

Running Board Instructions

3145

2006-2010 Ford Explorer (4 Door)
(No Drilling Required, No Rear A/C)

INSTALLATION PACKAGE

Running Boards	2
Installation Instructions	1
Bracket Shorter U-Channel (Front)	2
Bracket Taller U-Channel (Middle & Rear)	4
Support Plate (Front)	2
Support Plate (Middle)	2
Support Plate (Rear)	2
Bolt Packs	2

Necessary Tools

Measuring Tape, Safety Glasses
 Combination wrenches & Ratchet wrench with 1/2" socket

Bracket Bolt Pack

5/16" x 3/4" Hex Bolts	34
5/16" Serrated Flange Nut	28
5/16" U-Nut	6
5/16" Flat Washer	18

Running Board Bolt Pack

5/16" x 3/4" Hex Bolts	16
5/16" Flange Nut	16

STEP One: Determine placement & preassemble brackets

- 1) The pinch weld under the doors has (3) sets of (2) holes in the front, middle and rear where brackets will mount. Fig C
- 2) You will pre-assemble the brackets to the support plates using 5/16 bolts and flange nuts shown in Fig A. The front assemblies will use the (2) shorter U-channel brackets. The middle & rear will use the (4) taller U-channel brackets. Be sure to use the measurements in Fig B and fully tighten all bolts.

STEP Two: Mount assembly & loosely bolt to vehicles

- 1) Above each one of the mounting locations on the pinch weld there will be a location on the floor pan to place a U-Nut. Fig C shows the U-nut installed. You can place each assembly in place to verify that the U-nut location lines up with slot in support plate.
- 2) Install bracket assembly by first dropping (2) 5/16 bolts with washers thru the holes in pinch weld at each mounting location as shown Fig C. Now place assembly in place as shown Fig D using 5/16 flange nuts in pinch weld and 5/16 bolt and washer into U-nuts in floor pan.
- 3) Place board on brackets with bracket mounted in position. Look on underside of board to which channel match up with bracket slots to slide 5/16" bolts down on underside of board so bolt stud will lined up with bracket slots. You will only need one bolt to secure board to each bracket. Two bolts per bracket are supplied if applicable. Loosely hand tighten 5/16" nuts to hold board to brackets
- 4) Fully tighten all brackets. Adjust board to center on cab front to back and adjust in and out for desired step area. Tighten outside brackets first then inside bracket accordingly. Fully tighten all brackets.

STEP Three: Check Installation

- 1) Check that all brackets are tight before stepping on boards.

