



Paw Prints

VOLUME 5, ISSUE 2

SPECIAL POINTS OF INTEREST:

- Zoo Car Show
- Selecting a Cam
- Holiday Party

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A Letter from the Editor

Did I say last month that I hoped the rest of the winter would be better with all the cold and snow we got even before winter officially started? I certainly hope I didn't jinx us because with wind chill advisories, more snow and an invasion of the polar vortex, this winter looks like it might be a bad one all the way through.

This month, we've got the pictures from way back in October when we were at the zoo for Colo's Classic Car Show.

We've also got a great article from Steve Schaeffer on cam shaft selection.

If you remember last month, we

had an article by member Max Treier on his 40th Anniversary Grand Prix. I encourage you all to put your thoughts down into an article for your Paw Prints and submit it! It makes for a much more interesting edition! Share your thoughts, experience or expertise!

I also hope to get Ron Cozzo, our 2014 President to put together a letter from the president about once every three months just to reach out to you and let you know what's coming, happening or perhaps changing.

One such change is that Ron is submitting the next month's

meeting agenda to be published in the Paw Prints. That will appear each month now on the page immediately following the meeting minutes from the last club meeting.

It's a great way to let everyone know what at least some of the topics will be for the next meeting so you can plan to attend. Don't worry, the agenda is open, so other topics and discussions are always welcome!

Stay warm and be safe and I hope to see you at the meeting and the Holiday Party February 22!!

—Kevin



GTOACO @ the 2014 Colo's Classic Car Show!

The 2014 Colo's Classic Car Show at the Columbus Zoo was held on October 13, 2014. It was moved from it's original October 6 date because of weather and the President's Cup golf tournament.

Once again the weather didn't quite cooperate. It was overcast and cold (for early October) but at least it didn't rain like 2013's show. Jeff Inskeep handled the show judging as in years past and the rest of the club that came early helped with parking cars. Thanks to everyone who helped out!



Cam Selection For Your High Performance Street Engine

By Steve Schaeffer



Only you can decide what cam to purchase for your street driven high performance car. Check out the lift, duration and overlap specs. Use the cam duration at .050 lift as a basis of comparison between manufactures, read the ads carefully. A cam with a “good” idle will work fine with a stock converter and power brakes. A cam with a “fair” idle and good mid-range is usually a good choice for a street car. A “fair” idle means it will sound healthy but still have enough vacuum at idle to operate power brakes. You may still need a converter for your automatic transmission with a stall speed of 500 or 600 rpm over stock. Be careful with a cam advertised as “rough” idle and powerful mid to upper range power. It will shake your teeth out at a traffic light and you will not be able to lug the engine down in 4th gear with a manual transmission. It is no fun driving thru town at 3,000 rpm in 3rd gear because the cam will not allow the engine to pull below 2,000 rpm. It will require a vacuum reservoir to operate the power brakes, a high stall speed converter and a low rear gear. Do not over cam your street driven car. Remember that 95 percent of your driving is not for racing.



Cam Selection For Your High Performance Street Engine

continued

Installation

Install your new cam with new lifters, new valve springs and retainers if necessary, new timing chain set, and the proper assembly lube, as well as motor oil with high levels of zinc. Install the cam straight up using the factory timing gear marks. Do not attempt to advance or retard the cam timing without first degreasing it in. A lot of aftermarket street cams are already ground 4 degrees advanced for more low in power. Read the directions that come with your cam. Lube the lobes on the camshaft and the bottoms of the lifters per directions. I use a little engine assembly lube on the pushrod ends and the bottom of the rocker arms too. I also use it on the pushrod sides were they contact the guide plates. I pre oil the rollers on roller rocker arms. All the wear points should be protected.

On Pontiac and Chevy V-8's, use cylinder heads with screw-in studs and pushrod guide plates. On Oldsmobile heads purchase the screw-in stud conversion kit from Comp Cams. This kit comes with studs, guide plates, roller tip rocker arms, and hardened pushrods for use with guide plates. Increased valve spring pressure will pull the pressed-in studs loose in the heads. You must have an adjustable valve train to use an aftermarket cam. Bottle neck studs such on a Pontiac or bridge type cap screws on an Olds will not work. Also the pushrod guide plates keep the rocker arm running true and prevent the pushrod holes from wearing oversize in the heads. If the guide holes wear oversize, you will start bending pushrods.

