

1990-93 Miata Header

Part No. 56005

Installation Instructions

Read these instructions thoroughly before you start the installation process.

It is suggested that the exhaust be “cold” before attempting to install this header. Exhaust components (especially the catalytic converter) may retain heat for a substantial period of time after the car has been shut off. Further, you may experience difficulty removing the nuts on “hot” exhaust components. If you experience difficulty removing the nuts on a “cold” component, apply an loosening agent (i.e. WD 40) and slowly and carefully work the nuts off the studs.

Raise the front of the car and place the car on jack stands. Never work on a car supported only by a floor jack.

1. Loosen the clamp on the inlet tube of the air intake box. Remove the two (2) bolts and one (1) nut that holds the air intake box in place. The air intake box can now be removed from the car.
 2. Remove the exhaust manifold heat shield. This heat shield will not be re-used.
 3. Unplug and carefully remove the oxygen sensor from the exhaust manifold.
 4. Work the stock header-to-catalytic converter nuts off the studs slowly and carefully. If the nuts are difficult to remove, spray with a penetrating spray and slowly work the nuts off the studs. If a stud should break, the stud can be replaced or drilled out and a new securing bolt substituted.
 5. Remove the nuts that connect the stock exhaust manifold to the engine. Remove the two nuts connecting the catalytic converter to the exhaust manifold pipe. Unbolt the bracket from the bell housing that supports the center of the stock manifold, remove the bracket along with the manifold section. Access to these bell housing bolts are difficult. If you are having trouble accessing or loosening these bolts, unbolt the stock manifold from the bracket, remove the stock manifold, then remove the bell housing bracket. This bracket will not be re-used on the Racing Beat header. Replace the bolts in the bell housing, tighten to 47-66 ft/lbs.
- Time Saving Tip:** It may be easier to unbolt the bracket assembly from the stock exhaust manifold, then remove the bracket from the bell-housing. (The bolt head is located on the driver's side of the bracket and may be difficult to reach.)
6. Remove the stock manifold from the car. The easiest way to remove the exhaust manifold is to pull it straight off the engine and then move it towards the front of the car, turning it clockwise until it slides out. (On some Miatas we have found that clearance problems makes removing the assembled unit impossible. If this is the case with your vehicle, unbolt the upper and lower sections and remove them separately from the car.)
 7. Place a small amount of “never-seize” material on all stud threads before re-assembly. The original gaskets can be re-used if they show no signs of failure, i.e. black streaks, cracking, etc...
 8. Carefully guide the Racing Beat header into the car. Position the header onto the engine studs, and tighten all header-to-engine bolts to 29-33 ft/lbs. Tighten the header-to-catalytic converter bolts to 28-38 ft/lbs.
 9. Re-install the oxygen sensor, being careful not to get any non-seizing material on the sensor, just the threads. To reconnect the oxygen sensor connector you will need to re-route the sensor wire in the most direct path possible. (Do not reuse the plastic clips that hold the sensor wire in place.)
 10. Re-position the air intake box and secure the mounting bolts.
 11. Start the car and check for exhaust gas leaks.