

Installation Instructions for IB06EBA1-C

by APS Auto Parts Specialist Inc.

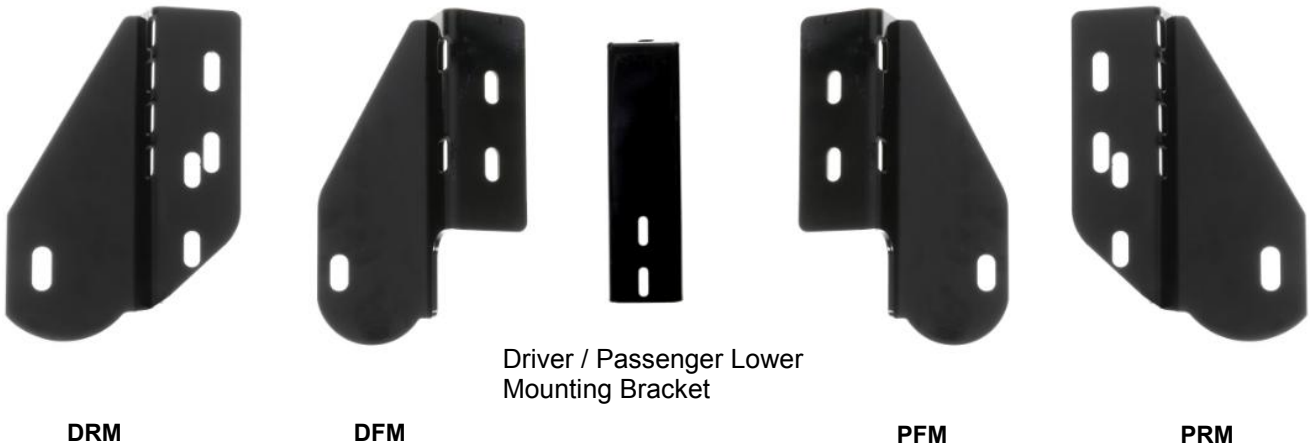
Application: FOR 1997-2003 Ford F-150/F-250LD Regular Cab (Incl. 04 Heritage)
Estimated Time: 1 to 2 hours



Disclaimer: Instructions intended for persons aged 18+ please do not attempt without adult supervision. Instructions are not intended to replace professional installation. Damage from improper installation, misuse or modification to the product voids the manufacturer's warranty.

PARTS LIST:

Item	QTY	Description	Item	QTY	Description
#1	2	Running Board(use for left or right)	#12	8	8mm Hex Nuts
#2	1	Driver/Left Front Upper Mounting Bracket(DFM)	#13	8	10mm ID x 30mm OD x 2.5mm Flat Washers
#3	1	Driver/Left Rear Upper Mounting Bracket(DRM)	#14	8	10mm Lock Washers
#4	1	Passenger Front Upper Mounting Bracket(PFM)	#15	8	10mm Hex Nuts
#5	1	Passenger Rear Upper Mounting Bracket(PRM)	#16	4	12mm x 35mm Hex Bolts
#6	4	Driver / Passenger Lower Mounting Bracket	#17	8	12mm ID x 37mm OD x 3mm Flat Washers
#7	2	10mm Offset Double Bolt Plates (for front)	#18	4	12mm Lock Washers
#8	2	10mm Double Bolt Plates (for rear)	#19	4	12mm Hex Nuts
#9	8	8mm x 25mm Hex Bolts	#20	8	M6-1.0mm x 20mm T-Bolts
#10	16	8mm x 16mm OD x 1.6mm Flat Washers	#21	8	6mm x 22mm OD x 2mm Flat Washers
#11	8	8mm Lock Washers	#22	8	M6 Nylon Lock Nuts



PROCEDURE:

1. REMOVE CONTENTS FROM BOX. VERIFY ALL PARTS ARE PRESENT. READ INSTRUCTIONS CAREFULLY BEFORE STARTING INSTALLATION.
2. From under the driver side front of the vehicle, remove the oval grommet located on the inside of the rocker panel, (**Figure 1**). Insert (1) Offset Double Bolt Plate, (with threaded studs toward the top), into the factory oval hole, (**Figure 2**).
3. Locate the driver side front Upper Mounting Bracket. Hold the Double Bolt Plate from one side while you position and attach the Mounting Bracket to the opposite side. Secure the Bolt Plate with one 10mm Flat Washer, 10mm Lock Washer and 10mm Hex Nut. Proceed to install the rest of the hardware to secure the Mounting Bracket to the Double Bolt Plate. (**Figure 3a**). Do not tighten hardware at this time.
4. Align the Mounting Bracket with holes in the pinch weld. Attach the Mounting Bracket to the pinch weld using the included (2) 8mm x 25mm Hex Bolts, (4) 8mm Flat Washers, (2) 8mm Lock Washers and (2) 8mm Hex Nuts. **NOTE:** Insert Bolt with Flat Washer from the outside-in. Do not tighten hardware at this time.
5. Select a driver front lower bracket, attach the bracket to the driver front upper bracket with (1)12mmx35mm Hex bolt,..(2)12mm flat washers,(1)12mm lock washer and (1)12mm Hex Nut(**Figure 3b**).

