

# RACER'S CHOICE™

## Long Tube Headers



**POWER by DESIGN™**

### Installation Instructions for 1979-1993 Ford Mustang 5.0 V8 Fits 5 Speed Only Part # TF3693



#### Parts Included:

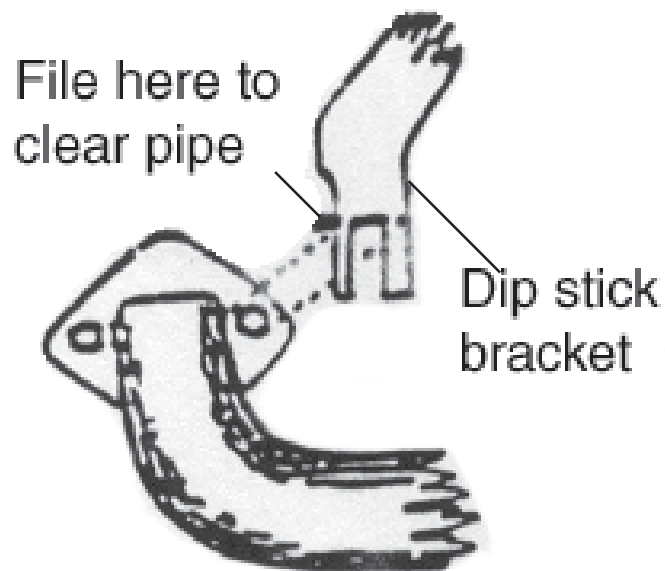
- 1- Set of MAC Long Tube Headers 1 5/8" with 2 1/2" Collectors Ceramac
- 2- Copper Header Gaskets
- 4- 7/16" Studs & Nuts

#### Tools Required:

- 7/16" Socket & Wrench
- 1/2" Socket & Wrench
- 9/16" Socket & Wrench
- 11/16" Socket & Wrench
- 7/8" Wrench
- 3/8" Drive Ratchet & Extension
- Flat Head Screwdriver
- Flat File
- Jack & 2 Jack Stands

1. Start by disconnecting your negative and positive battery cables from the battery.
2. Remove the bolt that hold the stock air box to the fender well. Next remove the wire harness from the mass air flow meter and loosen the hose clamp that connects the air system to the throttle body. Remove the air system in one unit from the throttle body and the fender well.
3. Remove all of the spark plugs and the oil dip stick from the motor.
4. Using a car jack, jack up the vehicle and place two jack stands under the car at the highest point you can achieve.
5. Remove the O<sup>2</sup> sensors by using a 7/8" wrench and set aside for reuse.
6. Remove the four nuts that hold the stock mid pipe to the stock manifolds and remove the four nuts that connect the mid pipe to the cat back system. Use a 10mm socket or wrench to remove the clamp from the air tube and remove the stock mid pipe.
7. Using a 9/16" socket and ratchet, remove the stock manifold bolts and remove the manifolds by lifting the out from the top of the engine.
8. Install the driver side MAC long tube header with the motor elevated and slide the header into place from underneath the vehicle.
9. Put the copper gasket in place with the raised side towards the headers and install the headers bolts. Install the dip stick tube after you file down the bracket as shown in the illustration on the other side. Note: Start all header bolts before you start to tighten them.
10. Install the passenger MAC long tube header by repeating the same installation procedure as the drivers side.
11. Reinstall the spark plugs and the spark plug wires.
12. Reconnect the smog pump air hose and reconnect the piping back to its original position.
13. Reinstall the air induction system in reverse of witch it was removed.
14. Thread the studs onto the passenger and driver side collectors.
15. Install the mid-pipe and insert the mid-pipe hangers into the exhaust mount located on the transmission. Line up the studs on the header collectors and the flange holes on the mid-pipe. Using a 11/16" socket tighten the nuts supplied onto the studs. Note: Work both of the nuts on each collector evenly to ensure a tight seal.
16. Disconnect and reroute the O<sup>2</sup> sensor wiring harness by letting the plugs for the O<sup>2</sup> sensors hang down over the top of the transmission.

17. Thread the O<sup>2</sup> sensors into the header collectors and tighten.
18. Plug the O<sup>2</sup> sensors back into the wire harness.
19. Reconnect the cat back system to the mid-pipe.
20. Start the vehicle and check for any leaks.



Need to contact MAC?

Visit us on line for information on the latest products and updates to your existing products at:  
[www.macperformance.com](http://www.macperformance.com)

Can't find information about a product you want to buy on our site?

Give us a call at: 800-367-4486 or email: [tech@macperformance.com](mailto:tech@macperformance.com) or you can fax your request in to: 951-296-3044

If you experience problems with any MAC Products, you can call us to obtain a Return Authorization or email you request to [general@macperformance.com](mailto:general@macperformance.com)

Our address is:

43214 Blackdeer Loop  
Temecula, Ca. 92590

**Thank you for purchasing MAC!**