



10APR16

U.S. RACK,™ Inc. - 2850 Falcon Drive, Madera, CA 93637 - 559-661-3050

**INSTRUCTIONS for SPORT TRAC RACK models 2009-3STT5, 2009-3STT6, 1009-3STBT5 and 1009-3STBT6 with Tonneau**  
**WARNING: Do NOT attempt to install or use this rack without following all instructions.**

### **SPECIFICATIONS and SAFE LOADING REQUIREMENTS**

These instructions are intended for use only upon the Ford Sport Trac with Tonneau cover. This rack is designed to carry canoes and kayaks but can also carry ladders, lumber, or other cargo not exceeding 250 lbs.

**This rack is designed to carry loads, which are spread across the width of the crossbar and shared evenly between the front and rear crossbars. It is not designed to carry loads where a force of over 125 lbs is loaded on either crossbar. This product is not warranted for use off-road or on unimproved or poorly maintained or bumpy roads.** All loads must be tied down securely to the rack to prevent them from vibrating or sliding forward, backward, laterally or being blown off or broken by wind. The manufacturer does NOT warranty any automotive product and does not warranty truck bed rails against damage caused by the weight of excessive loads being applied to them when the rack is installed on a vehicle. **The manufacturer is not responsible for injury or property damage resulting from the rack being improperly installed or improperly loaded, nor is it responsible for injury or property damage resulting from loads or parts of loads falling or being blown off a vehicle.** Loads extending beyond the rear bumper of the vehicle must be designated with a red flag during daylight or red light during darkness in accordance with the state vehicle code.

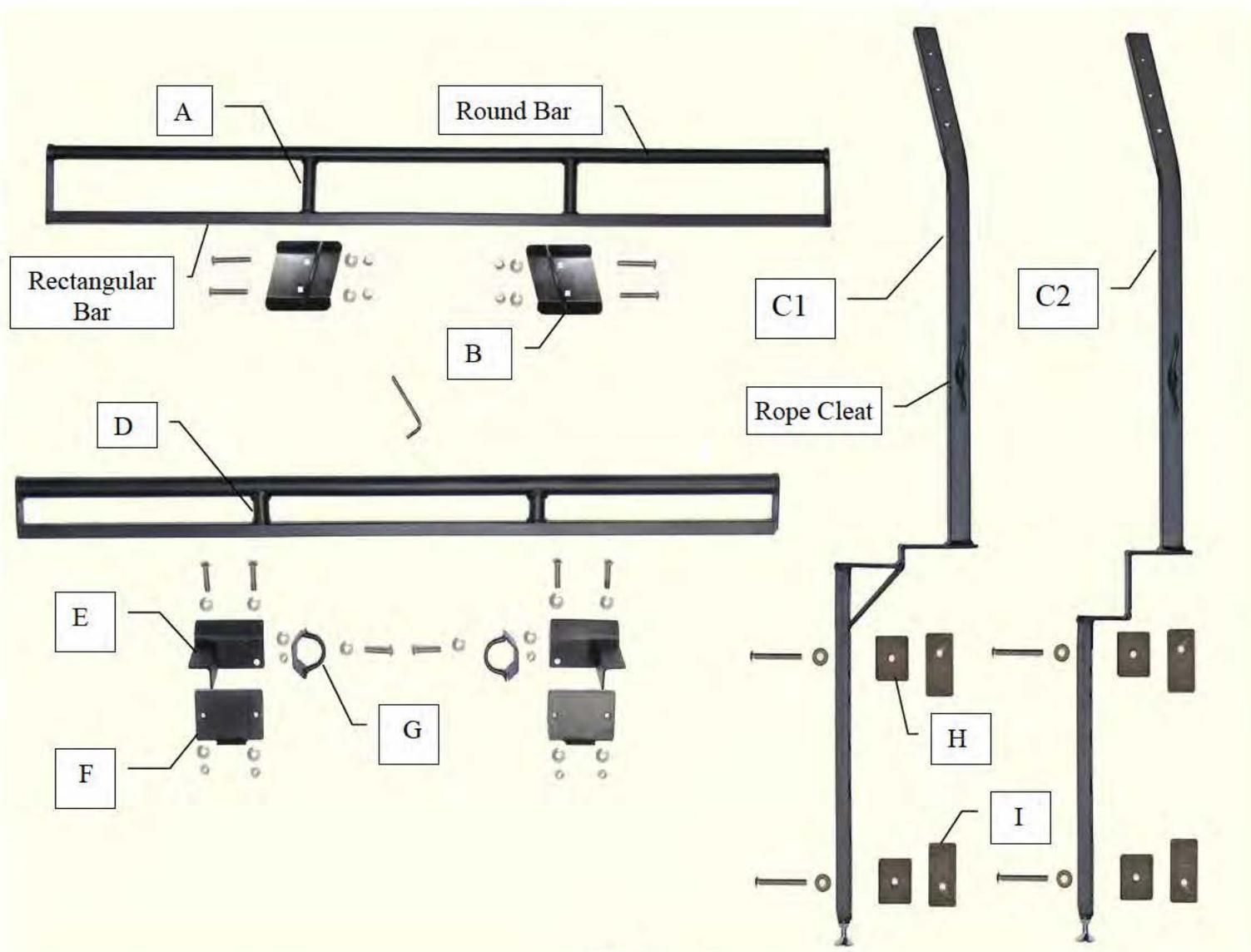
**BE SAFE: Carrying any load can be hazardous. Make sure all parts of all loads are securely tied down against unexpected winds and vibrations caused by road hazards such as potholes. Check each time you install the rack, load the rack, as well as daily to ensure that all connections are tight. Avoid roll over. As with all racks, ensure that loads are not top-heavy. Loads should be placed so that the center of mass of the load is no closer than 24" from the sides of the rack. High loads must be transported with GREAT CAUTION to prevent loads from striking low overhead objects and from tipping during turns, abrupt stops, or high winds.**

