

Running Board Instructions

3140

(02 – 05) Ford Explorer
(02 – 06) Mountaineer

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Necessary Tools	
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Ratchet wrench with ½" socket
Combination wrench ½"
Safety Glasses

<u>Bolt Pack Brackets</u>	
5/16" x ¾" Hex Bolt	32
5/16" Flat Washers	24
5/16" U-Nuts	8
5/16" Serrated Nut	24

<u>Bolt Pack Running Boards</u>	
5/16" Serrated Nut	16
5/16" x ¾" hex Bolts	16

STEP ONE: Bolt Hanger Brackets to Pinch Weld

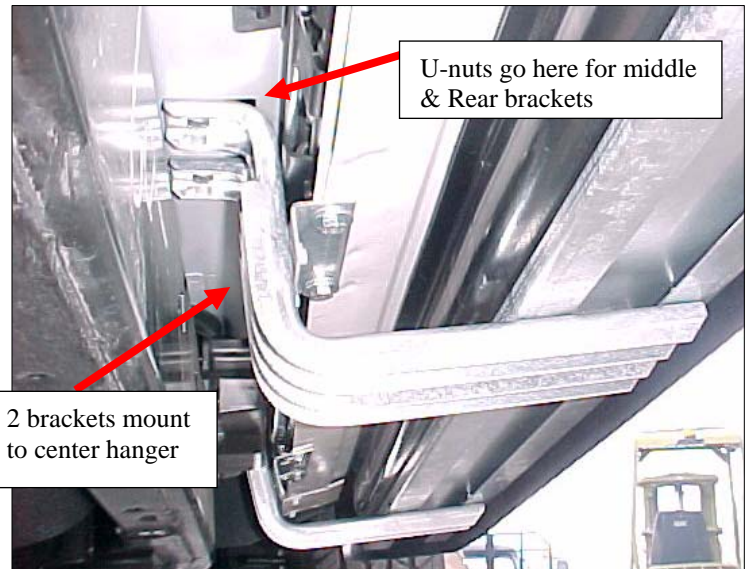
- 1) Plastic Protector above pinch weld should be removed from both sides of the vehicle. This may require loosening the rear air lines on the passenger side.
- 2) Hand tighten hanger brackets to the pinch weld with 5/6" x 3/4" bolt, washer and flange nut combination - See figure 1
- 3) Hanger brackets with slots go on the front
- 4) Hanger brackets with holes go on the middle and rear

STEP TWO: Loosely bolt brackets to vehicle

- 1) Place 4 U-nuts per side up in specified locations (see pics)
- 2) Loosely bolt brackets into U-nuts using 5/16" x 3/4" hex bolt with a 5/16" flat washer – see pics
- 3) Loosely bolt bracket to hanger bracket using a 5/16" x 3/4" hex bolt and flat washer with a 5/6" flange nut on the other side.

STEP THREE: Install Running Board

- 1) Locate the running board in a centered position
- 2) Running Board should be 80" long
- 3) Bolt or Tek screw brackets to running board support plate
- 4) With Running board in proper position, tighten all screws and bolts.
- 5) Test board by gently stepping on board to ensure proper installation of brackets.



Front Hanger Bracket

