



iRunning Board Installation Instruction

Application: 2009-2014 Ford F-150 SuperCrew Cab

Step	Description
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Item	Part Name	QTY	Item	Part Name	QTY
1.2	Driver/ Left (Passenger/ Right)Sidebar	2	10	M6 Nylon Lock Nuts	12
3	Front Bracket (FB)	2	11	M8 Clip Nut	4
4	Center Bracket (CB)	2	12	M8 Hex Nuts	6
5	Rear Bracket (RB)	2	13	M12 Hex Nuts	2
6	M8 Flat Washers	16	14	M12 Lock Washers	2
7	M6 Square Hex Bolt	12	15	M12 Flat Washers	2
8	M6 Flat Washers	12	16	M12 Bolt Plate	2
9	M8X1.25-25mm Hex Bolt	10	17	M8 Lock Washers	10

Note: Bracket are Identical for Driver and Passenger Side of the Vehicle

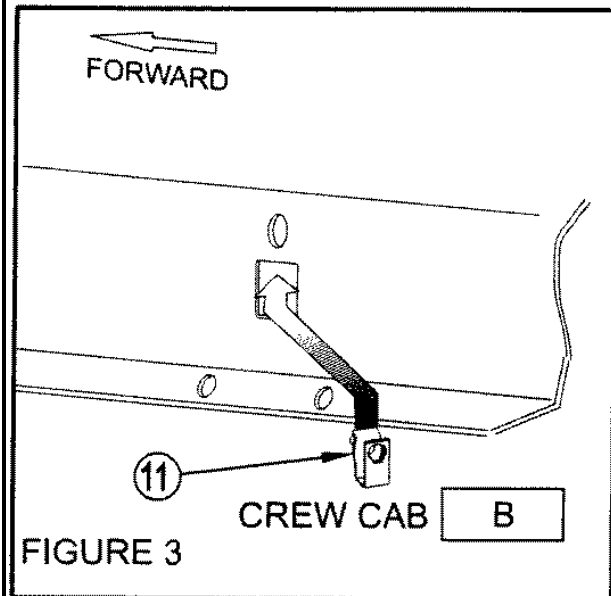
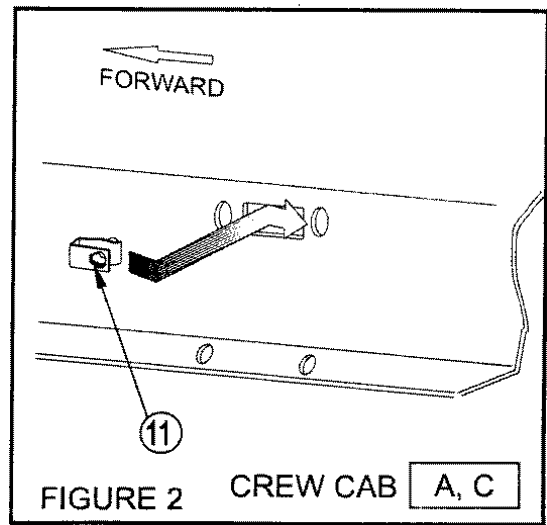
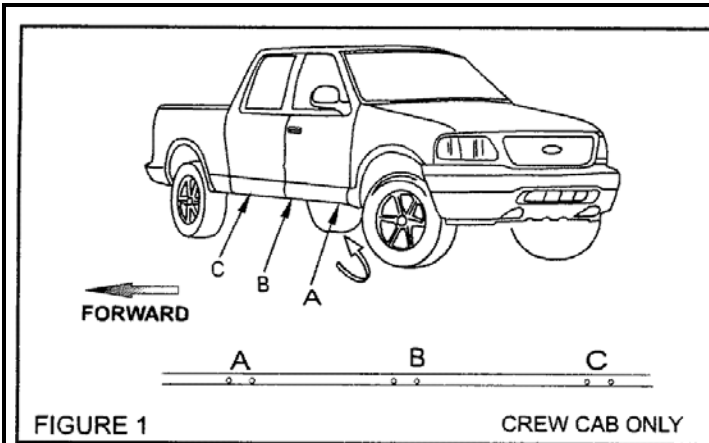


1	Verify all parts are present. Read instructions completely before beginning.
2	Locate mounting locations as shown . SEE FIG 1.
3	Install u-nuts as shown. SEE FIG 2,3
4	Attach mounting brackets as shown. Hands tighten. SEE FIG 4, 5.
5	Attach the rear mounting bracket by locating the large circular hole in the rocker panel insert (1) M12 Bolt Plate into the hole and attach the rear bracket using (1) M12 Flat Washer, (1) M12 Lock Washer, and (1) M12 Hex Nut, once attached drill a M8 hole through the pinch weld and attach using M8 hardware.
6	Insert square head bolts as shown (3 per slot, 6 per board). SEE FIG 6
7	Attach board to brackets as shown. Make sure board and brackets are properly aligned and tighten fasteners. Recommended torque values are 10 Ft. Lbs. for M8 square head fasteners ,15 Ft. Lbs. for M8 fasteners and 50 Ft. Lbs. for M12 fasteners . SEE FIG 7
8	INSTALLATION IS COMPLETE.