### **WARRANTY**

This product is warranted for a period of one year against all structural defects in materials and workmanship provided that they are assembled, installed, and used in accordance with all manufacturer's specifications and instructions. The manufacturer **cannot warrant the powder-coating** on its products. Normal use of any powder-coated rack and exposure to weather can result in scratching of the surface, exposing metal below; therefore, maintenance on your rack will be required. To prevent rust, spot paint any scratches or breaks in the surface with a high quality metal paint. **Merchandise must be returned in the original box and packaging.** See return policies and procedures at <http://www.usrack.com/service.shtml>

### **INVENTORY**

**Your safety is paramount.** Before assembling the rack, inventory and inspect all parts. Visually check each part to ensure it corresponds to the inventory list and check all welds for signs of cracking or weakness. If you do not have all the correct parts or if any parts appear to be defective, STOP! Do NOT install the rack. Contact customer service at 1-888-877-2257 to replace missing or defective parts. If you have any questions about installation, call customer service. We will be happy to help.



**Fig. 1**

The Dual Rack for the Ford Sport Trac consists of these parts:

- |   |                              |
|---|------------------------------|
| A. Dual Crossbar, Large (x1) (Special 68" X-bar)                          | B. Grip Plate, Large, (pair) |
| C. Leg (x2) (C1 STYLE for 2000-05 trucks; C2 STYLE for 2006-later trucks) | D. Dual Crossbar, Small (x1) |
| E. Clamp Top (pair)   | F. Clamp Bottom (x2)         |
| G. Grip Plate, Small (x2)   | H. Stand-off Bracket (x4)    |
| I. Insert Plates (x4)   |                              |

**ADDITIONAL HARDWARE:** 3/8-16 x 3.0" button head cap screw (x4); 3/8-16 x 2.75" carriage bolts (x4); 3/8-16 X 2" button head cap screw (x2); 3/8-16 X 1.5" button head cap screw (x4); 3/8-16 nylon lock nuts (x10); nylon washers (x4); metal washers (x16); Allen wrench (x1);

