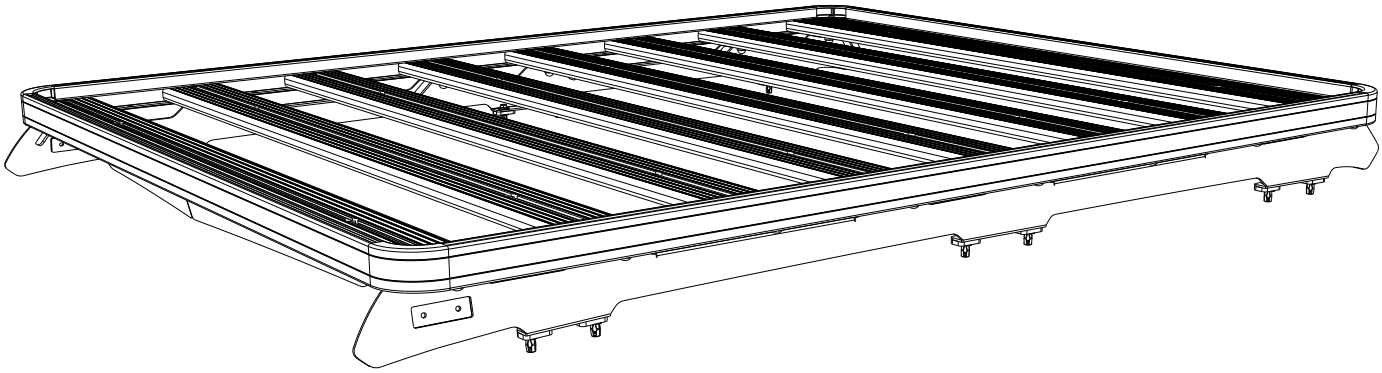
Before you begin, take a moment and open all your Front Runner rack kit boxes and gather the assembly instructions for the various components.

A complete kit will contain:

1. A Front Runner Mounting System specific to your vehicle
2. A Front Runner Rack Tray or Load Bar Slats

This document will guide you through the assembly of the mounting system and assist you in fitting the roof rack tray or load bars to your specific vehicle.

Please refer to the next page for a list of all the components, quantities and tools required.



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. 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 PRECAUTIONS 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.

NOTE: Front Runner will not be responsible for any damage caused by the failure to install the product according to these instructions.

Please call us if you have any questions about the installation of this product.

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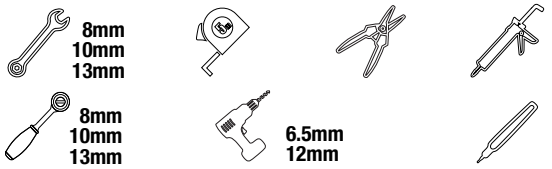
1 GET ORGANIZED

IN THE BOX		
1	2 X	Foot Rail - 1LH + 1Rh
2	12 X	6mm Plastic Spacer
3	16 X	M8 x 20 Hex Bolt
4	16 X	M8 x 16 x 1.6SS Flat Washer
5	16 X	M8 Nyloc Nut
6	16 X	M8 Nut Cap
7	12 X	M6 Nut Cap
8	12 X	M6 x 40 Hex Bolt
9	12 X	M6 SS Spring Washer
10	12 X	M6 x 19 x 1SS Flat Washer
11	12 X	M6 Jack Nut
12	12 X	M5 Nut Cap
13	12 X	M5 x 35 Hex Bolt
14	12 X	M5 Spring Washer
15	12 X	M5 x 13 x 1SS Flat Washer
16	4 X	Aluminium Spacer 24mm
17	8 X	Aluminium Spacer 20mm

