



FRONT RUNNER

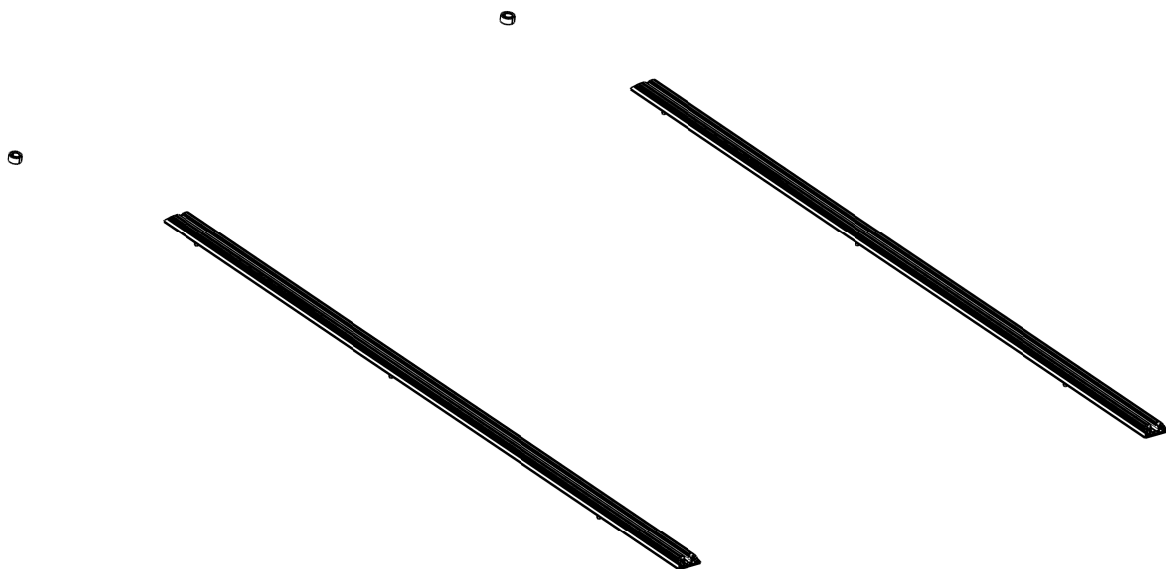
**LAND ROVER DISCOVERY 3/4
TRACKS**

ENG

TRLD001



INSTALL TIME: 15 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.

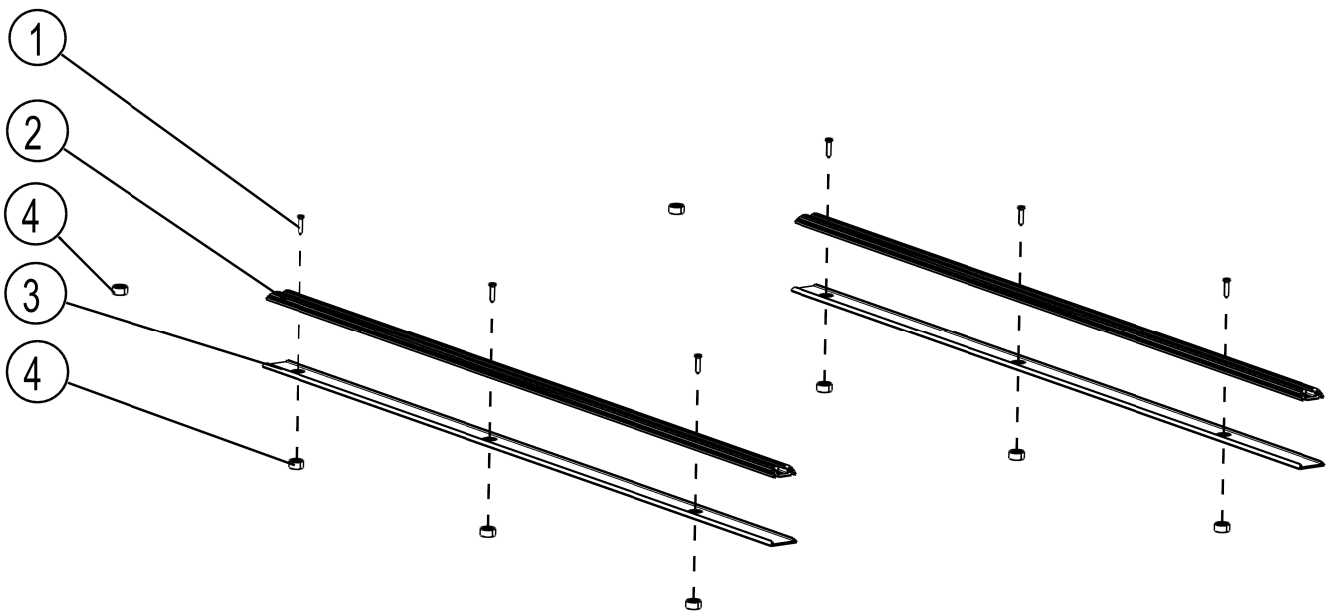
1 GET ORGANIZED...