Adjustment

You can adjust the valves by using the following procedures; Chevy and Olds, adjust the valves before installing the intake manifold, Pontiac adjust the valves before installing the pushrod chamber cover and the intake.

Turn the crankshaft so that the number one cylinder is on top dead center and ready to fire. Then adjust exhaust 1-3-4-8 and intake 1-2-5-7. Turn the crankshaft one revolution which will bring number six cylinder to top dead center. Adjust exhaust 2-5-6-7 and intake 3-4-6-8.

When you adjust the valves wiggle the pushrod up and down as you take the slack out by tightening the rocker arm nut. As soon as the pushrod doesn't wiggle up and down and before the plunger in the lifter moves away from the spring clip, STOP. This is zero lash. Now tighten the rocker arm nut $\frac{1}{2}$ turn. You can see the plunger in the lifter move down, away from the spring clip. This will give you the correct .020- .060 lifter preload. By leaving the pushrod chamber on the engine open you can see the lifter preload. You will not adjust the valves too loose or too tight. After you install the intake, etc., and with the distributor installed correctly, the engine will start right up.



Cam Selection For Your High Performance Street Engine continued

Breaking in Your Cam

The first ½ hour of operation with your new cam is critical. Keep the engine rpm over 2,000 rpm. Do not allow the engine to idle. The new cam and lifters require plenty of oil to break in properly. All the parts have to get friendly with one another.

After the first ½ hour of running change your oil and filter. Be sure you are using oil with high levels of zinc. Roller cams can get by with regular oil but flat tappet cams require oil with the correct additives.

Now you can enjoy your new cam. Listen to the sound of power as you idle in to the Cruise In. Feel the new horse-power perform on the expressways. But remember, when you really want to run it thru the gears, take it to the local drag strip on test and tune nights. It is easier on your driver's license and your insurance company.

Note; Valve adjustment procedure is for all engines that have been converted to a straight screw in rocker arm stud. In the 70's and later GM put Chevy engines in Pontiacs and Oldsmobiles. They also put Pontiac 400's in some full size Oldsmobiles and Olds 403 engines in 2nd generation Trans-Ams.



Tiger Bites! - Noteworthy News Bites

- ◆ **2014 Summer Show:** Our summer show returns to a two day event this year at the SafeAuto facility in Easton with a Saturday evening cruise and all Pontiac show Sunday. Kevin Landis is the chair. We will set dates for the show based on when the band we want is available. Please come to the February meeting to see how you can help and get more information!
- ◆ **2014 is the 50th Anniversary of the GTO!** The Nationals are in Pittsburgh and the Arthritis Foundation Car show (the weekend after the Nationals) is featuring the GTO for it's anniversary. Our club is planning to participate in that feature show within a show. Mark your calendars for it. July 11 & 12, 2014
- ◆ If you need to renew or are thinking of renewing your **GTOAA membership, please do so** to ensure our club remains a valid GTOAA chapter with all the benefits of that status. There is an application in your Paw Prints below and the GTOAA can now take membership applications on line.
- ◆ The 2014 Swap Meet has been scheduled for March 23, 2014. Jim will be there at 6:30am to get ready for the vendors. Come as early as you can to help setup or stay later to help clean up. Many hands make light work!
- ◆ Don't forget that the 2014 Holiday Party is February 22, 2014 @ Lonnie and Lynn McLaughlin's. Lynn will prepare the food.! Thanks McLaughlins! Please bring a dessert. There will be \$10/person fee (collected at the party or at the meetings) to help cover the cost of the party. Please RSVP to Lonnie and Lynn (londart@aol.com) or Donna Landis (sharklandis@netscape.net) if you haven't already or signed up at a club meeting. We hope to see you all there!



Welcome New Members!

- ◆ *No new members this month*

For Sale

- ◆ For Sale! A TON of miscellaneous 1964–1969 GTO parts and some Pontiac Sales Literature for many years. See the club web site, in the Forum section in the For Sale Forum for the entire list and contact information (<http://www.gtoaco.com/forum/index.php>) CALL 440 254-4642 or email me (patandgreg2011@hotmail.com)
- ◆ DJ GTO Parts! Now your one stop shopping place for used and NEW GTO parts. If you know the part number, great, otherwise just let them know what it is you need! See Dan Gregory Jr. (or call 614-563-0877 or email info@djgtoparts.com) for more information and options for taking delivery of your parts or visit their website at <http://djgtoparts.com/>. GTOACO members receive a discount!