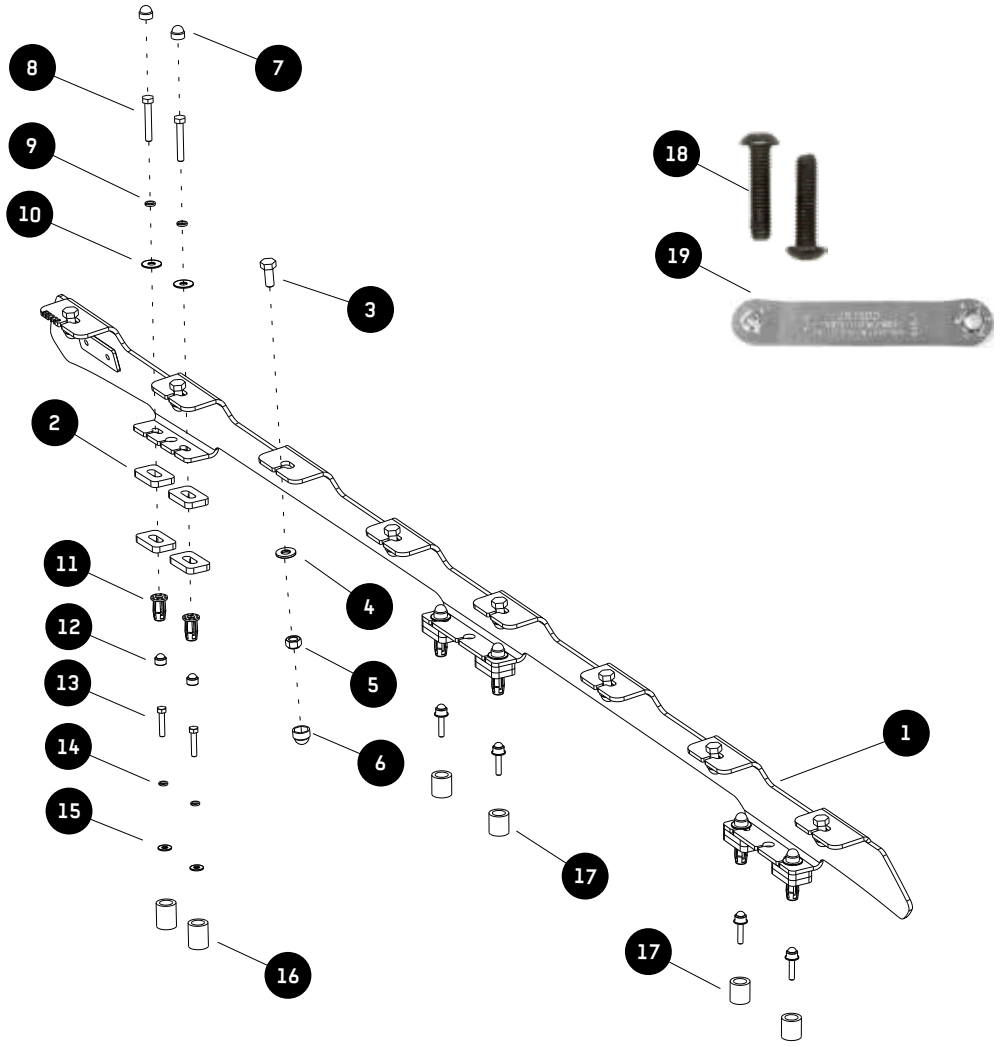
18	8 X	M6 x 30 Button Head Bolt
19	1 X	Installer Wrench

TOOLS NEEDED



4mm Allen Key Bit

FIGURE 1.1



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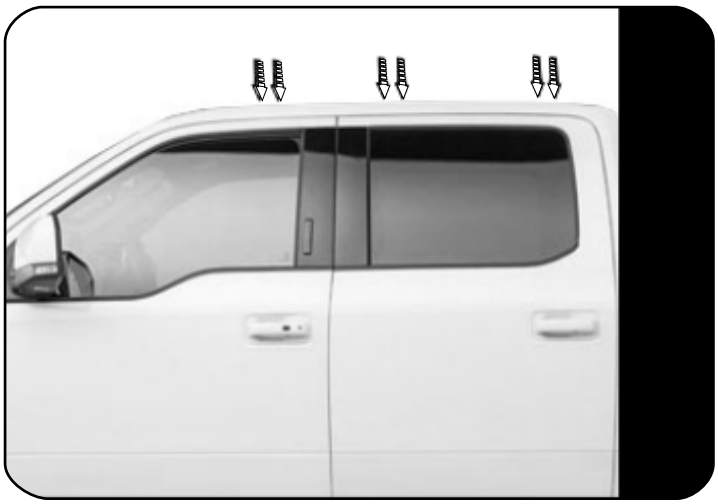
2 FIT AND SECURE FOOT RAIL 1999 - 2017 F250 / F350

