



**FRONT RUNNER**

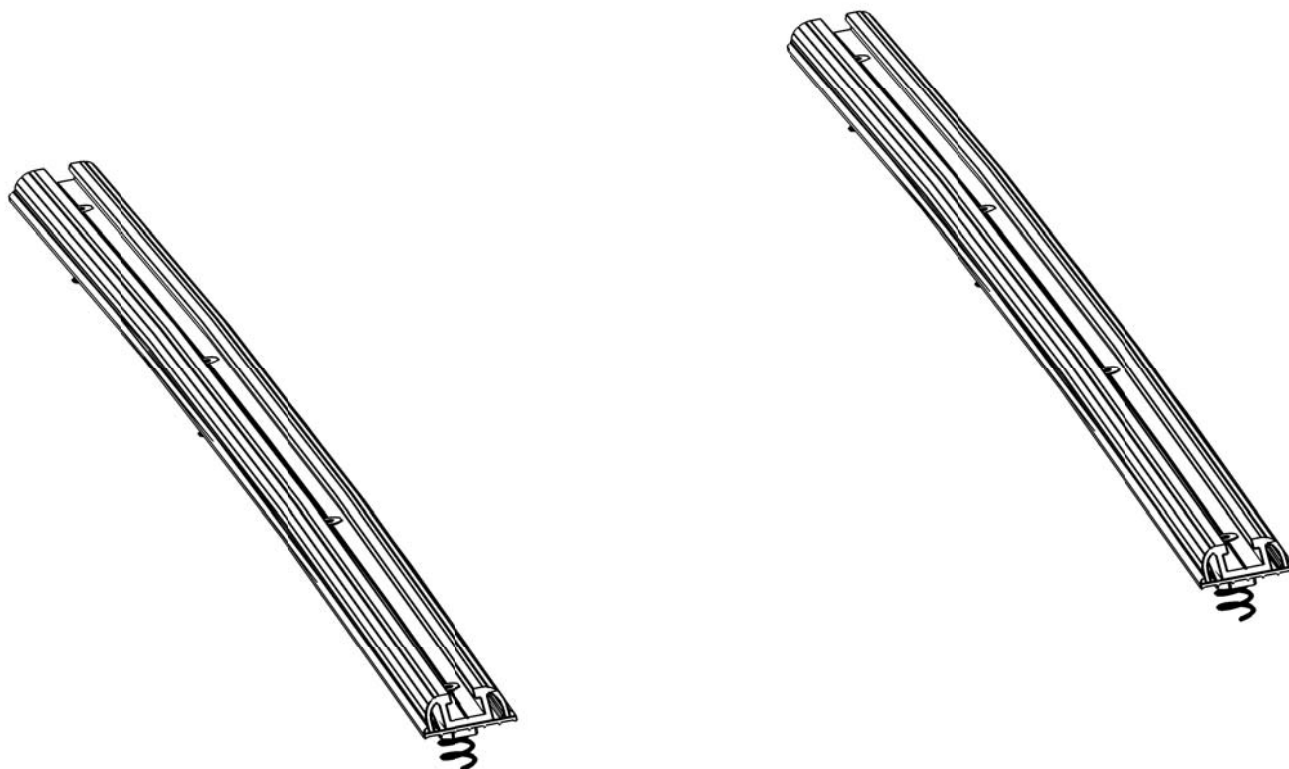
**FORD RANGER - 2012 ON  
TRACK FITMENT**