- ◆ For Sale. '66-'67 GTO "Desert Cooler" copper and brass 4 core radiator from Ames. 15.5 inch core, standard shift, perfect condition. \$399.00 new, \$200.00. Hoses are top left, bottom right. Will fit '64-'65 if you use a '66-'67 gooseneck. Steve Schaeffer. 740-654-8959



*Send in your items for sale to your Paw Prints Newsletter Editor (pictures welcome).
Remember, ads are FREE to GTOACO Members!*



Meeting Minutes January 2014 Meeting

President Ron Cozzo called the meeting to order. Those in attendance were Jeff Frazier, Pam & Stan Farlow, Kevin Landis, Dan Gregory II, Brent Barham, Jim Lowry, Joe & Debbie Block, Steve Schaeffer, Rick Farrell, Brenda & Cody Ferguson, Max Treier, Jim Evans, Bill & Twila Hartley, Kevin Russo, Lonnie McLaughlin, Mike Shockley, Shawn & Kim Rinehart and Ron & Donna Landis.

Treasurers Report: Mike Shockley gave the Treasurer report.

Chapter Survey & Club Roster: Ron presented us with the GTOAA Chapter Survey. We have a total of 69 members with 39 members in the GTOAA. This gives us 56.5%. We are able to maintain our Official Chapter Status with the GTOAA. Ron also gave us a copy of the Club Roster. Members are asked to look it over and let him or Kevin Russo know of any changes.

Holiday Party: February 22nd at Lonnie & Lynne McLaughlin 5808 Tartan Circle N Dublin Ohio. Party starts at 6:00PM and about 30 people have signed up to attend. If you haven't already and would like to attend either pay Donna at the February meeting or mail her your money at 58 Arlington Ave., London Oh 43140. \$10.00 per person. Bring a desert. Lynne will be fixing the rest.

Spring Cruise: Pam & Stan are working on a cruise for the Spring. They did a great job with the last one. Can't wait to see what they come up with next.

Auto Show March 13th-17th: Set up is March 9th. All the club cars that are showing are ready. Kevin Landis is looking into a turntable for one of the cars along with a very nice display for our club and the 50th Anniversary of the GTO.

Swap Meet: March 23rd at Haydocy: Dealership is ready. Jim Evans will be mailing the flyers. They will be printed by Jeff Inskeep. (Thanks Jeff!!) Jim stated that 3 spaces have been sold. Dan Gregory II also would like to thank the club for the date change. Jim Evans will be getting there around 6:30AM. Anyone wanting to meet for breakfast contact Kevin Russo.

GTOAA International Convention: July 1-5 in Pittsburgh. Host hotel is sold out. Some members are staying at the Hampton Inn which is 7 traffic lights away.

Arthritis Foundation Show July 11th & 12th: Jim Evans and Kevin Russo are going to the meeting tomorrow. They will have an update for us at the February meeting.

GTOACO Show 2014: Dates set aside are Aug. 9 & 10 and 16 & 17. Date will be whichever date the band is available. Kevin Landis has a sponsor for the band and the flat bed. He will also talk to Safe Auto about sponsoring the trophies for Saturday night. Haydocy will be sponsoring the trophies for Sunday. Jim Evans will work on that. Mike Shockley will be the DJ for Sunday. Ron Cozzo will look at the classes for Sunday. Rick Farrell and Lonnie McLaughlin will work on food vendors for Saturday night. Kevin Landis will meet with Tom Boyd our contact for Safe Auto in the coming week.

Meeting Adjourned: Kevin Russo, Ron Landis 2nd.

Next Meeting February 12, 2014

Submitted by Donna Landis, Secretary

Meetings held
the 2nd
Wednesday
each month at
Haydocy
Automotive on
W. Broad St.
Columbus, OH