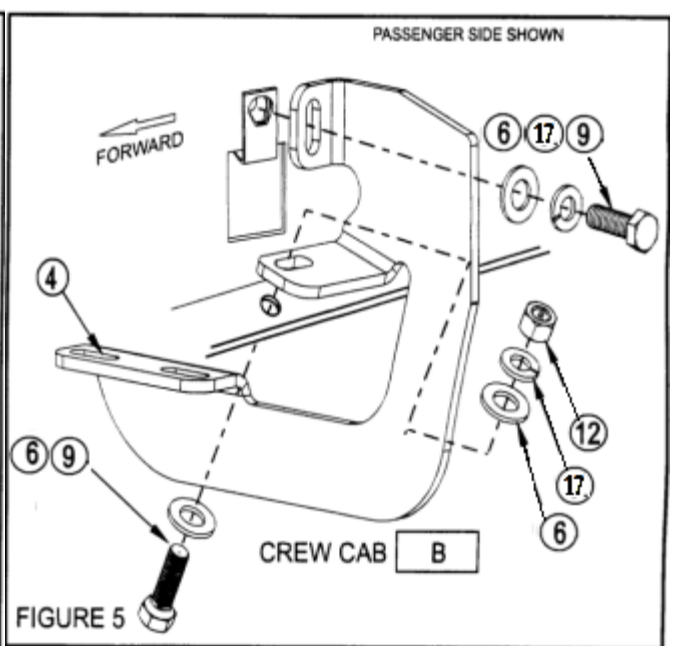
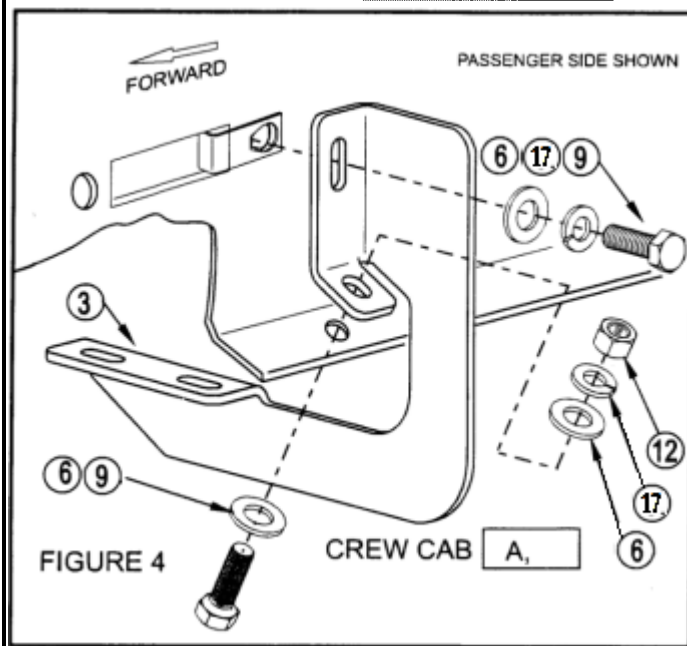
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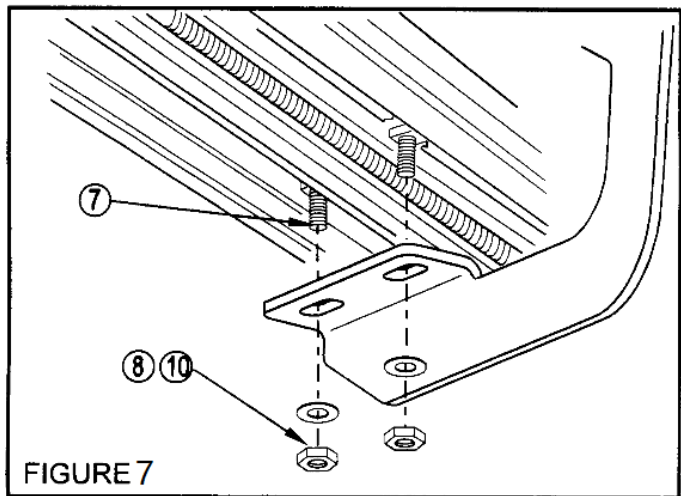
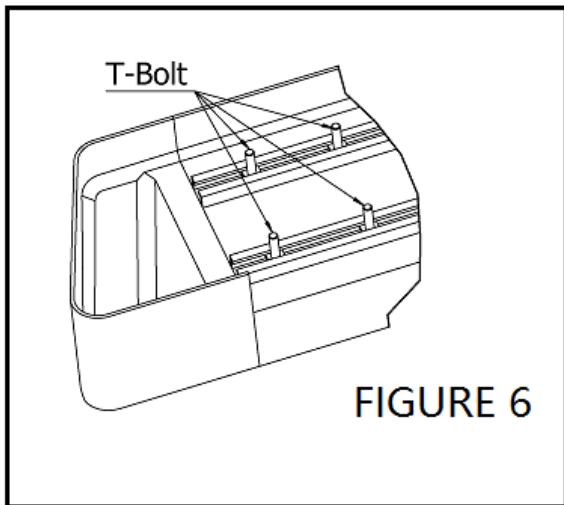
***Pictures are for reference only, actual bars may be a little different.**



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FINISH PROTECTION

Our products have a high quality finish that must be cared for like any other exposed finish on the vehicle. Protect the finish with a non-abrasive automotive wax, (e.g. Pure Carnauba) on a regular basis. The use of any soap, polish or wax that contains an abrasive is detrimental, as the compounds scratch the finish and open it to corrosion.

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