**ENG**

TRFR001



**INSTALL TIME: 1.5 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.**

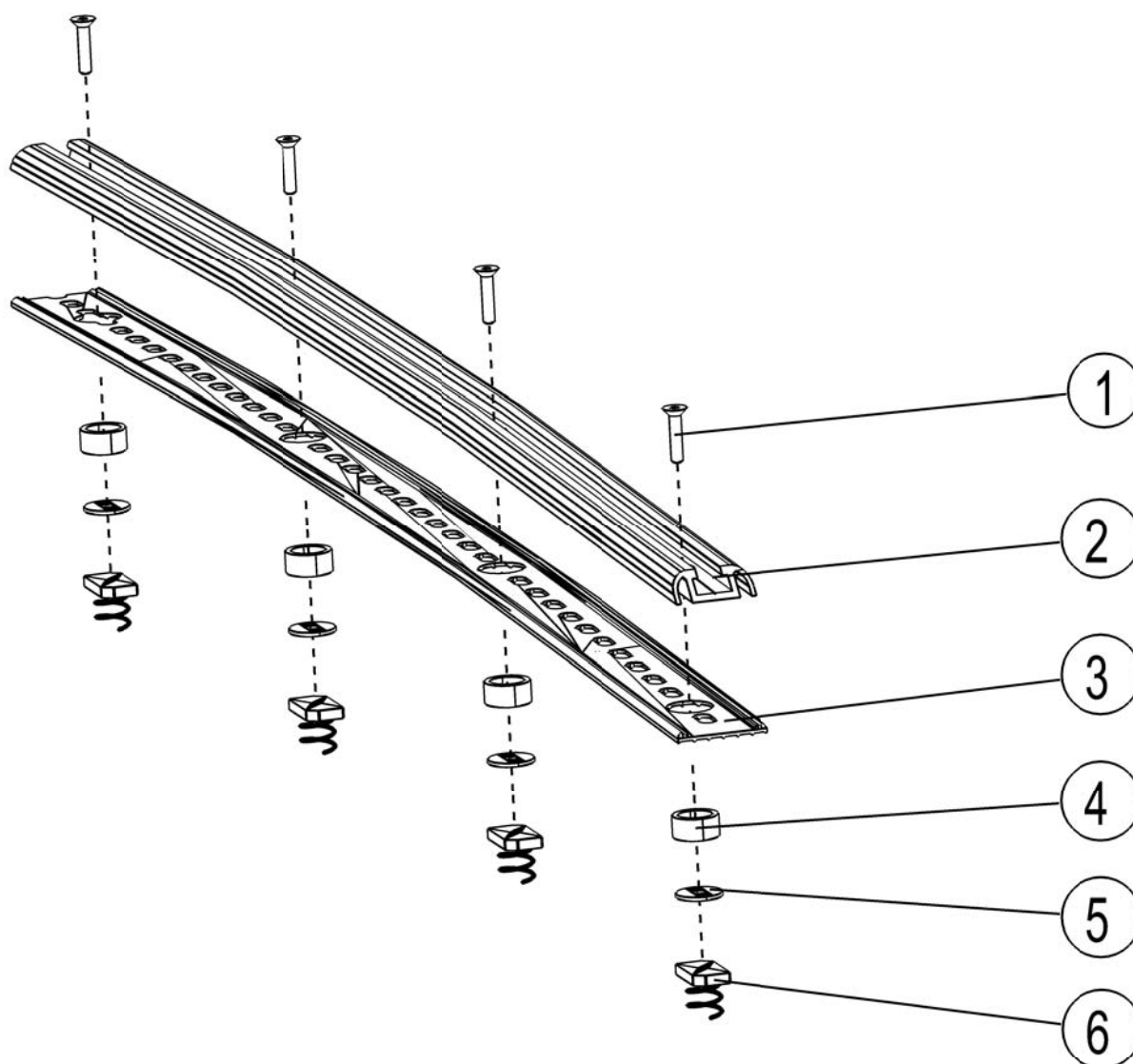
# 1 GET ORGANIZED...

Here is what you are looking at:

| Item # | Quantity | Description                            |
|--------|----------|----------------------------------------|
| 1      | 8        | M6 x 30 COUNTERSUNK ALLEN BOLT         |
| 2      | 2        | ALUMINIUM ROOF TRACK - 1 LEFT, 1 RIGHT |
| 3      | 2        | RUBBER TRACK LINING                    |
| 4      | 8        | ALUMINIUM SPACER                       |
| 5      | 8        | M8 x 25 x 2 mm FLAT WASHER             |
| 6      | 8        | M6 SPRING NUT                          |

You will need:

- ☐ a Measuring Tape
- ☐ a White Marker or Suitable Marking Pen
- ☐ a 4mm Hex Key
- ☐ a Drill Machine
- ☐ a 3mm and 6.5mm Drill Bit
- ☐ a Insulation or Masking Tape
- ☐ a tube of Silicone
- ☐ a Utility Knife
- ☐ a pair of Pliers



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

## 2 INSTALL TRACK

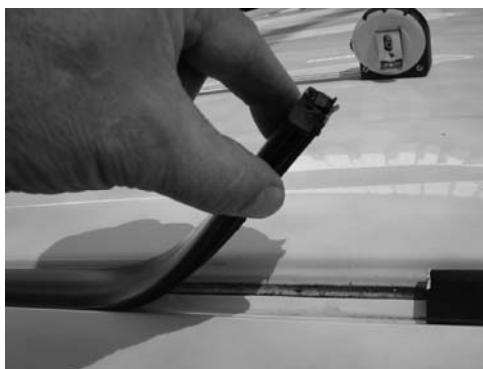
- ( A ) Using a tape measure and a white marker, measure 230 mm from the front windscreen and mark the rubber strip as indicated.



