



The Pegasus

PacificCascadeMustangClub.org

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WELCOME TO THE CLUB!

James & Lynn Gumas - 2019 Ford GT

Club Contacts

President: Steve Michaels

Vice President: Brian Rimmel

Secretary: Joyce Johnson

Treasurer: John Chudy

Past President: Jim Vincent

MCA Representative: Chris Johnson

Membership: Cheryl Grant

Newsletter Editor: Tiffany Dagan

Car Show Chair: Dick Knight

Board Members:

2 Year: Brian Grant

1 Year: Marsh Frillici

Alternate: Del Wiggins

Alternate: Dave Parks

Tours & Events: Margaret Petersen

Tech: Chris Johnson & Dick Knight

Website: Tiffany Dagan

Archivist: Linda Hallberg

Club Store: Cheryl Grant

Have something to share in The Pegasus? Send it to PCMCpegasus@gmail.com

Deadline is 2 weeks prior to the next membership meeting



FINAL CAR SHOW MEETING:

Tuesday, August 12th at 7pm at the Knight's house. Club members that want to help plan and execute our car show are welcome to attend!

PCMC CAR SHOW IMPORTANT DEADLINES & REMINDERS



PRE-REGISTRATION CLOSES AUGUST 10TH

Show pre-registration will close on Sunday, August 10th so we can finish assembling all the registration packets before the show! PCMC members that wish to show their car must be registered. Register now at <https://www.pacificcascademustangclub.com/carshow>

Car Show Raffle Prizes and Goody Bag Items Needed!

Raffle prizes do NOT need to be car-related! Past prizes included sports items, themed gift baskets (candy, relaxation, beach fun, etc.), hand-made jewelry, and gift certificates for local restaurants.

We're also looking for items for our goody bags. This is a great way to get exposure for local businesses. These can include keychains, pens, coupons, product samples, etc. We have 250 bags to fill!

If you have a prize you'd like to donate, or know a business that would like to donate raffle prizes or 250 goody bag items, call Dick at 425-765-5849.



TENTS NEEDED FOR SHOW DAY

We need tents for registration, t-shirt and raffle tables, membership booth, and more. If you have a tent that we can use, contact Karen Knight at (425) 463-5161. Make sure your name is clearly marked on BOTH the tent and the bag so we can ensure everyone gets their tent back after the show.



Join us for a PIZZA PARTY Dinner Night at our Wednesday Night Cruise-in at Openbay Garage on August 13th!

PCMC is hosting a special Dinner Night/Cruise-In combo pizza party for members at Openbay Garage on Wednesday, August 13th!

Bring your Mustangs and your car chairs.

PCMC will provide the pizza and soft drinks.

The cruise-in starts at 5pm, and pizza will be around 5:30pm.

Please RSVP by August 11th online at
pacificcascademustangclub.com/event-list
so we have enough pizza on hand!

Special thank you to

OpenBay
garage





July Lunch Cruise to L&M Firehouse Bar & Grill Recap

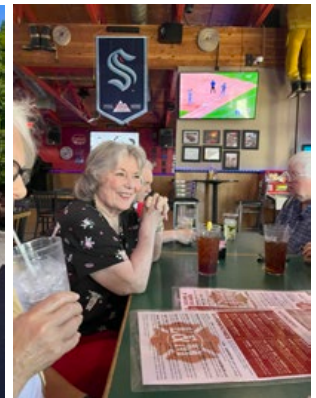
Article & Photos by Marsh Frillici

The splendor and freedom of cruising down the road in your own powered Mustang just gives one the joy of being alive. A group of PCMC members cruised to the City of Orting for lunch. We all met at the Covington Costco parking lot and from there started on our heavenly back country cruise route which took us thru Maple Valley, past Kanasket Palmer State Park, Nolte State Park, Cumberland, and into Enumclaw. From Enumclaw, we cruised Hw. 410 to Hw. 165 then onto Hw. 162 which lead us into the City of Orting and our lunch destination.

Along the cruise route, we whisked around the several curves in the roadway and gazed upon our revered mountain, "Mt. Rainier," and its beauty. One never gets tired of the view and feels so lucky to have all that beauty around them to cruise by any time they wish.

When we arrived at the L&M Firehouse, we were pleasantly surprised to be welcomed by Gary and Linda and Del and Pam as well as a fine place to have lunch.

A beautiful day, great route, and lots of cheer.. Jim Vincent led a glasses raised cheer for PCMC and its members. What a great day.





Mustangs Northwest Roundup *Photos by Tiffany Dagan*

Fun with club members and friends at the Mustangs Northwest Roundup in Bellevue. Several of us met up early and caravanned to the show. We had 10 cars in attendance, but there was no mention of Club Participation during the awards, so whether our reign continues as club participation winners for yet another year remains a mystery!