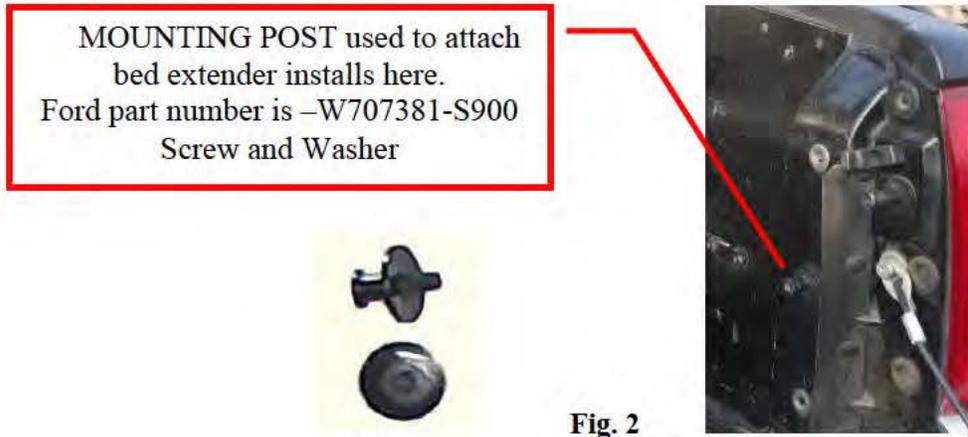
**NOTE 1: SCREWS AND SMALL PARTS MAY BE FASTENED TO OTHER PARTS.**

**NOTE 2: THE LEGS OF THE RACK ARE CONFIGURED FOR USE WITH A TONNEAU COVER. YOU SHOULD HAVE A PAIR SHAPED EITHER LIKE C1 OR C2 BUT NOT BOTH.**

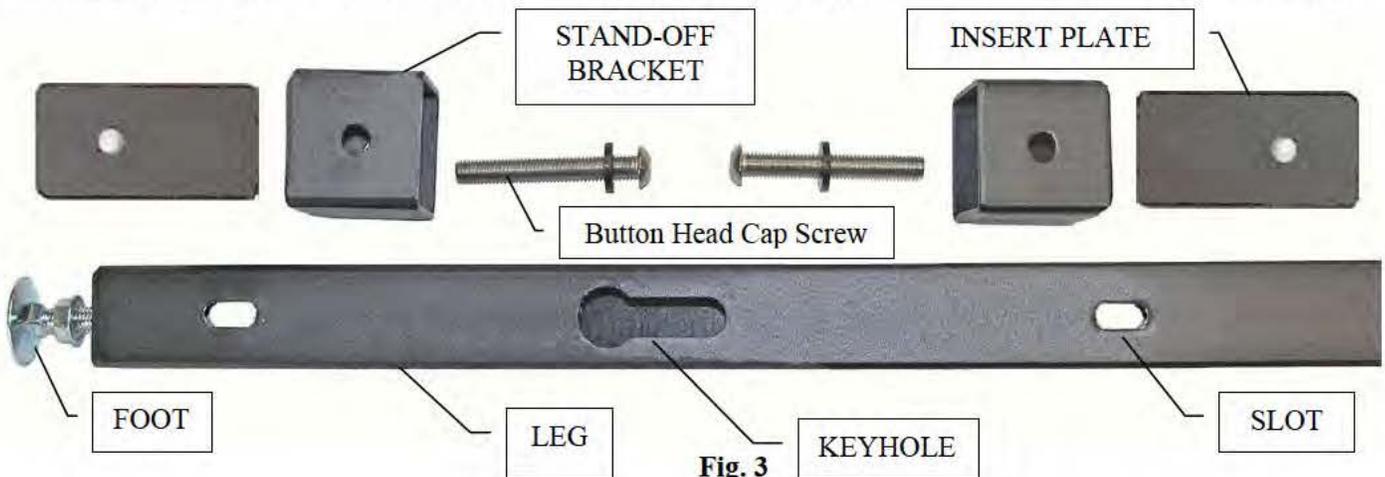
**NOTE 3: IF YOU ORDERED MOUNTING POSTS BECAUSE YOUR SPORT TRAC HAD NONE, THEY WILL APPEAR AS SHOWN IN FIG. 2, BELOW.**

## ASSEMBLY

Read ALL instructions through once BEFORE you do anything!



