

**FRONT RUNNER****TOYOTA LAND CRUISER 100
TRACK - 1945MM****ENG**

TRTL001

**INSTALL TIME: 30 mins**

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.

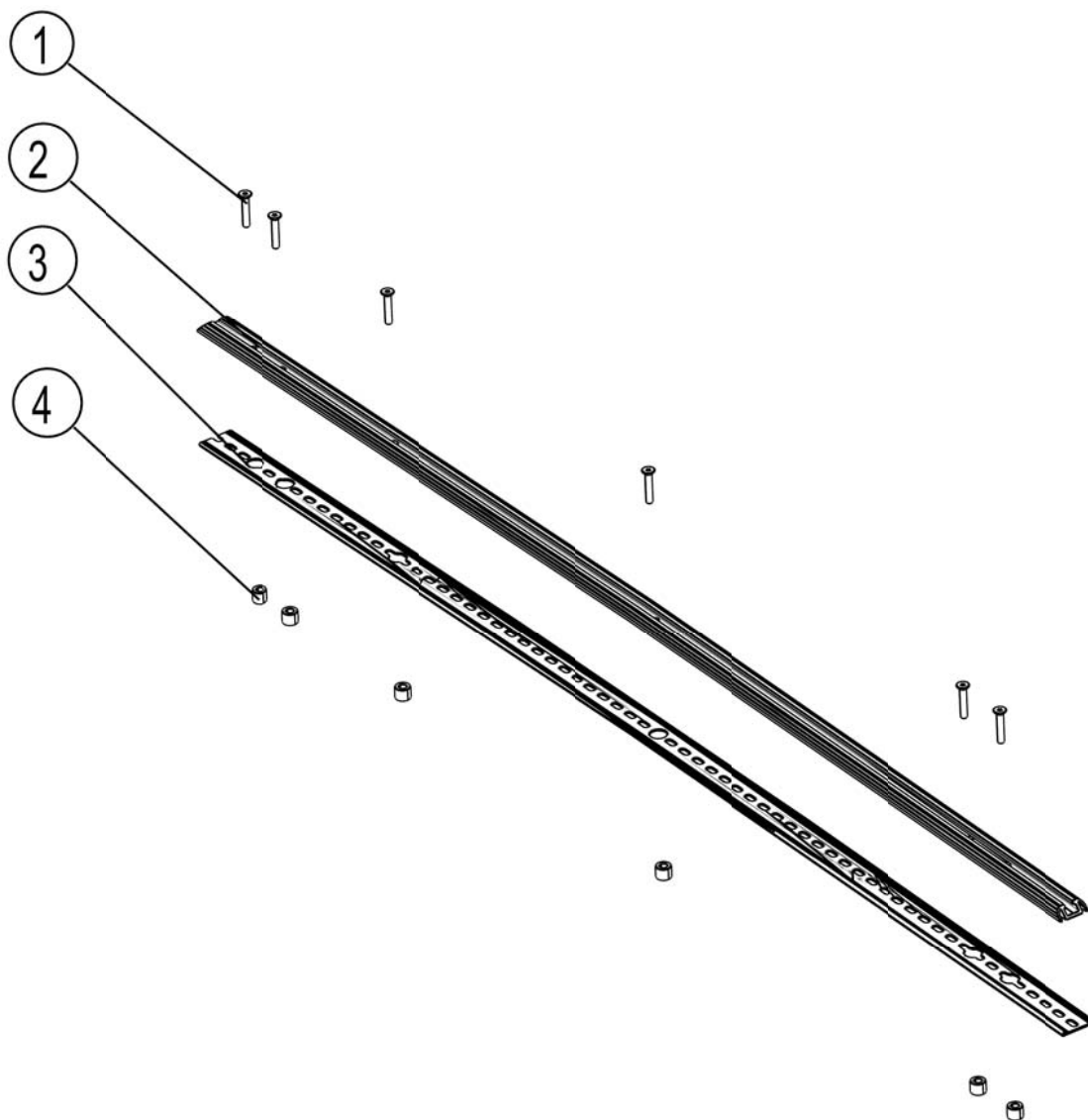
1 GET ORGANIZED...

Here is what you are looking at:

Item #	Quantity	DESCRIPTION
1	12	M8 x 50 COUNTERSUNK BOLT
2	2	TRACK - 1 LEFT, 1 RIGHT
3	2	RUBBER TRACK LINING
4	12	SPACER

You will need:

- ☐ Tube of silicone
- ☐ 5 mm Hex Key
- ☐ 12 mm Flat or Socket Wrench
- ☐ Utility knife
- ☐ Flat Screw Driver or Panel Tool
- ☐ Rag and some Methylated Spirits/ denatured alcohol



- (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 REMOVE THE ORIGINAL ROOF RAILS

- (A) The Tracks (Item 2) ship with the Rubber Track Liner (Item 3) loosely fitted in place. There are two quick steps to prep the Track Liners and Tracks. First, remove the paper to expose the glue. Then carefully center the holes in the Liner with the holes in the Track and press the Liner into place. Using your utility knife trim the Liner at the end of each Track so it doesn't overhang.

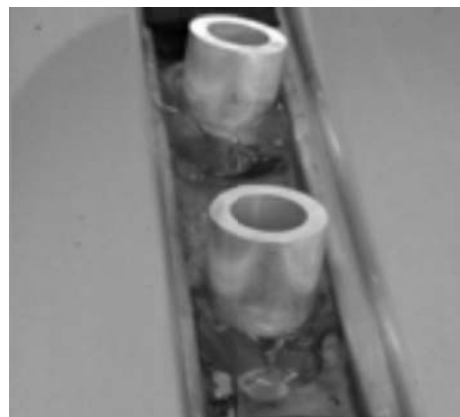
- (B) Remove the two ditch mouldings that cover the gutters in the vehicle's roof and place the Tracks onto the vehicle's roof. There is a left and a right hand Track. The curve in the Track goes towards the front and outside of the vehicle.

- (C) Remove the original gutter bolts that correspond/ line up with the holes in the Track.



- (D) Using a rag and some methylated spirits/ denatured alcohol, clean the area around each of the bolt holes from Step 2C and place some silicone over each hole.

Place a Spacer (Item 4) over each of the siliconed holes. Lining up the center of the spacer with the center of the threaded hole in the vehicle's roof.



- (F) Place the Tracks over the vehicle's gutter, lining up the holes in the Tracks with the holes in the Spacers and vehicle's roof.

Secure the Tracks to the vehicle using the M8 x50 Countersunk Bolts (Item 1) supplied.

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