



task either. If you have owned your car, and have ever had it replaced in the past, you should have the mileage written down as to when it was changed. If, though, you purchased a new car used, there may be a stick in the glove box under the hood of your car that gives the mileage at the last change. If you cannot find this sticker, then it may be better to have the belt changed just to be on the safe side. If you are the owner's manual for your vehicle should detail when the belt should be changed. If you have trouble finding out when exactly the belt should be changed; you may consult either a good mechanic or a car parts dealer for the exact number. A good general rule of thumb is that timing belts are changed every 60,000 to 80,000 miles, although some belts are designed to last up to 100,000 miles. If you are driving a car with a V6 engine. Regardless though, it is best not to let a belt go more than 80,000 miles or so, even if the recommended change point is a lot higher. Changing your belt early is definitely a lot safer for your engine, and a little money out of pocket can save you a lot of money and/or a replacement car if the belt runs. Remember, even though you may get your belt changed every 3,000 miles, and do all of your scheduled repair services, nothing can save you from a timing belt failure. Make sure to get your timing belt replaced regularly and by a certified mechanic. It can mean the difference between a good running car and useless piece of metal. With all that said, over the past year I have replaced or rebuilt more engines than replacing the timing belt or chain. You can read my listing in (Craigslist (Baton Rouge) under Services Offered and use key search words or using title "Automotive repair" and "Engines rebuilt or replaced" to view my ads. So contact any mechanic or myself to get it replaced before it goes out, or it will save you money, time, frustration, and a headache. If you have a timing chain in your vehicle and the timing chain/guide breaks, the tensioner may reposition

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itself and you may very well hear what is called timing chain slap (a loose timing chain). It is then extremely important to get it repaired ASAP. For further driving it can ruin the whole engine. Thanks for reading this, Scott Just had to add this. I have replaced many 4.6L and 5.4L Ford motors due to failed timing guides and only replaced the timing sets on a few when there was timing chain slap which was caught before engine failure. Ford does not have a scheduled mileage for replacement of the timing set in the 4.0L, 4.6L, or 5.4L motors. My recommendation is to change it between 150K & 175K miles. Most of my engine replacements had severe engine damage around 200K miles when the guides failed. Then the motor should last another 175K miles after replacing the timing set. I've said that because I have been swamped with 4.6L and 5.4L engine replacements or timing set replacements recently. Also I do recommend that all timing chain driven engines have the timing chain system replaced as stated above. If you have had proper oil changes then I would go as high as 200K - 225K miles before.