2.1

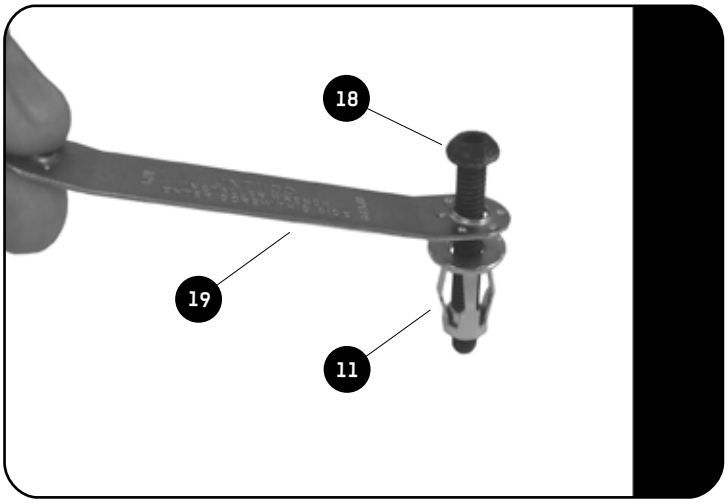


Measure 270mm from the top edge of the windshield and make a mark in the center of the ditch.

Position the Foot Rail in the ditch. Align the front mount hole in the Foot Rail with the mark made earlier and mark the remaining five holes.

Remove the Foot Rail from the vehicle. Drill a 6.5mm pilot hole in the center of the markings. Open the holes using a 12mm Drill.

2.2



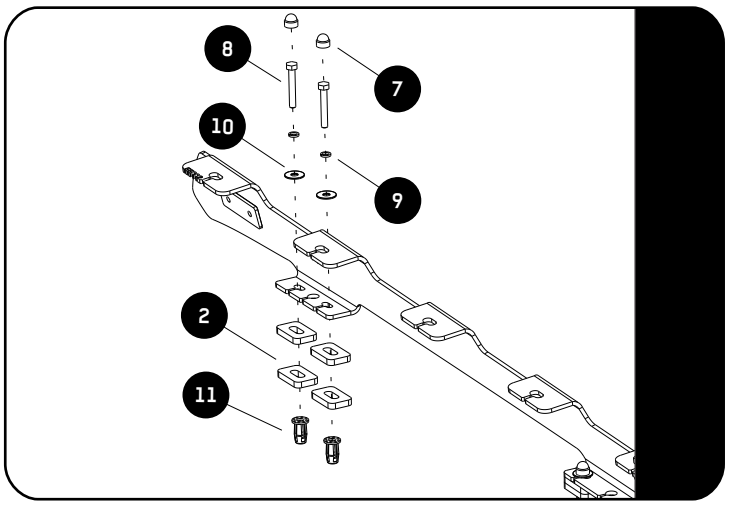
Insert the M6 Button Head Bolt (Item 18)into the one side of the Installer Wrench (Item 19). Loosely fit a Jack Nut (Item 11) to the Button Head Bolt as shown.

Using the Installer Wrench and a M6 x 30 Button Head Bolt, insert the M6 Jack Nuts into all 12 holes.

Place the assembly into a hole drilled in 2.1. Using a Battery Powered Screw Driver and a 4mm Allen Key Bit, set the Jack Nut into the hole while holding onto the handle of the Installer Wrench.

⚠ Make sure that the Jack Nut has pulled up all the way to the inside skin of the roof panel.

2.3



Place a bead of silicone around each of the Jack Nut openings inserted earlier in Step 2.3.

To fit the Foot Rails (Item 1LH & 1RH), place the 6mm Plastic Spacers (Item 2) over the Jack Nuts inserted in Step 2.2, followed by the Foot Rail (Item 1).

Place silicone on the threads of the M6 x 40 Hex Bolts and secure the Foot Rail using M6 SS Spring Washers and M6 x 19 x 1SS Flat Washers (Items 8, 9 & 10).

Do this on both the left and right side of the vehicle.

Finish by placing M6 Nut Caps (Item 7) on the M6 Hex Bolt heads.

To fit the Rack, proceed to Step 4.

