

# Running Board Instructions

## 3090

1997-C Ford Expedition ( Includes EL )

1999-2003 F150/F250 LD Std/SuperCab ( 2004 Heritage)

2001-2003 F-150 Super Crew ( 2004 Heritage )

( No Drilling Required )

1997-98 F150/250LD Std/SuperCab (Drilling Required)

### INSTALLATION PACKAGE

Running Board	2
Bracket s Front	2
Brackets Rear ( Super Cab 4 Required )	6
Mounting Straps ( Super Cab 6 Required )	8
Bolt Pack ( Brackets )	1
Bolt Pack ( Boards )	1

### Necessary Tools

Ratchet wrench with 1/2" socket & Combination wrench  
Safety glasses

### Bolt Pack Brackets

8mm x 1.25mm Hex Bolt	8
5/16" – 18 Long U-Nuts	8
5/16" x 3/4" Hex Bolt	24
5/16" Flat washer	24
5/16" Serrated Flange Nut	16
5/16 – 18 Hex S-Tap Cutter	2
#14 Tec Screws (Used On 97-98 Models Only)	8

### Bolt Pack Running Boards

5/16" x 3/4" Hex Bolt	16
5/16" Serrated Flange Nut	16

### STEP ONE: Determine proper bracket placement (Fig A & B )

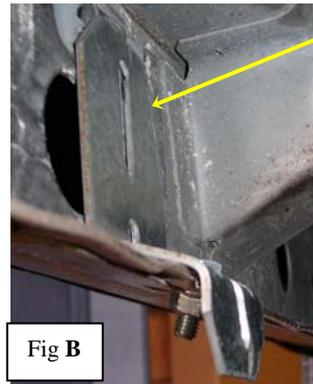
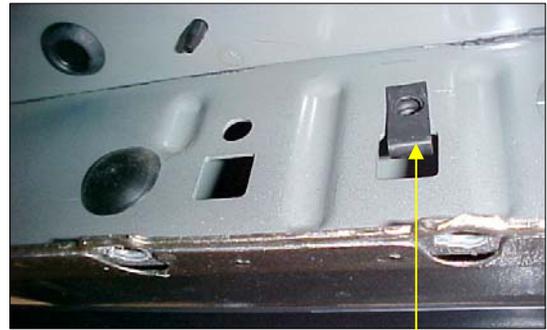
- 1) Find the pre-existing holes equally spaced on the pinch weld.
- 2) Factory mounting holes changed throughout model years and require one of the following. All 97 & 98 ford F150 have no holes and require drilling in Pinch weld & tec screws in rocker panel ( Fig A & B )
- 3) If large open hole in rocker panel will require 5/16" U-Nuts so bracket can be mounted in threaded hole. (Fig A)
- 4) If factory 8mm hole in the rocker panel go to step 6.
- 5) If small factory hole isn't threaded you will need to use 5/16" S-tap to put threads in the hole. Screw the S-tap into the hole and back out, this will thread hole for 5/16 x 3/4 bolt.
- 6) The pinch weld stiffener plate location switches sides to line up upper center slot to U-Nut or threaded holes. Front stiffener plate on angled section uses center slot for pinch weld location.
- 7) The front mounting plate and bracket must sit on the angled section of the rocker panel all rear brackets mount the same but do not have angled section. ( Fig B & Fig C )
- 8) Drop 5/16" bolt through stiffener plate and pinch weld making sure top center slot lines up with factory holes in all ( 8 ) locations, hand tighten with flange nut as required on each side of plate.
- 9) Using a 5/16" bolt, bolt from the outside in through the plate and bracket hand tightening so it can slide up and down. ( Fig D )
- 10) Insert 5/16 bolt through top slot of bracket and slot In stiffener plate and into the threaded 5/16" U-Nuts , hand tighten. ( Fig D )

### STEP Two: Mount boards and secure brackets

- 1) Slide bolts down underside of board to line up with brackets. You will only need one bolt to hold board to bracket. Use two if slots in bracket line up. Then place board on brackets with bolts in slots.
- 2) Slide board in or out to desired location.
- 3) Tighten down flange nuts under running board & all bolts on brackets to lock in place. Installation is complete.

**Please Note:** You will have bolts/nuts left over.

There are several vehicle arrangements and we have provided the hardware for each configuration.



Different Factory Mounting Holes

- 1) 8mm factory hole.
- 2) Large hole or slot requires 5/16 U-Nuts
- 3) Unthreaded Factory hole require 5/16" S-Tap to cut threads

Fig C

Angled section in front

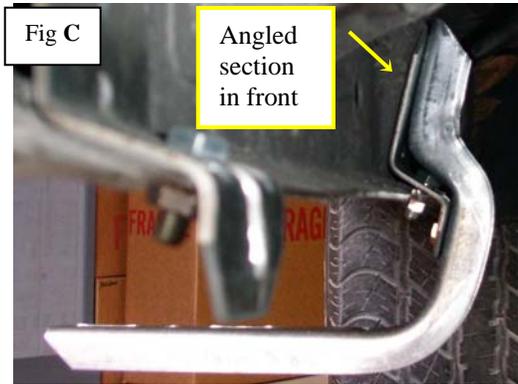


Fig D