1. **Ensure you have mounting posts.** As shown in Fig. 2 above, your truck should have a steel post mounted in the center hole of each tailgate reinforcing column next to your tail gate. Mounting Posts are necessary to attach a bed extender or to attach this rack to your Ford Sport Trac. Some models of Sport Trac do not have this part installed. If your truck does not have this part, you can buy it at your local Ford dealer. The Ford part number is W707381-S900. If you don't have a nearby Ford dealer, you may purchase the part thru U.S. Rack. **CAUTION: CHECK TO ENSURE THAT THE MOUNTING POSTS ARE SECURELY INSTALLED. THESE POSTS ARE AN ESSENTIAL ELEMENT TO HOLDING THE RACK SAFELY ON YOUR TRUCK.**
2. **Attach the Stand Off Bracket to the Legs.** Pick up and examine one of the Legs (part C-1 or C-2). Look at Fig. 3 and notice that there is a key-shaped hole in the Leg and two threaded holes on either side. As shown in Figs. 4 thru 11, attach the Stand-off Brackets to the Legs. If the Legs are not already pre-assembled you may assemble them as shown in the Figures below. To do this lay out the hardware as shown in Fig. 4, then assemble the parts as shown in the sequence of photos. Insert the Insert plate into the Stand-off Bracket as shown at the bottom of Figs. 5 and 6. Slide each Bracket with insert plate up from the bottom of the Legs until the hole in the center of each Bracket and each insert plate align with the slots in each Leg as in Fig. 7. Place a nylon washer on a 3" long button head hex cap screw and insert it first through the hole in the Bracket, then through the slot in the Leg until it intercepts the threaded hole in the Leg Insert. Screw it through the Insert Plate enough so that the end of the screw passes through the second hole in the Stand-off Bracket just a fraction of an inch as in Fig. 8 and 9. Fig. 10 shows how the screws are withdrawn when mounting the Legs to the Posts. Fig. 11 shows screws fully extended when the legs are completely tightened in place



