

**Wheels:** *Ron M writes by e-mail: “A friend just bought a GM Traverse. He said when he went to drive it off the lot, one of the dealer’s mechanics, told him new GM oil change advice to keep the engine running better.*

*He said he was told my friend should drive the vehicle 25 miles at city pace, then 25 miles at highway speeds, then change the oil and filter. Then at 3,000 miles do it again. After that, it is OK to change every 5,000 to 7,500 miles.*

*I know that some cars will say drive 500 miles and change the oil and filter, it gets some shavings and other crap out of the engine, but 50-3,000 is new one to me.*

*Is this something so new that few have heard of it?*

*I can see the logic behind the changing after a few short miles, but 50 miles, then 3,000 mile oil changes is new to me. What you think?”*

**Halderman:** That “might” have been OK back in the 1950s, but it is no longer needed. In fact, many vehicle manufacturers state that the original oil should be left in the engine until the first scheduled oil change. In this case, this means when the change oil light comes on, which will be as soon as 3,000 miles and may not come on until 12,000 miles. While the vehicle manufacturer does not say, I think there could be some friction reducing additives used in the oil. Also the engines today are more accurately machined and dirt and debris is not a concern as the manufacturing process is extremely clean. In fact the machining is so accurate that it is difficult to measure the clearances as many are expressed in microns (one millionth of a meter). Measuring these clearances usually requires air gauges that measure the amount of air passing through the gap between the parts. This is also why thinner (lower viscosity) engine oil is being specified for use in most new vehicles. With today’s oil and the oil life monitoring system, there is no need to spend the money or the time doing what your friend is suggesting. As always, I recommend following the vehicle manufacturers recommended oil change intervals.

