



FRONT RUNNER

**HYUNDAI H100
2 100 MM TRACKS**

ENG

TRHH001



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.

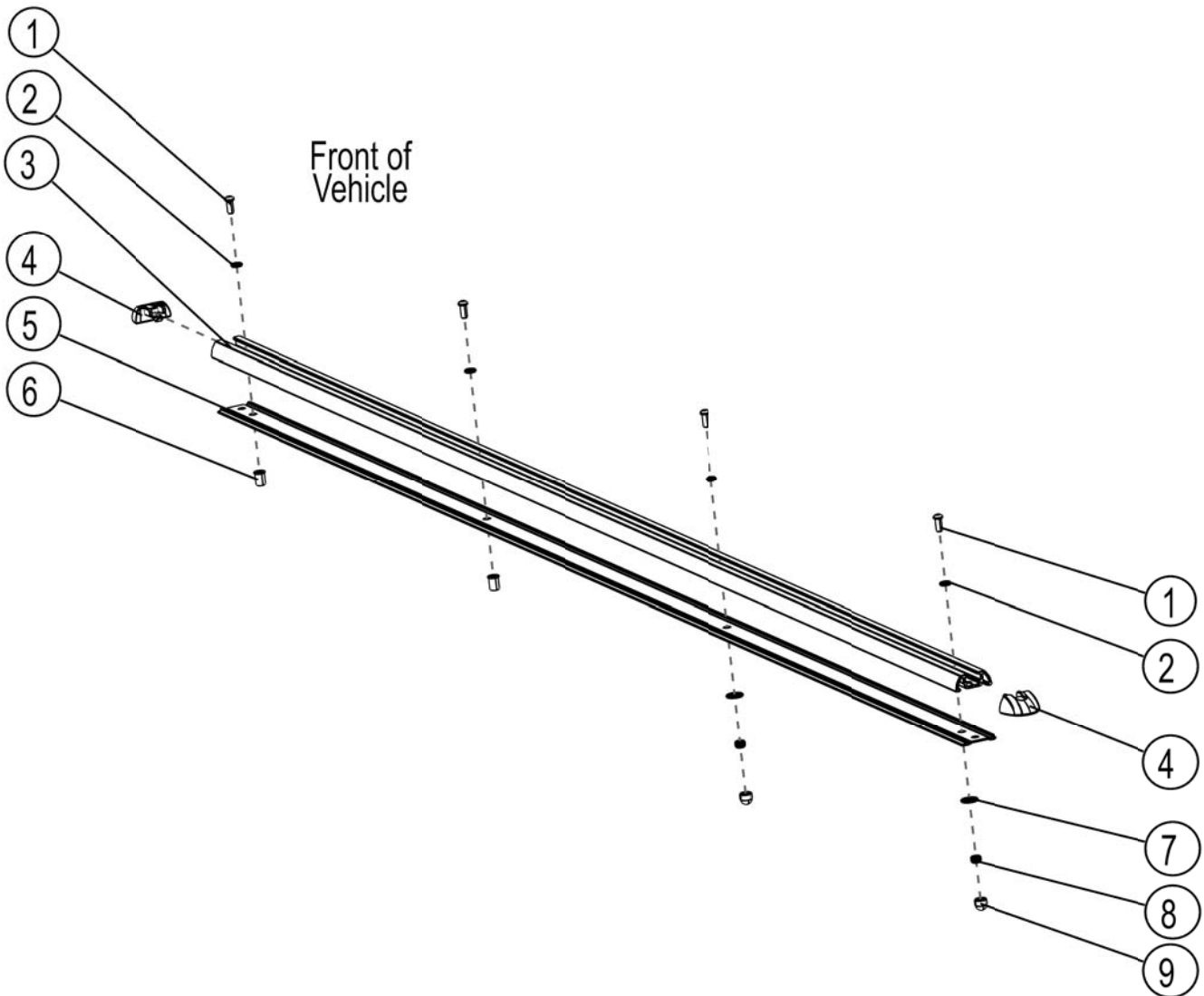
1 GET ORGANIZED...

Here is what you are looking at: Please note that only the right hand side has been shown.

Item #	Quantity	DESCRIPTION
1	8	M6 x 16 BUTTON HEAD BOLT
2	8	M6 FLAT WASHER
3	2	TRACK
4	4	END CAP
5	2	PROTECTIVE STRIP
6	4	M6 RIVNUT
7	4	M6 x 19 FLAT WASHER
8	4	M6 NYLOC NUT
9	4	M6 NUT CAP

You will need:

- 4 mm Hex Key
- M6 Rivnut Tool
- 10 mm Flat or Socket Wrench
- Rag and some Methylated Spirits/Denatured Alcohol
- Tube of Clear Silicone
- Drill Machine
- 3, 7, 9 mm Drill Bit
- Marking Pen
- a Friend