- ( B ) From the rear, follow the black rubber strip until you find a joint line. Using a utility knife, cut the rubber strip along the joint line.



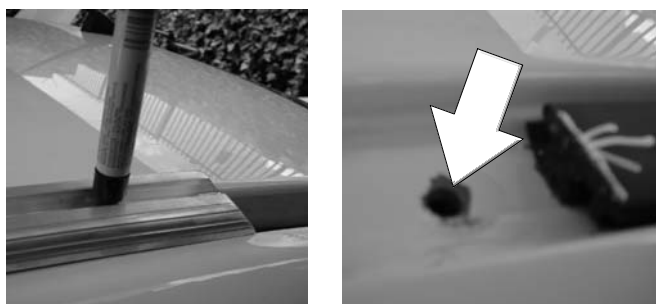
- ( C ) Peel the rubber strip from the vehicles body towards the front, stopping when you reach your measured marking from instruction A. Grab a pair of side cutters and cut the strip along your mark. Remove the cut strip exposing the gutter.



- ( D ) Place the Track (Item 2) over the exposed gutter 185 mm from the front windscreen. There is a left and a right Track. The bow/bend in the Track should be to the front and facing the outside of the vehicle.



- ( E ) Mark the holes in the Track onto the roof with a marker pen. There are four holes per track.

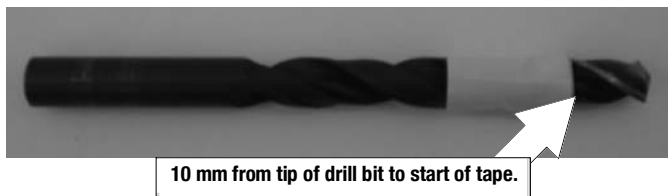


- ( F ) Drop/remove the roof/head liner.



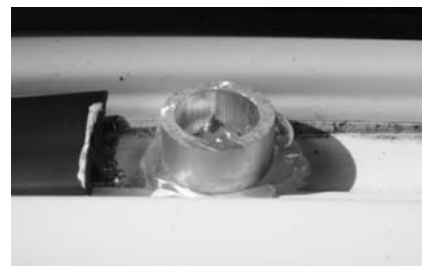
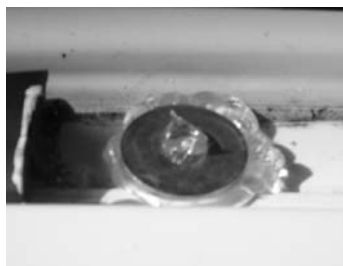
## 2 INSTALL TRACK CONT...

- ( G ) Before drilling the holes in the roof, you need to do a bit of prep. Take both the 3 mm and 6.5 mm drill bits. Using a suitable 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.



- ( H ) Drill the 8 holes you marked earlier, starting with a 3 mm pilot hole before going to the larger 6.5 mm hole. There is NO NEED for a lot of downward pressure. Let the drill do the work - your job is to keep the drill steady - you don't want it slipping across your roof and scratching it!

- ( I ) Silicone around each hole, place the M8 x25 x2 mm Flat Washer (Item 5) on top of the silicone followed by the Aluminum Spacer (Item 4).



- ( J ) The Aluminum Tracks (Item 2) ship with the Rubber Seal (Item 3) loosely fitted in place. There are two quick steps to prep the Seal and Tracks. First, remove the paper to expose the glue. Then carefully center the holes in the Seal with the hole in the Track and press the seal into place. Now grab your scissors and trim the rubber at the end of each Track so it doesn't overhang. You can cut an angle with the slant of the Track, or make a straight cut. You might want to practice first.

- ( K ) Place the tracks on top of the aluminum spacers lining up the holes. Bolt the tracks to the roof using the M6 x30 Countersunk Allen Bolts and Spring Nuts (Items 1 & 6). Unwind the spring to give you a "handle" to aid lining up the nut with the bolt and to stop the nut from turning.

Once the Tracks are secure, you can refit the roof/head lining.



**Congratulations, you have completed your installation. Take a step back and admire your work. Good Job!**