



Flyin' Miata 1990-97 spring set installation tips

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Thank you for purchasing our Flyin' Miata springs for your 1990-97 Miata! These directions are not intended to replace a shop manual and don't attempt to cover the whole installation. They will, hopefully, give you a few pointers specific to our springs.

The springs are labelled clearly front and rear. Install them as labeled.

While there isn't necessarily a top and bottom to the springs, they should be mounted with the "dead" coils - the ones that are close together - at the top. This isn't critical, but (if you want to get picky) it's better to have that dead weight as sprung weight, as opposed to unsprung weight. If the springs have already been installed with the "dead" coils on the bottom, don't waste your time changing them.

Please do not install these springs on stock shock absorbers. The stock shocks do not have the damping required to control a stiffer spring and will give lousy performance and ride quality.

A note about bump stops. Although our springs are designed to keep you off the bumpstops as much as possible, you can improve the situation. The ideal situation is our rear shock mounts. Second best is a set of aftermarket stops such as our Superpro units. They should be run at 2/3 length. If you are using the stock bump stops, they should be cut to improve travel. Cut off the top "hat" as shown in the picture and use the top section. The bottom can be discarded.



The ride height of the springs has been chosen to allow a good combination of looks, low center of gravity and suspension travel. They should end up with the front wheels about 13" when measured from the center of the wheel to the fender lip. The rears should be about 1/4" higher. If you'd prefer a lower car, cutting one of the dead coils off will lower the car approximately 1" without affecting the rate.

You will need a four-wheel alignment after installing these springs as they will add negative camber. This is our favourite setup:

Front

Caster: 5.0 degrees

Camber: 1.0 degrees negative

Toe: 1/16" total (1/32" per side)

Rear

Camber: 1.5 degrees negative

Toe: 1/16" total (1/32" per side)