Here is what you are looking:

Item #	Quantity	Description
1	6	M6 x 25 COUNTERSUNK BOLT
2	2	TRACK
3	2	RUBBER TRACK LINING
4	8	SPACER

You will need:

- 27 Torx Wrench (Refer to section 2)
- Drill Machine (Refer to Section 2)
- 3 & 7 mm Drill Bit (Refer to Section 2)
- White Marker (Refer to Section 2)
- Flat Screw Driver or Panel Tool
- 4 mm Hex Key
- Ladder



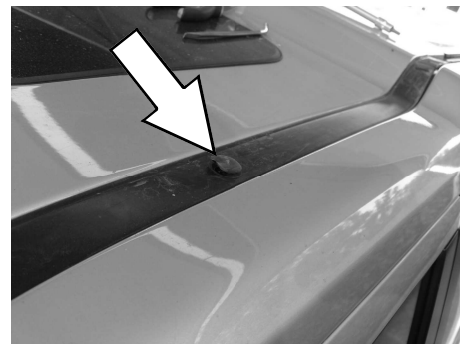
- (A) Familiarize yourself with the parts and then step away from the work area and read through these instructions from beginning to end. Take a moment as a little prep now may save you a lot of time later.

2 PREPARE FOR INSTALL

(A) Your Discovery 3/4 would have come with or without an original roof track. Depending on your vehicle follows Steps in Section 2B (with Track) or 2C (without Track) before continuing with Section 3.

(B) **With Original Roof Track:**
You will be required to remove the factory fitted track before installing the Front Runner track. To remove the existing track, take a Torx 27 and undo the 3 bolts holding on each track. Do this slowly and gently as the Torx bolts have been Loctited in and the head of the bolts could snap off! Ignore Steps 3B and 3C

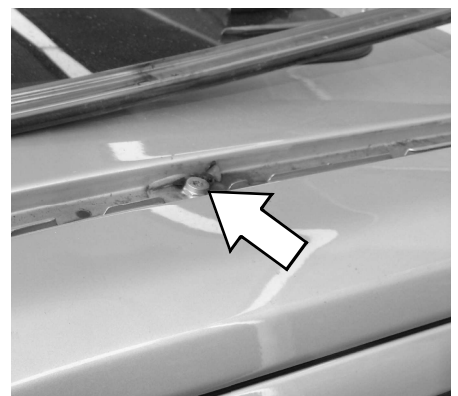
(C) **Without Original Roof Track:**
Have a good look at the black cover strips that run down the roof of the vehicle, if there are plugs (as indicated by the arrow) along the strip, then there is no need for any drilling and you may ignore Steps 3B & 3C. If plugs are not present on your vehicle, you will need to complete Steps 3B & 3C.



3 INSTALL TRACKS

(A) Remove the ditch mouldings by gently inserting a flat screw driver or panel tool in the side of the ditch moulding and levering it free of the roof. Be very careful not to damage the glass on the roof of your vehicle.

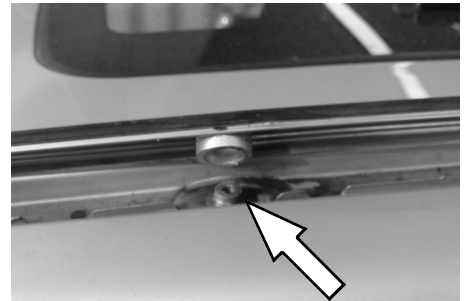
(B) If your cover strip does not have the plugs as mentioned earlier, now is the time to drill them. The position of the holes is best marked by screwing in a sharpened M6 rod into the roof bosses (see image), sharp side up. Then place the cover strip back on the vehicle. Push on the area of the bosses and this will mark the position of the hole.



3 INSTALL TRACKS CONT...

- (**C**) Grab your drill and drill a pilot hole first with your 3 mm drill bit. Once you have done that drill the 7 mm hole in the cover strip.

- (**D**) Take the Spacers (Item 4) from and fit them into the ditch moulding inline with the roof mount mounting bosses as shown. This is very important as it prevents the Front Runner track from crushing the roof. Clip the ditch moulding back into position.



- (**E**) The Aluminum Tracks (Item 2) ship with the Rubber Liner (Item 3) loosely fitted in place. There are two quick steps to prep the Liner 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. Now grab your scissors and trim the Liner 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.

- (**F**) Place the Tracks onto the vehicle's roof. lining up the holes in the Track with the holes in the ditch moulding. Secure the track to the vehicle using the M6 x 25 Countersunk Bolts supplied (item 1).

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