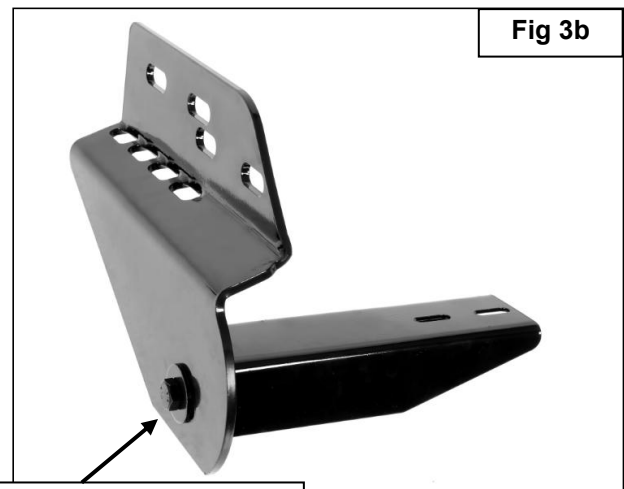
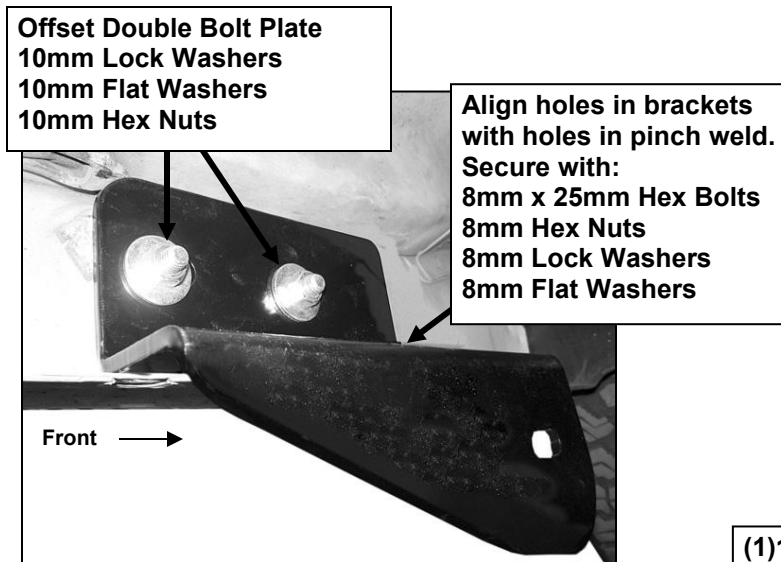
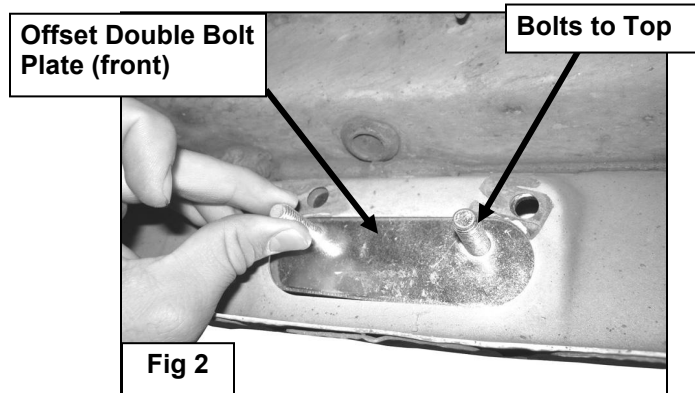
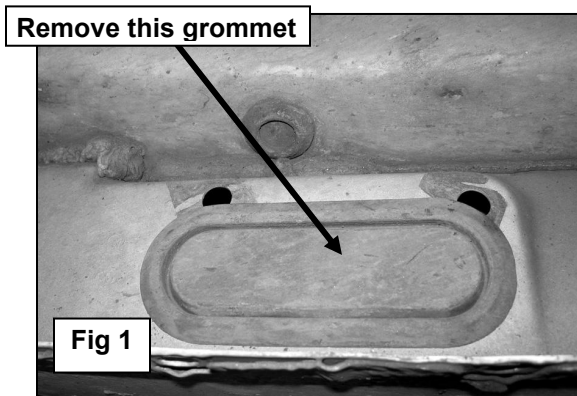
6. Moving to the rear, use one of the (centered) Double Bolt Plates and hardware to install the Rear Bracket. Repeat steps 2 – 5 for driver side rear Upper/Lower Mounting Bracket(**Figure 4**).
7. Select a Running Board. Slip(4)6mm T-bolts into each bottom channel(**Figure 5**). Carefully position the Running Board onto the (2) Mounting Brackets. **IMPORTANT:** Do not slide, (front to back), the Running Board on the Brackets or damage to the finish may result. Attach the Running Board to the Mounting Brackets with(2) M6 T-bolts,(2)M6 flat washers and (2)M6 nylon lock nuts (**Figures 6**). Do not tighten at this time.
8. Level and adjust the Level and adjust the Sidebar, drill for second Pinch Weld Bolt if necessary, then tighten all hardware at this time. **NOTE: Torque all M6 nylon lock nuts to 7.2 lb-ft.**
9. Repeat steps 2 – 8 for passenger Sidebar installation.
10. Do periodic inspections of the installation to make sure all hardware is secure and tight.