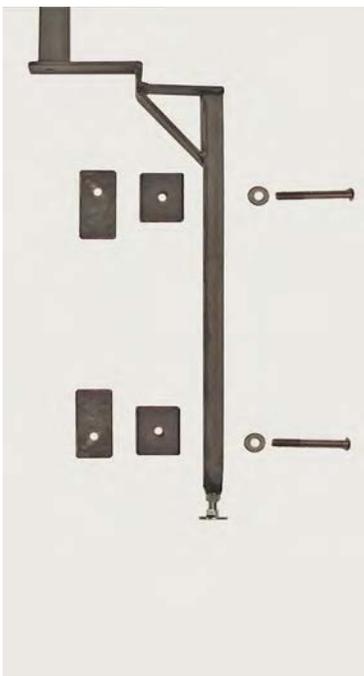


Fig. 4

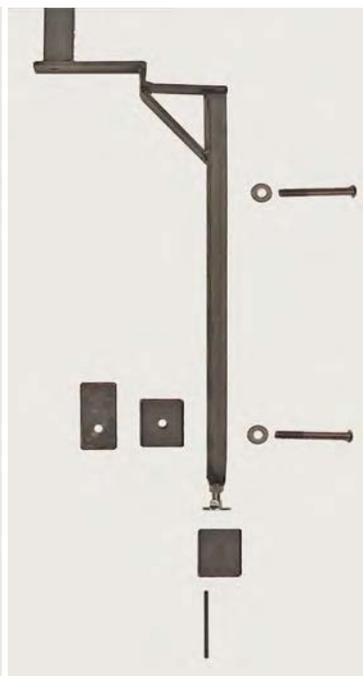


Fig. 5

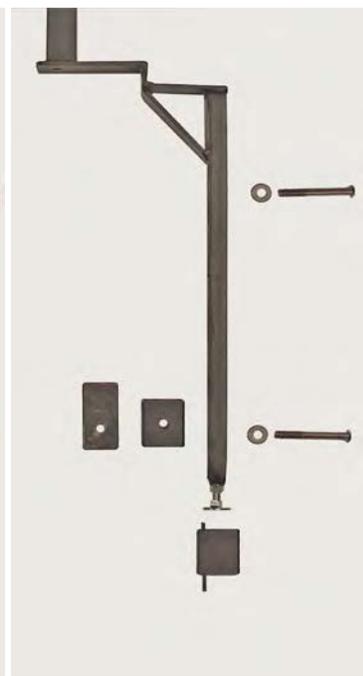


Fig. 6

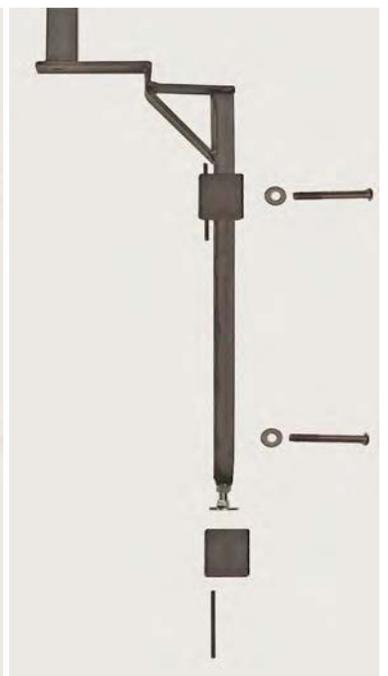


Fig. 7



Fig. 8



Fig. 9

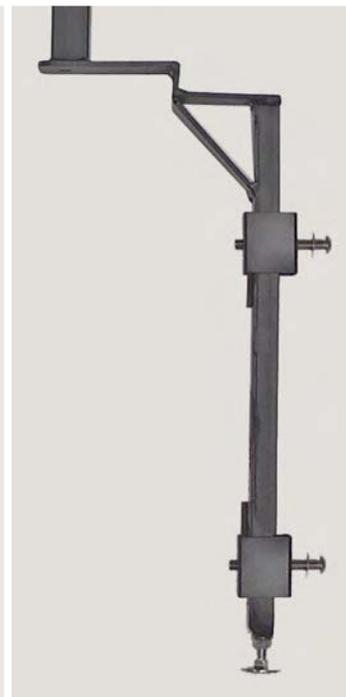


Fig. 10

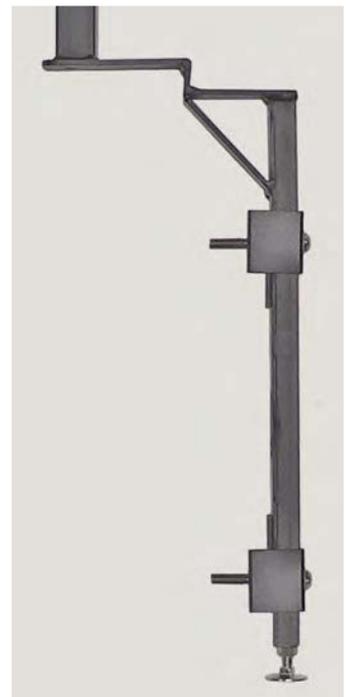


Fig. 11

## INSTALLATION

3. **Attach the Legs to the Truck Bed.** Fig 12. shows the tailgate column of the Ford Sport Trac bed. The primary purpose of this column is to reinforce the sidewalls of the truck bed and to act as a stop for the tailgate. Notice that the face of the tailgate column has a post that extends from the center of the column as well as two holes above and below it. These features correspond with the keyhole and two round holes in the Leg. Fig. 13 shows a rear view of the truck bed and how Leg C-1 or Leg C-2 look after they have been installed on the earlier or later body styles of the Ford Sport Trac. Fig. 14 shows the Steps necessary to install the Legs. Begin by holding the Leg adjacent to the column in the vertical position so that the Post aligns with the largest opening in the keyhole. Slide the end of the Post into the Keyhole and then lower the Leg until the screws in the Legs align with the Holes in the Column. Adjust the foot at the bottom of the Leg to sit firmly on the floor of the bed. Tighten the screws so that the ends of the screws go into the holes. Continue to tighten the screws until the Stand-off Brackets make contact with the column and the Leg is pushed back firmly against the head of the Post. Tighten the screws until each Leg is held firmly in position, but not so tightly that the Post is pulled out of the column or the Leg or the Keyhole is distorted.