(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 INSTALL THE TRACKS

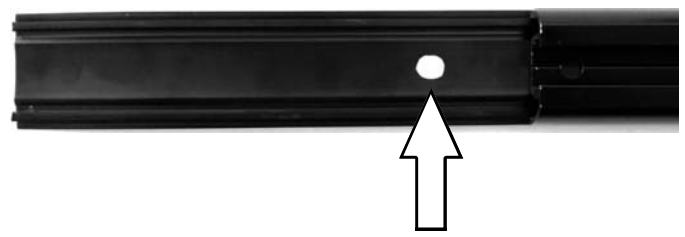
- (A) Ensure that the Protective Strip (Item 5) is lined up with the edge of the Track (Items 3). Using a white marking pen, mark the position of the four 6.5 mm Holes in the Track onto the Protective Strip. Starting at one end, slide the Protective Strip out from under the Track (as shown) to expose your markings. Using a drill machine, 9 mm drill bit and a suitable surface to drill on, carefully drill a 9 mm hole in the Protective Strip on each of your markings. Once complete, slide the Protective Strip back and across to expose your markings on the other side of the Track and drill the remaining 9 mm holes. Slide the Protective Strip back into position, lining up the holes in the Track up with the holes in the Protective Strip.

Ensure Protective Strip is lined up with Track



Mark all 6.5 mm Holes (Four per Track) positions onto Protective Strip.

Slide Protective Strip out to expose markings

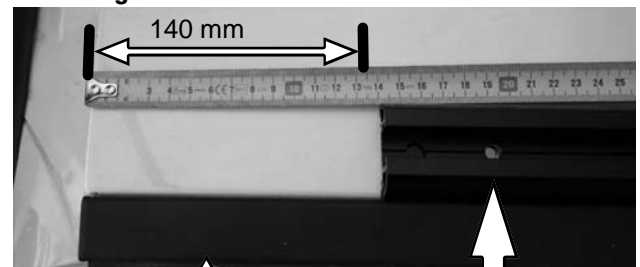


Drill a 9 mm Hole on each marking.

- (B) Open the rear doors of the vehicle. Place the Tracks (Item 3) onto the vehicle's roof, one on the left hand side and one on the right hand side of the vehicle. Line the end of the Tracks 140 mm in from the rear of the vehicle and ensure that Tracks are pushed up against the vehicle's ditch moulding as shown.

Using a suitable marking pen, mark the position of the four 6.5 mm holes in each Track onto the vehicle's roof. Remove the Tracks.

Right Hand Side of Vehicle Shown Below



Ditch Moulding

Track

- (C) Before drilling the holes in the roof, you need to do a bit of prep. Take the 3, 7 and 9 mm drill bits. Using a suitable tape, wrap a band of tape around the drill bit to act as a stopper to prevent you from drilling too deep as there are airbags located below where you will be drilling.

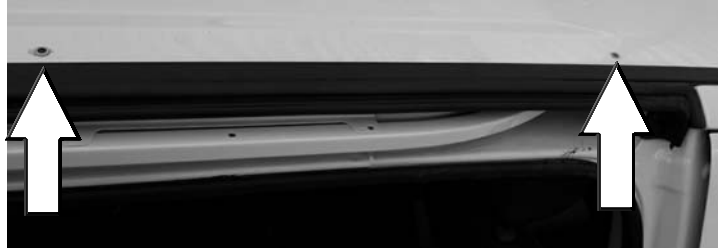


10 mm from tip of drill bit to start of tape.

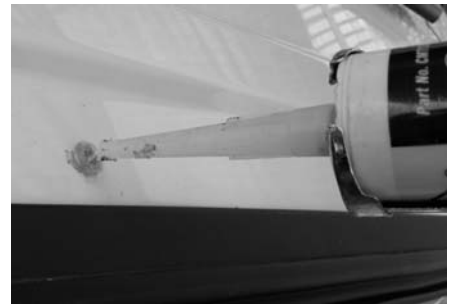
2 INSTALL THE TRACKS

- (D) Drill a 3 mm Hole on each of your markings from Step 2B. Change the drill bit to 7 mm and drill the two rear holes on each side of the vehicle to 7 mm.

- (E) Using a 9 mm drill bit, drill the two front holes on each side of the vehicle to 9 mm. Insert and crimp a M6 Rivnut (Item 6) into each hole.



- (F) Using a rag and some methylated spirits/denatured alcohol clean the area around each of the four holes. Place a small amount of silicone over each hole as shown.



- (G) Place the Tracks back onto the vehicle's roof, lining up the holes in the Track with the holes in the vehicle's roof. Starting with the front two holes each side, secure the Tracks to the vehicle using two M6 x 16 Button head Bolts and two M6 Flat Washers (Items 1 & 2) per Track.

Once the front of the Tracks are secure, have a friend climb inside the vehicle and secure the rear of the Tracks to the vehicle using two M6 x 16 Button Head Bolts, two M6 Flat Washers, two M6 x 19 Flat Washers and two Nyloc Nuts (Items 1, 2, 4, 7) per Track. The M6 x 19 Flat Washers and Nyloc Nuts go on the inside of the vehicle. Once secure place a M6 Nut Cap (Item 9) over each of the Nyloc Nuts,

- (H) Once you have inserted all the required components for the accessories to be mounted to the Track, slide and clip an End Cap (Item 4) on to end of each Track as shown.

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