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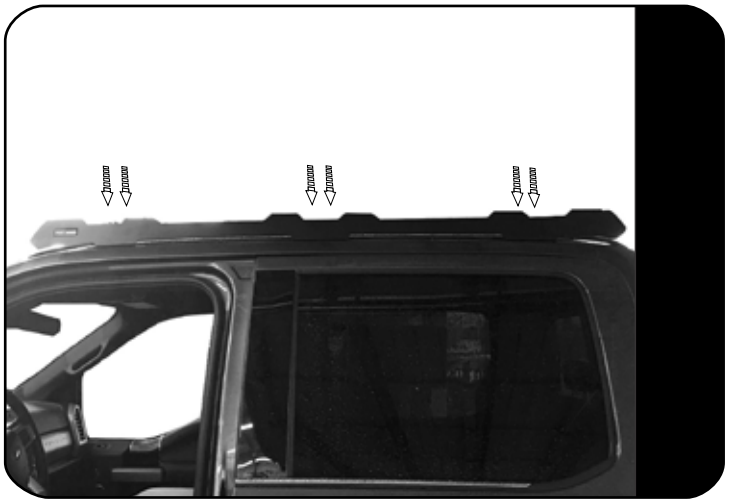
3 FIT AND SECURE FOOT RAIL 2018 - CURRENT F250 / F350

3.1



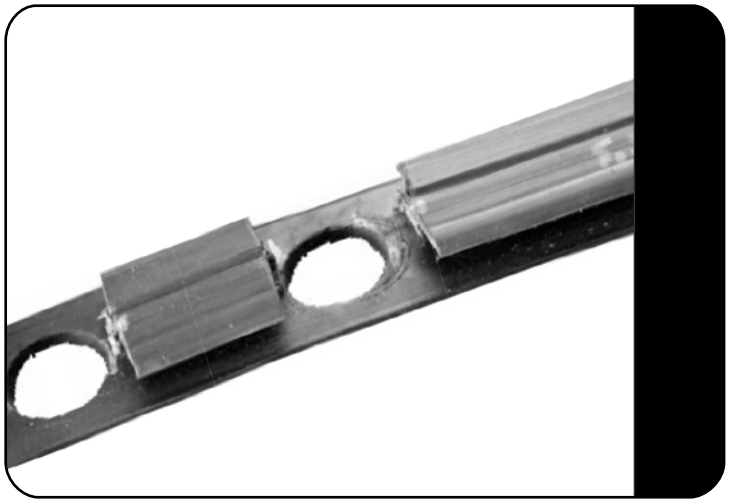
Using a flat screw driver and starting from the front of the vehicle, lift and remove the two ditch moldings running along either side of the roof.

Position the Foot Rail (Item 1) in the ditch, aligning the center holes of each foot with the studs in the roof to see which of the factory fitted bolts you need to remove.

After removing the factory bolts, insert and hand tighten the twelve M5 x 35 Hex Bolts (Item 13) supplied to the mounting points.

Starting at the front of the vehicle, refit the ditch molding. Whenever you reach one of the hex bolts that you have inserted, take a white marking pen and mark the top of the hex bolt. While the white "paint" is still wet, press the ditch molding onto the head of the bolt, transferring the position of the bolt head onto the underside of the ditch molding. Repeat this process for all the bolts on both ditch moldings. When done, remove all the Hex Bolts.

3.2

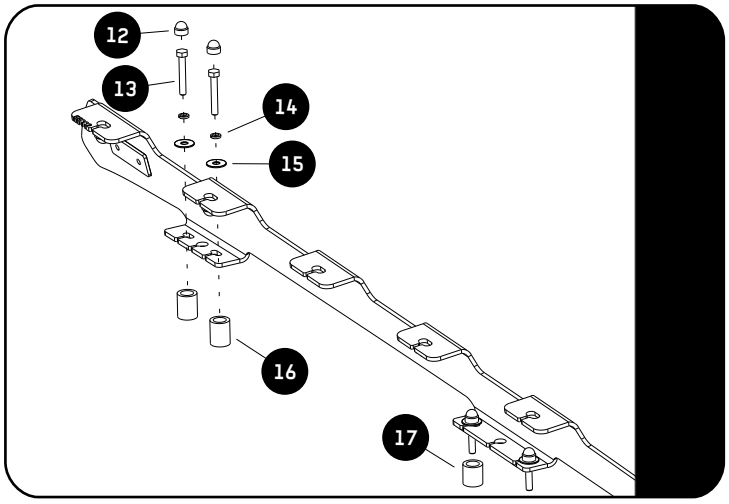


Using a 22mm hole punch "recommended" or hole saw, punch/drill holes through the ditch molding on each of your markings.