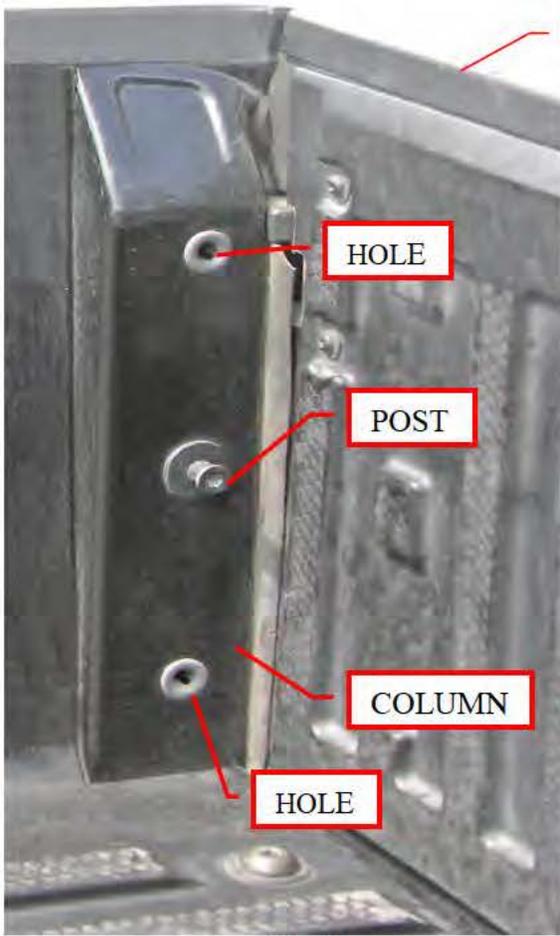


Fig. 12

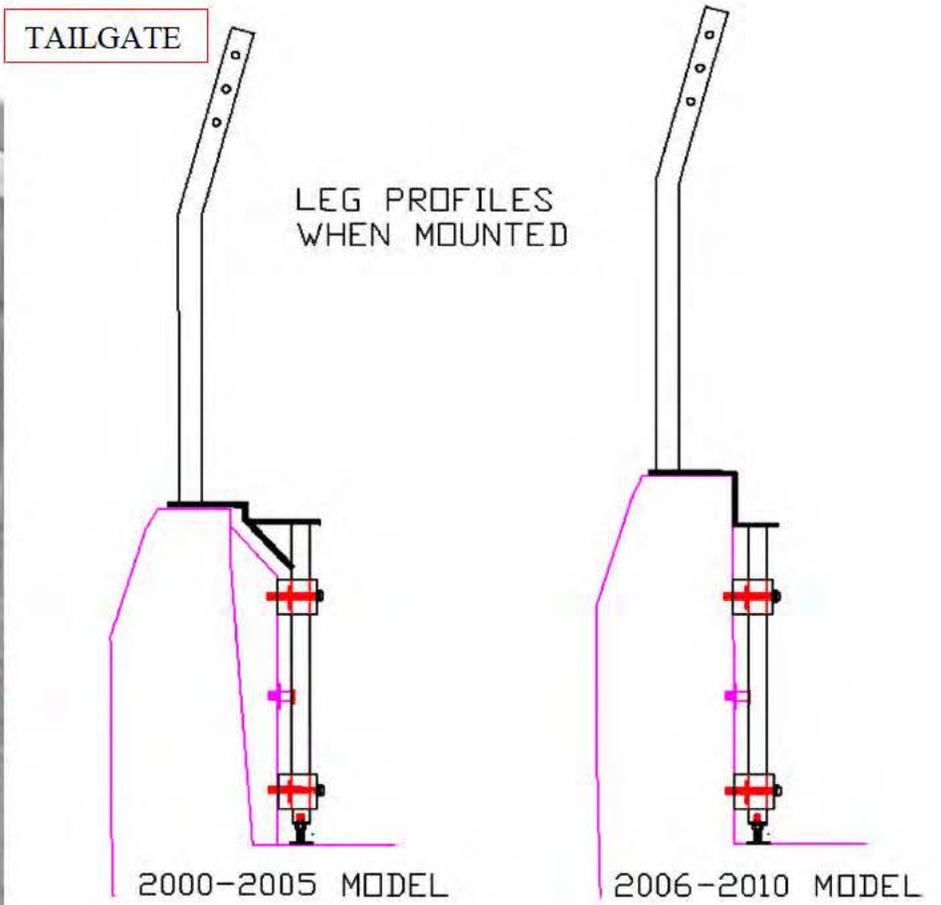


Fig. 13

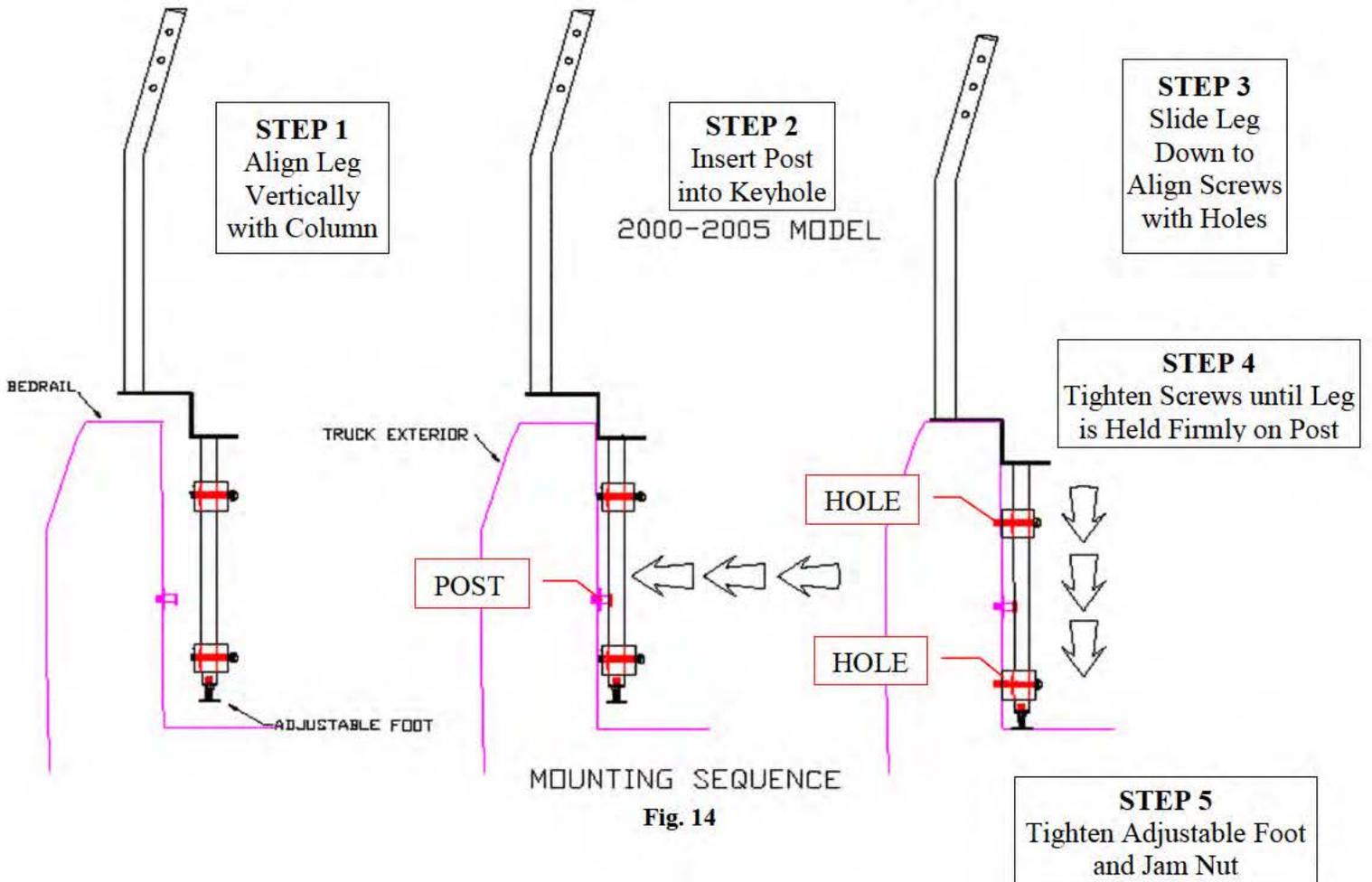


Fig. 14

4. **Attach the Large Crossbar to the Legs.** Examine the Large Dual Crossbar (A) and The Large Grip Plates (B). Determine whether you want to have the round or the rectangular crossbar on top. Ensure that if you have Thule accessories you orient the crossbar so the rectangular bar is on top, otherwise place the round bar on top. Also notice that each Grip Plate has a flat plate on one side and a tie-down loop on the other. With the help of a friend lift the Dual Crossbar up and hold it so that it is centered between the two legs and so that two of the three holes drilled in the top of each leg appear between the two horizontal bars. Insert carriage bolts into the Large Grip Plates from the side with the tie-down loop and pass the ends of the screws through the holes in the legs as shown in Fig. 15. Add a metal washer and screw a nylon lock nut onto each bolt as shown in Fig. 11. Notice in Figure 16, that the flat bar on the front of the Grip Plate aligns with the side of the Leg. This keeps the Leg, Grip Plate, and Crossbar aligned so that the Leg and Crossbar form a smaller angle of about 75 degrees. Tighten all screws with about equal tensions. When completed, each Grip Plate and the Crossbar should connect as shown in Fig. 116.