To protect your investment, wax this product after installing. Regular waxing is recommended to add a protective layer over the finish. Do not use any type of polish or wax that may contain abrasives that could damage the finish.

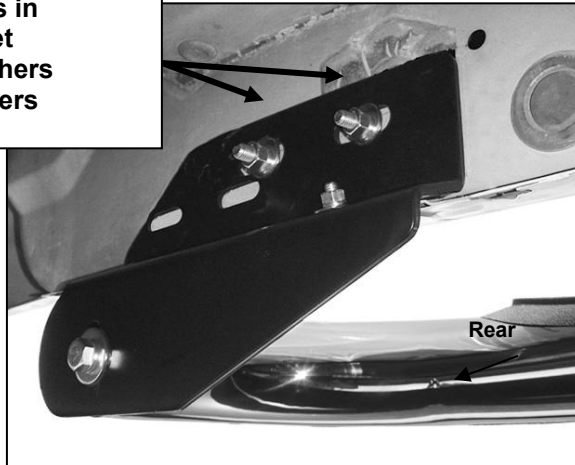
For Polished Finishes: Aluminum polish may be used to polish small scratches and scuffs on the finish. Mild soap may be used also to clean the Running Board.

For Black Finishes: Mild soap may be used to clean the Running Board.

Driver Side Front Installation Pictured



Centered Double Bolt Plate
through top slots in
Mounting Bracket
10mm Lock Washers
10mm Flat Washers
10mm Hex Nuts



(Fig 4) Rear Mounting Bracket installation
(except driver side Mounting Bracket on
97-98 3-door models)

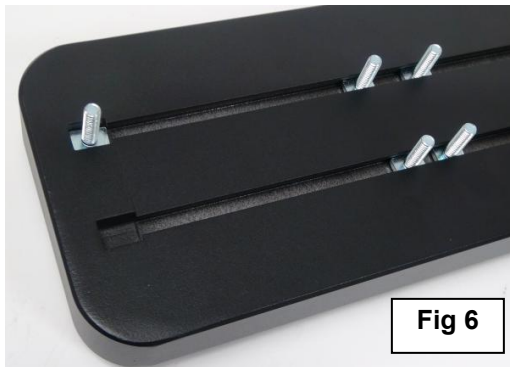
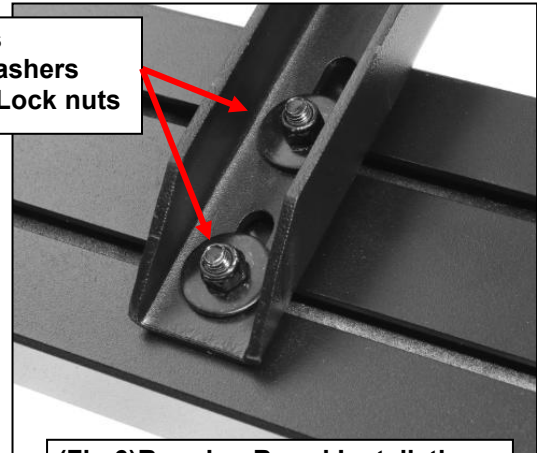


Fig 6

(Fig 5) Slip 6mm T-bolts into the
bottom channel

(2)M6 T-bolts
(2)M6 Flat Washers
(2)M6 Nylon Lock nuts



(Fig 6)Running Board Installation