Clear the area around each mounting point using a rag and denatured alcohol. Place a small amount of silicone over each mounting point, followed by one of the aluminium spacers supplied as shown. There are twelve spacers in total. The 24mm Spacers (Item 16) must be used on the two front mounting points and the 20mm Spacers (Item 17) must be used on the middle and rear mounting points on either side of the vehicle.

Refit the ditch molding, lining up the holes in the ditch molding with the aluminium spacers.

3.3



Fit the Foot Rail to the vehicle using M5 x 35 Hex Bolts, M5 Spring Washers and M5 x 13 x 1 Flat Washers (Items 13, 14 & 15) as shown.

Do this on both the left and right side of the vehicle. Finish by placing M5 Nut Caps (Item 12) on the M5 Hex Bolt heads.

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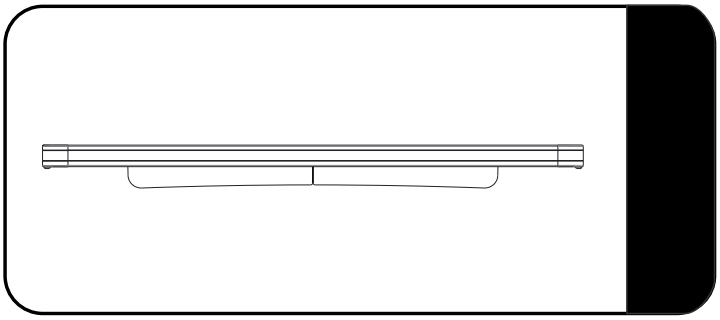
4 FIT AND SECURE

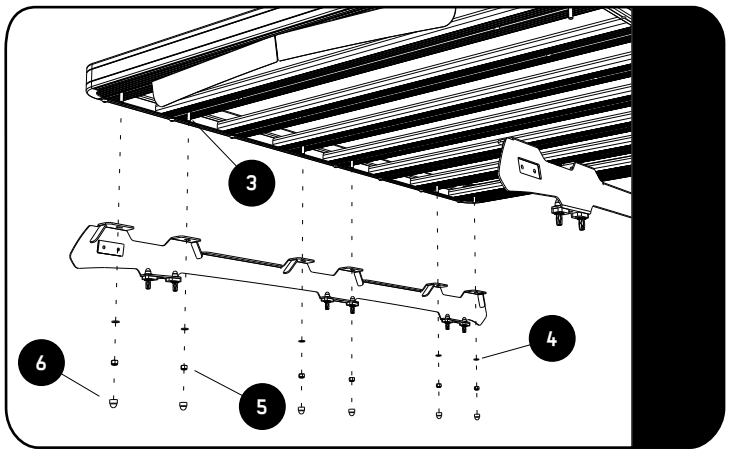
4.1



Make sure that the wind deflector is installed before you proceed to the next step.

Refer to Rack Fitment Guide.

4.2



Fit your Roof Rack to the Foot Rails using M8 x 20 Hex Bolts, M8 x 16 x 1.6SS Flat Washers and M8 Nyloc Nuts (Items 3, 4 & 5).

4.3

Center the rack and tighten fully. Use M8 nut caps (Item 6) to finish off the nuts.

5 INSTALL OTHER VEHICLE AND RACK ACCESSORIES

Now's the time to visit your favorite Front Runner Dealer in person or online.

IMPORTANT!

Front Runner rack kits often have a higher load rating than the vehicles they are mounted to. Please refer to your specific vehicle manufacturer for a recommended roof load rating. Front Runner cannot be responsible for improper loading beyond the vehicle manufacturer's stated load capacity.

Be sure to tag us. We love to see our gear in action! #FrontRunnerOutfitters #BornToRoam

Share your adventures on:

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