



Installation Instructions

Part No. **2145**

Product: Running Boards

Application:

Ford F-150 2009-2014

Level of Difficulty: **1 2 3 4 5**

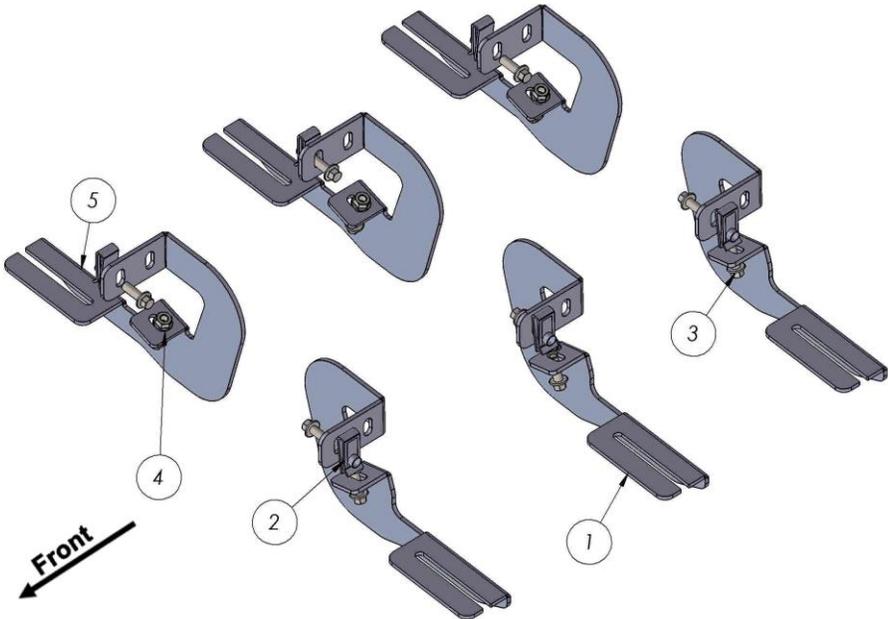
Installation Time: 60 min

REV 3 04/15/20

Hardware	Torque Specifications
M6 Bolt	3 ft-lbs.
M8 Bolt	7 ft-lbs.
M10 Bolt	16 ft-lbs.
M12 Bolt	28 ft-lbs.

ATTENTION: Use correct torque settings to avoid damaging the running boards and or mounting brackets. Failure to do so will void your warranty.

If you have any questions please contact our technical team at 1-866-717-6645



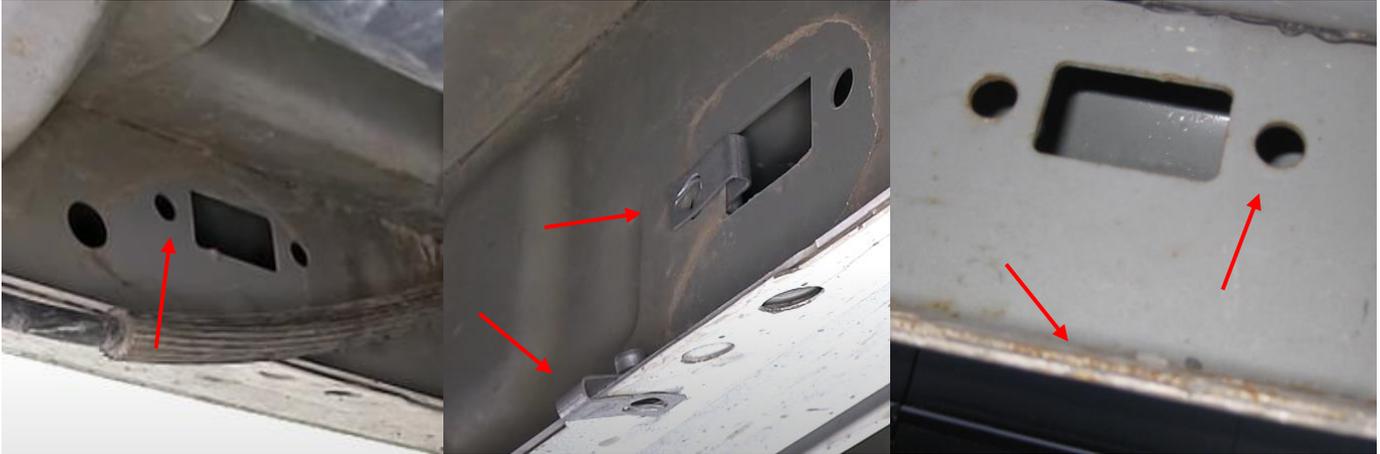
ITEM	PART NAME	QTY
1	2145-46.ABNS.FOC0B0 DRIVER	3
2	M8 U-NUT	12
3	DIN 6921 FLANGE BOLT M8 x 25	12
4	DIN 6923 FLANGE NUT M8	12
5	2145-46850F0C0B0 PASSENGER	3



