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Changing Tyres

By Joel Noah

You may not have any experience in changing tyres, so knowing when to do so could be difficult without a proper inspection. If you don't feel comfortable diagnosing the problem prior to changing tyres, then a professional can help. However, determining how to change a tyre can be quite easy.

One sign that can tell you it's time to change your tyres is by how well they are performing. One example could be that your car, which usually handles well in poor weather conditions, is suddenly not handling as well. Another is that it takes longer to stop when you brake.

A tyre's tread should not be worn beyond the legal limit, which is a minimum limit of 1.6 millimeters. Most tyre manufacturers mould T.W.I, or tread wear indicators, right into the tyres tread pattern, usually at 1.6 millimeters. When the tyre is worn to the T.W.I, then it should be replaced.

Tyre wear can be caused by several factors, not just through age and use. Emergency braking, under- or over-inflation, and misalignment can cause them to wear. Once a tyre is worn to, or even past its legal limit, changing tyres is a must.

To avoid wearing out your tyres too early, check to see if your tyres are properly inflated. To do so you will need a few simple tools.

You will need a tyre pressure gauge to check the tyre's pressure. This can be either mechanical or electronic, or can even use a pump with a gauge built right in. You can also opt to by a small compressor that powers through your car's cigarette lighter. They are great for saving time and effort, but make sure to avoid buying a cheap one. They don't work as well, and often break very quickly.

If you've done all your checks, but your tyres are still in bad shape, then changing tyres is inevitable. But don't worry, the process can be done easily and quickly with just a few tips.

Before you begin changing tyres, you should check to see that your car's jack is there, you have a properly inflated spare tyre, you have a lug wrench that properly fits your wheel, and you also have the correct lug bolts.

Changing Tyres

Once you have safely parked your car, make sure you put a couple of bricks or large stones beneath the tyres to ensure that it doesn't roll or move. Bring the jack, spare tyre, and lug wrench to where you will be changing tyres.

Begin by removing the hubcap/plate and loosening the nuts prior to jacking up the car to prevent the wheels spinning on you. Turn them counterclockwise to loosen until it comes off. Once this is done, you can jack up the car.

Remove the old tyre. Since you have already taken out the lug nuts, pull it with your weight forward in order to prevent you from falling backward.

Now you are ready to put the new tyre on. Adjust the tyre in the threaded shafts so they fit. Then you can replace the lug nuts, tightening them in the proper order.

Once this is done you can lower the jack so that the tyres are once again resting on the ground. Lastly you can replace the hubcap or plate.

Changing tyres can be hard the first time you try, but once you get the hang of it, it will be easier and easier each time you do it.

More work of Joel can be found at

<http://www.tyresua.com>

Dirt Bike Crashes

By Andrew Green

If you're considering dirt bike racing as a hobby there is one thing that you are definitely going to have to prepare yourself for and that's dirt bike crashes. I don't think there's a single dirt biker out there who hasn't been involved in a crash of one sort or another. The nature of the sport means they are inevitable and when it happens there's a good chance it is going to hurt.

Wearing the proper safety gear won't prevent you from crashing your bike, but it may well prevent serious injury. The helmet is probably the most obvious because it stops a glance to the head from becoming a full-blown head trauma. They really do save lives on a regular basis and riding without one isn't just foolish, it's suicidal.

Proper boots, jerseys and trousers will protect the majority of the rest of your body from serious injury in most cases and gloves will protect your hands. Never be tempted to ride without the full quota of protective gear.

Crashes will happen most often when you are still an inexperienced rider. Making the wrong decision, turning late or taking a jump badly will inevitably lead to ground time for you and your bike but it doesn't

Changing Tyres

have to hurt that much and it definitely shouldn't stop you taking part and having fun. Everyone who sits on a dirt bike knows the risks of crashing but that's where the adrenalin comes into it.

It's been said that there are only two types of racer; those that have been down and those that are going to go down. It really is inevitable, so make sure you're as protected as you can be when it happens. Many professional riders can list numerous broken bones and some nasty dirt rash as part of their credentials but they keep getting back on the bike for more. They truly are adrenalin junkies.

Dirt bike crashes can happen at any speed and at any time, whether you are just setting off and hardly moving, in full flight and getting air or at full throttle down the straight. You could hit a bump, clip tyres with another rider or simply lose control. Dirt isn't even and even with the specialist tyres you aren't always guaranteed a safe ride.

Enjoy dirt bike racing and be prepared for the fact that if you haven't already then you will experience a dirt bike crash before your time is up. Be prepared and be protected, as this will mean the difference between cuts and bruises and serious injury.

Dirt Bikes HQ,

<http://www.dirtbikeshq.com/>

, for lots of information about dirt biking.



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