

SD455 Engine Tuning by Steve Swain

This is my 1974 Super Duty 455 engine I just had rebuilt at Gibbons Motorsports in Mooresville, NC. I have been waiting to hear my engine run for 22 years, so it was an exciting day at the dyno!

The guys at the shop asked me what HP and torque numbers I was looking for and I told them if I hit 400 HP and 500 Lb Ft of torque, that I would be a happy camper. The Mighty Super Duty did not disappoint, it hit 405HP and 500 Lb Ft of torque, just AWESOME!!

They also broke in the engine and seated the rings with about 6 pulls under load up to 5,200 RPM, so now I do not have to lean over my fenders and mess with it when I put it in my car. More to come....