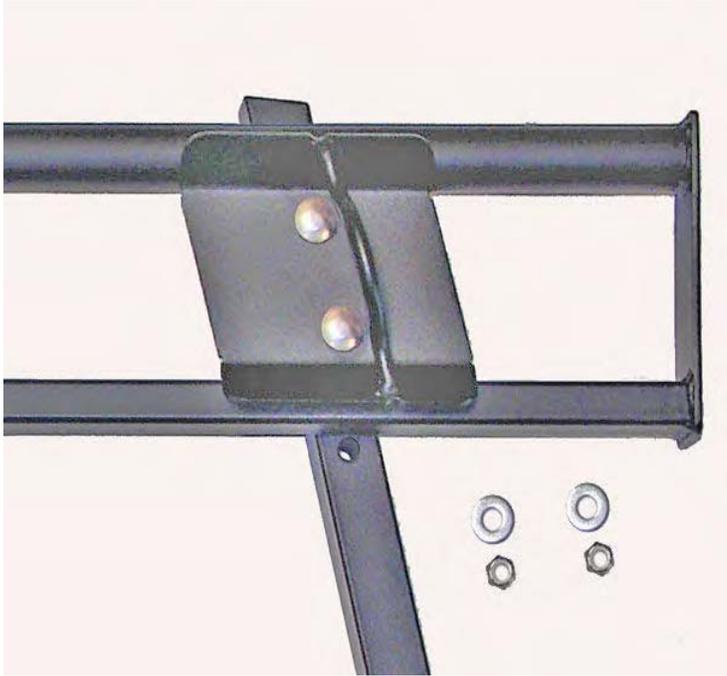


Fig. 15



Fig. 16

5. **Attach Small Crossbar to Roof Rails -10 Steps.**

Steps 1 and 2. (Figs. 18 and 19) Place one of the clamp tops on the top of one of the passenger side roof rails and place the end of the small crossbar on top of it as shown below. The photo shows them positioned near the back of the cab on the passenger side with one vertical edge of the angle pointed toward the front of the truck, but the crossbar and clamp top can be positioned near the front of the cab if desired. Place a 2" screw with washer through the hole in the small Grip Plate and place it through the hole in the vertical metal angle.



Step 1

Fig. 17



Step 2

Fig. 18

Steps 3 and 4. (Figs. 19 and 20) Place a washer and nylon lock nut on the screw and tighten loosely. Push down on the top of the bar to ensure that the bottom of the clamp top is flat down on the top of the roof rail.

Step 3



**Fig. 19**

Step 4



**Fig. 20**

Steps 5 and 6. (Figs. 21 and 22) Adjust the clamp top to ensure that both holes in the plate hang over the inside of the roof rail so the holes are free. Tighten the bolt until the vertical portion of the clamp top and the Crossbar form a right angle.

Step 5



**Fig. 21**

Step 6



**Fig. 22**

Steps 7 and 8. (Figs. 23 and 24) Place the clamp bottom below the clamp top and align the two holes in the bottom so they are directly below the holes in the top. Place a 1.5" screw with metal washer down through the top holes and attach through the clamp bottom.

Step 7



**Fig. 23**

Step 8



**Fig. 24**

Steps 9 and 10. (Figs. 25 and 26) Tighten the screws until the rack is clamped firmly to the roof rails. Attach the other side of the rack in the same manner until it appears as shown.



Step 9

**Fig. 25**



Step 10

**Fig. 26**

6. **Adjust and Lock Crossbar.** After attaching the rack, double check to see if the Crossbar is centered between the Legs and ensure that the angles of the back Legs are the same on each side. Also check the height of the rack. If the rack is too short or too tall, the screws holding the Crossbar to the Legs can be changed to the other holes. After the parts are properly centered tighten the screws holding the Legs to the Grip Plates firmly until there is no movement when moderate pressure is applied to the side of the Crossbars. When installed, both sections of the rack should sit firmly in place without moving. Loads can be roped or strapped to the tie-downs on the side of the Legs or to the tie-down loops on the Grip Plates. Ensure that when loads are tied, the strap or rope tension is not so great as to bend or loosen parts. Road conditions, temperature and weather can affect vibration and tension on parts. The load, road, and driving conditions can affect the tension on all parts. Check tension on all threaded parts of the rack and on straps periodically to ensure they are tight. When installed the legs of your rack should appear as shown in Fig. 27 and 28. Fig. 28 shows Yakima cargo holders mounted to the top bar. These are not included with the rack.



**Fig. 27**



**Fig. 28**