

Valve Guide Removal - Posted by SteveY

Valve guide can be accomplished with hand tools very easily. I use a piece of 1" sanding belt and shoe-shine the guide to clean it. I heat the head with hand torch, in oven, lay in the sun for 2 hours on a 100 degree day, etc. (Hell, I confess, sometimes I just go for it with no heat). I shock the inside of the hot guide with some liquid(water, WD 40, etc) anything to try to shrink the guide faster than the head cools. I used the new Loctite Freeze & Release this time, guide came out like butter. I have a 3/8 KD tools guide driver that I use to drive out the guide with the trusty ball-peen hammer.

***** Important, the 2nd step on the drive must be smaller than the OD of the guide to prevent damage to the head or you will be crying the first time you realize that the driver just screwed your head up!



Pic 1 1" sanding belt piece used to shoe-shine the guide



Pic 2 Small hand torch and Loctite Freese & Release I used today



Pic 3 Driver in the guide ready for attack. Notice the Silver second step, I turned this down about .015" smaller than the OD of all the Shove guides



Pic 4 3 whacks and the guide is out

Simple hand tools!