



VW Running Boards

Add Personality to this Functional VW Part

A **running board**, sometimes also called a footboard, is an external vehicle accessory that essentially acts as a step or balance for passengers. In most cases it is located beneath the doors and runs along the side of the vehicle, all the way from the front wheel well to the back wheel well; cars and trucks that have these almost always have two, one for each side.

Running Board Origin

Running Boards, featured on many of the earliest cars as a matter of safety and convenience, originated as early as the 17th Century and served to aid passengers in entering and exiting carriages. The same function was employed on early vehicles, as well as today's trucks and SUVs, with higher ground clearance. Still, some vehicles take advantage of the custom looks created by Running Boards. Whether functional or fashionable, a worn, rusty Running Board get noticed for the wrong reasons. When it comes to Volkswagens, Mid America Motorworks tells you how to replace old Running Boards to keep your VW at their best.

Running Board Changes

Keep in mind that while VW Beetle Running Boards remained fairly standard over time, there were a few subtle changes as The People's Car evolved.

- **1950-1966: Running Board Molding was 33mm, 1 5/8"**
- **1967-1972: Running Board Molding was 18mm, 11/16"**
- **1973-1978: Running Board Molding was 9mm, 3/8"**





Changing VW Running Boards

Rust is the number one enemy of Running Boards, causing them to weaken over time. When the time comes to replace your VW's Running Boards, the project is fairly simple.

1. Raise the vehicle and place it securely on jackstands.
2. Apply penetrating oil liberally to the bolts that hold the running board to the front and rear fenders and the four bolts that hold it to the body. Allow time for the penetrating oil to do its job.
3. Remove the nuts, washers and bolts that attach the running board to the front and rear fenders.
4. Remove the two rubber spacer washers from between the fenders and the running board.
5. Remove the four bolts that attach the running board to the body.
Note: *If you are reusing the running board bolts, clean up the threads and lubricate them to protect them from corrosion. If you are replacing the body bolts, apply lubricant to the bolts and run them in and out of the nuts that are welded to the body (inside the heater channels) a few times.*
6. Loosely reinstall the four bolts that hold the running board to the body.
7. Place the new running board in position over the four bolts in the body.
8. Using new rubber washers in the front and rear, install the bolts that hold the running board to the fenders. Tighten the bolts evenly and gradually to a torque of 11 ft-lb.
9. Tighten the four bolts that attach the running board to the body to 7 ft-lb.
10. Lower the vehicle.





It's All About Style

Running Boards add the finishing touch to your Air Cooled VW. They can complement your Volkswagen or make a contrasting statement, depending on the look you want. Mid America Motorworks reviews a few of the options available to personalize your Running Boards.



German Quality

Just like the good ole days, these Running Boards are OEM quality with precise looks and fit. Some are available with polished aluminum molding for a pop of style.



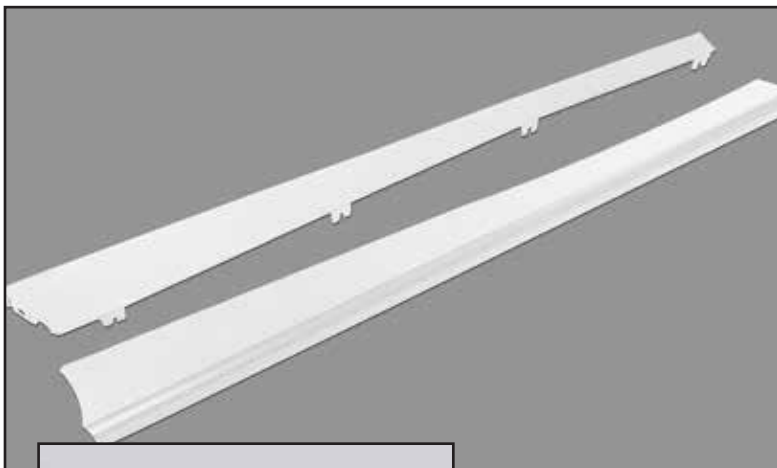
Stainless Steel

Say goodbye to rusted running boards! Stainless Steel creates a sleek look that keeps shining for years to come!



Aluminum Running Boards

Polished Aluminum Running Boards add a sleek touch to your VW and come in a variety of finishes, from Satin and Polished Aluminum, to Gloss Black Aluminum and Billet Aluminum with Polished Sides.



Gloss White

Make your VW stand out from the crowd with bright Gloss White Running Boards! If your goal is to restore a vintage look, these running boards should be your first choice.