Meeting Agenda - February 12, 2014

- Treasurer's Report, Mike Shockley
- Holiday Party - February 22, 6pm, Lonnie McLaughlin's Home, bring deserts.
- Columbus Auto Show - March 13-17, set up Club display March 9.
- Swap Meet - March 23 setup from 6:30am
 - Food Vendor, Kevin Landis
 - Flyer Done, Thanks Jeff Inskeep and Jim Evans
- GTOACO Summer Cruise-In and All Pontiac Show
 - Celebrating 50 Years of Muscle Cars and featuring a special display of 1964 Pontiac GTO's, the First Muscle Car
 - Proposal - all 64 Model Year vehicles registration is free, both days.
 - Safe Auto, Sat. Aug 9 \$10 Cruise-In with band
 - Sunday Aug 10 \$15 All Pontiac Show also at Safe Auto
 - Saturday Night Band - The Street Players booked Aug 9th by Rick Farrell. Sponsored by Coughlin Auto?
 - Sunday DJ - Mike Shockley
 - Saturday Classes / Trophies - Kevin Landis, Sponsored by Safe Auto? How to treat club cars Saturday?
 - Food Vendors ? - Rick, Lonnie
 - Sunday Classes Proposal - Ron
 - Sunday Trophies - Jim, Sponsored by Haydocy Automotive?
 - Flyer Draft - Jim, Ron, Kevin, Jeff
- GTOACO Spring Cruise - Stan Farlow
- Arthritis Foundation Show - July 11-12, Jim Evans, Kevin Russo
- New Business
- Open Discussion
- Motion for Adjournment



Calendar of Events

February 12, 2014

Regular Meeting 7pm @ Haydocy Automotive

To eat before the meeting be at Rooster's on West Broad St. anytime after 5:00PM. Roosters is located in the parking lot in front of the strip mall across the street from Jeg's former Broad St.

February 2, 2014

Groundhog Day

God, I hope he doesn't see his shadow!

February 14, 2014

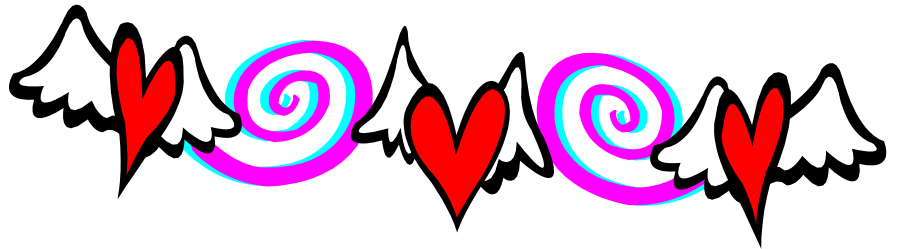
Valentine's Day!

Don't forget that special someone!




February 22, 2014

Club Holiday Party at Lonnie and Lynn McLaughlin's @ 6pm

See next page for more information. \$10/person please to help with costs. Bring a desert!



FEBRUARY 2014

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|-----|-----|-----------------------------------|-----|---|---|
| | | | | | | 1 |
| 2  | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 Club Meeting 7pm@Haydocy | 13 | 14  | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 Club Holiday Party! 6pm  |
| 23 | 24 | 25 | 26 | 27 | 28 | |