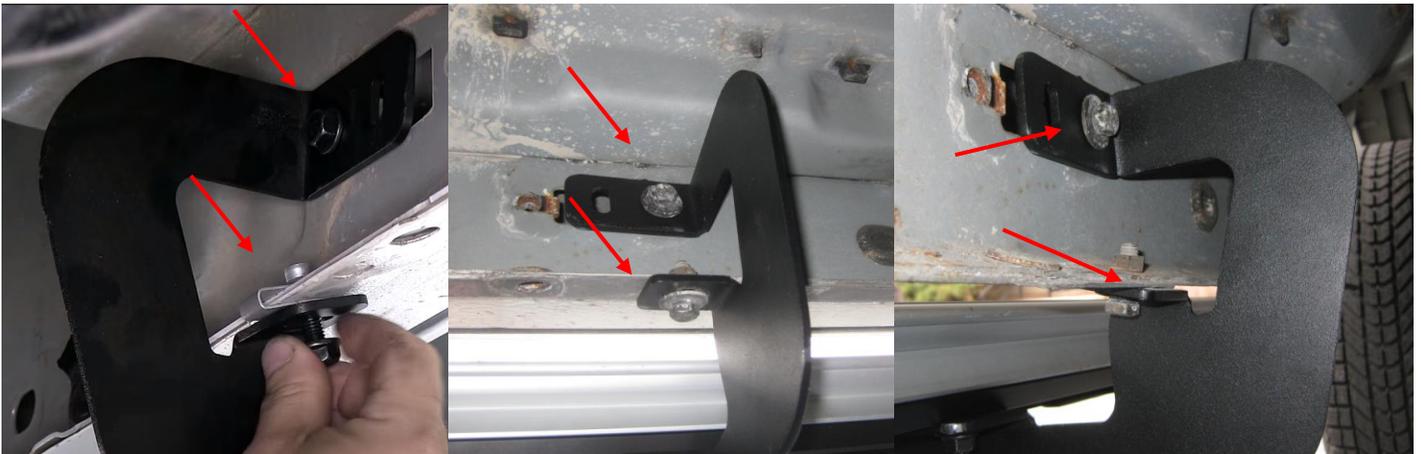
Installation Instructions 2145 Bracket kit

Step 1: Locate front mounting locations and hardware as per 1st page of this installation manual

Step 2: Locate 3 mounting points, if covered with tape remove tape. Install provided C clips into factory positions. Install c clips following bracket orientation on first page.



Step 3: Install brackets using supplied M8 hardware as shown below. Do not tighten

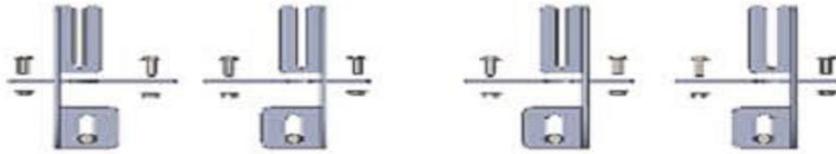
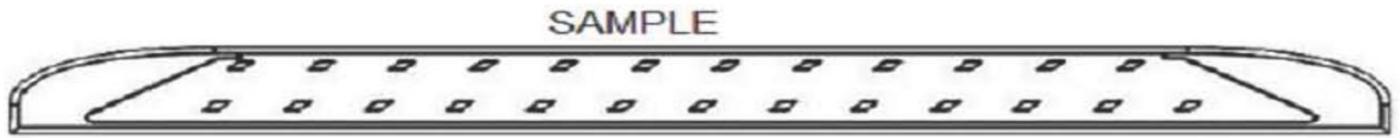


Step 4: Proceed to last page of this manual for running board install instructions and torque values

For Technical support please call our team at 1-866-717-6645 and one of our experts will assist you with this installation.

Thank you for choosing Romik

Running Board Installation Instructions



RAL / RB2 / REC / RCV / RZR



ROB / ROF / RPD

- 1) Flip your Romik running boards onto a flat surface, make sure to place the running boards on a towel or cardboard in order to protect the surface Figure 1.
- 2) Loosen the M8 bolts on back of your running boards Figure 2. Depending on your model there will be either 6 or 8 bolts installed per side.
- 3) Once your brackets have been installed, place the running board onto the brackets as shown on Figure 3.
- 4) Adjust running boards, centering on vehicle. Hand tight M8 hardware on running boards.
- 5) Follow the torque procedures, torque M8 hardware to **7 ft-lbs** using a torque wrench.
- 6) Cleaning and maintaining your running boards is important, apply a light coat of a quality carnauba wax at least 2X per year. Wash often with mild soap and make sure to remove all soap residue. Many car automatic carwashes use a strong soap, make sure to use enough water to remove all residue.
- 7) Register your products at www.Romik.com/contact/productregistration
- 8) Warranty information at www.Romik.com/warranty