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Valve springs are one of the most common parts to fail on an engine. They go through millions of cycles just in one night of racing. We recommend the valve lash be set and springs get a visual inspection each week. When checking a valve spring on the car, use a mirror and flash light to look at the outer spring, dampener and the inner spring. On car spring checkers can also be used for a quick check but may not be as accurate as an off the car check. Removing several rockers and viewing the end of the valve for the rocker wear pattern can also be an indication of valve springs that are going weak. (See valve float technical section) On roller cam applications we recommend the springs be removed and checked at least once during the season and more often if longer races are run, or you race several times a week. Coil binding the spring should be avoided at all costs as this can cause rocker arm, push rod, and valve spring failure. On severe applications we recommend spring oilers to increase the life of the spring.