2014 GTOACO Holiday Party!

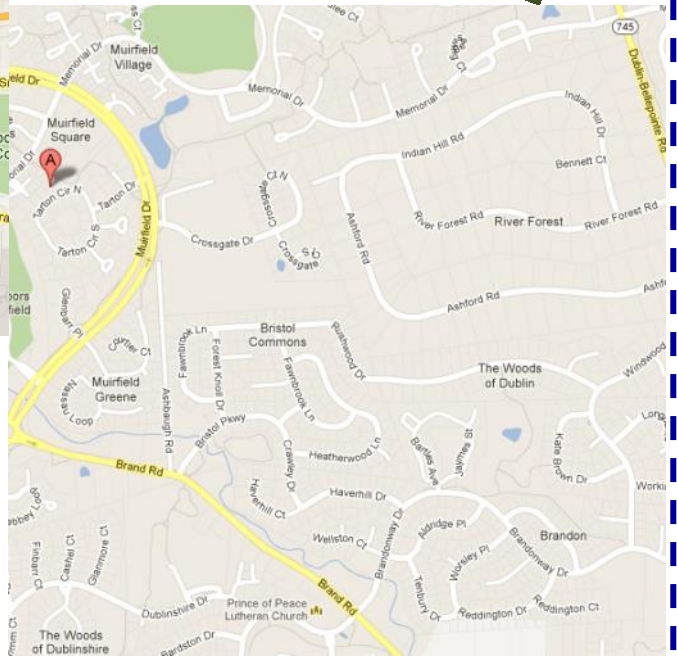
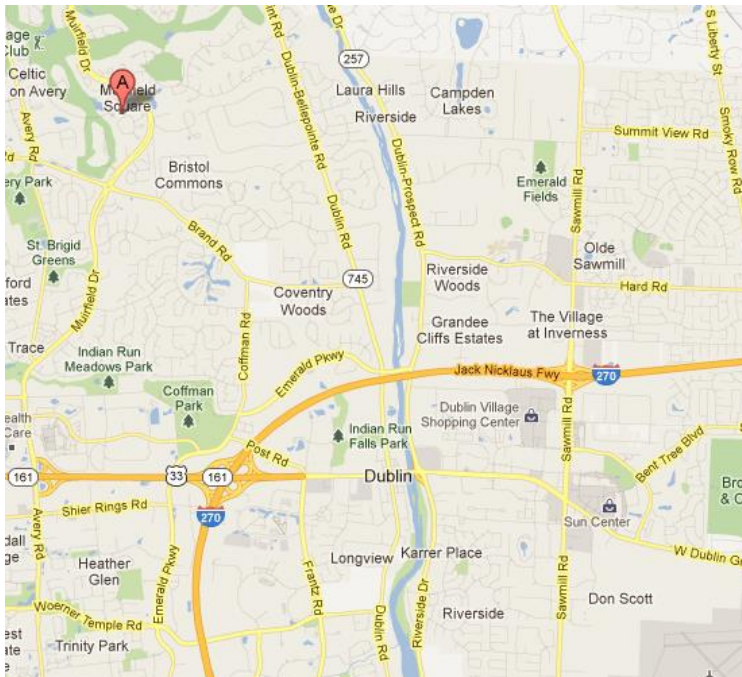
When: Saturday February 22 2014 @ 6 pm

Where: Lonnie and Lynn McLaughlin @ 5808 Tarton Circle North Dublin, OH 43017

How much: \$10 per person

What to bring: If you would like to bring something, a dessert would be appreciated

What you need to do: RSVP to Lonnie at londart@aol.com or 614-327-8885.



ALL PONTIAC INDOOR SWAP MEET

March 23, 2014

Enter on East Side of Building
at the Service Entrance

Haydocy

HAYDOCY AUTOMOTIVE, 3985 WEST BROAD STREET, COLUMBUS, OH

VENDOR SET-UP 7:00 A.M. - 9:00 A.M.
OPEN TO PUBLIC 9:00 A.M. - 1:00 P.M.

10' x 10" spaces - \$15.00 each
\$2.00 general admission

For swap & vendor information call:

Jim Evans (740) 927-5302

e-mail: gtoaco71@columbus.rr.com

www.gtoaco.com

Or write to:

GTO Association of Central Ohio

13791 Cable Road, Pataskala, OH 43062

GTOACO and Haydocy Automotive are not responsible for any damage or injury.



Parts!



Come find what you need!



Cars!



Memorabilia!



GTOAA Information

Your chapter is an affiliated chapter with the GTO Association of America. You can join the National GTO organization, the GTOAA & receive the Golden Quill Award Winning publication, *The Legend*.

To join complete the form below and mail in, or join online at www.gtoaa.org



Membership Application

Date: _____

Mem #: _____

Name: _____

Phone: _____

Address: _____

Email: _____

GTO Ownership is not a requirement of membership to the GTOAA

GTO OWNERSHIP

Year _____ Body Style _____ Engine _____

Year _____ Body Style _____ Engine _____

Year _____ Body Style _____ Engine _____

I agree that, if elected to membership, I will conform to all rules of the Association and conduct myself in the manner that promotes the goals and purposes of the Organization.

Signed: _____ Date: _____

DUES:

\$35.00/year for members in the USA, \$40.00USD/year for Canadian members, and \$50.00USD/year for all other international members. \$5.00 for associate memberships in the same family name (includes membership card, decal, and membership listing). There is a \$2.00 bank processing fee for applications paid by credit card.

CHECK / MO # _____

Mastercard / Visa Card # _____ Exp # _____

Signed: _____ Date: _____

Make Check/Money order payable to GTOAA:

Mail signed Application to: GTOAA, PO BOX 455, Timnath, CO 80547

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Rust Free Parts & Cars Bought & Sold

Capital City Appliance Service

Jerry Brownfield

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Fax 614-308-9034

ccas2830@aol.com



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Jim Evans



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