Mustangs on the Waterfront *Photos by Tiffany Dagan, Anita Lee, and Debi Smith*

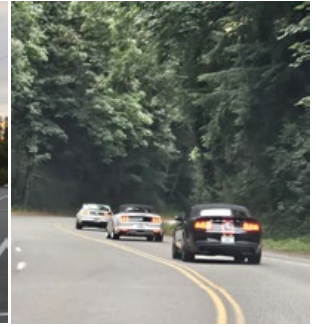
Nothing beats enjoying a lovely sunny day with friends and awesome cars at Mustangs on the Waterfront! We tied with Pierce County Mustang Club for Club Participation for the 2nd year in a row with 17 cars each, which means next year I'll be hitting recruitment hard so we can win it outright (I'm looking at you, Marsh and Judy!). Several club members won class and specialty awards, and Tiffany Dagan and Brian Remmel won the Best in Show early and late awards.

Make sure you put the last Sunday in July (that's July 26th, 2026) on your calendar for next year!





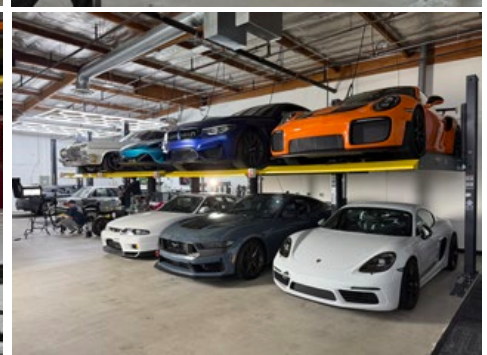
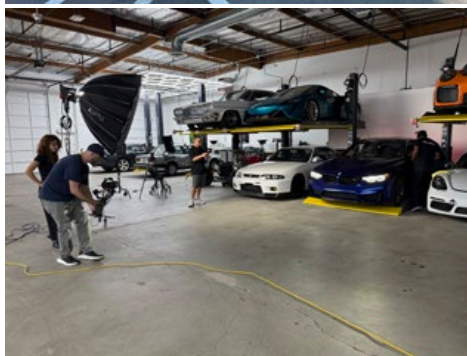
Mustangs on the Waterfront *Photos by Tiffany Dagan, Anita Lee, and Debi Smith*





Wednesday Night Cruise-Ins *Photos by Tiffany Dagan*

If you haven't been to a Wednesday Night Cruise-In yet, you're missing out! Never know what you might see or do...last week, we got to watch and a few club members even got to have their cars featured in a video shoot!





OpenBay
garage



**PACIFIC CASCADE MUSTANG
CLUB CRUISE-IN
EVERY WEDNESDAY
5:00PM - 7:00PM**



**1055 ANDOVER PARK EAST
TUKWILA WA 98188**

**EXCESSIVE REVVING, BURNOUTS AND DONUTS WILL
NOT BE TOLERATED**



Meeting Minutes: 7/11/2025

By PCMC Secretary Joyce Johnson

Call to Order: 7:03 pm. Meeting called to order by Vice President Brian Remmel. Pledge of allegiance conducted. Motion made and carried to approve June meeting minutes

Treasurer: John Chudy (not available)

Balance: \$37,361.00

Membership: Cheryl Grant

37 members in attendance, seven guests. Guests include: Brad Landis, Larry Harger, Sky and Marina Landis, Justin Shea.

New Members: Jessie Smith, James & Marilyn Harper, Patrick & Ronwynn Hanley, Scott & Debbie Yount, Jennifer Welch

Club Store:

Preorder and delivery dates extended to June 8th. Order will be placed soon and a delivery date will be set.

MCA:

Chris and Dick attended as Club representatives and judges at the MCA show in Cincinnati on June 27 & 28.

Reminder of MCA give away of a 2025 Mustang car. August 31st deadline for entries at Mustang.org. Drawing will be held on September 6, 2025.

MCA Board elections to be held in September. Information on candidates will be posted in the Mustang Times. MCA members will receive an email with a link to vote for candidates.

Tech:

Chris and Dick will be doing a tech session that will include the restarting of cars that have been sitting for long periods of time. (AKA dead cars.) Cars were donated by Gary Babcock. Date to be determined.

Tours and Events: Margaret Petersen

Sunday, July 13 – Cruise to L&M Firehouse, Orting

Sunday, July 27 - Mustangs on the Waterfront, Port Orchard

Wednesday Nights Cruise In – Wednesday nights (4:30 – 7:00 pm), Open Bay Garage in Tukwila

Newsletter: Tiffany Dagan

Car Shows in the region are listed on page 25 of the newsletter (available online) including caravan signups and information. RSVP is recommended if caravanning with the Club.

Reminder: When signing up for car shows please use the whole name of the Club not just PCMC. There are two Mustang clubs in the area with the same initials. For our club to win participation awards you must use the full club's name (Pacific Cascade Mustang Club).

Car Show:

Dick emphasized the importance of handing out car show fliers at events that members attend to promote our event. Pre-registration for the car show (to get a free t-shirt) ends on July, 15. Regular registration ends on 8/10.

The Volunteer binder is available to members who would like to sign-up to help with the show. Volunteers will receive calls with instructions on where to check in and what their job duties will be.

Goodie bag donations will still be gratefully accepted by Dick Knight.

Dick Knight announced that he's handing over the reins to next year's car show to Brian Grant.

Maple Valley Food Bank will be at the show with a truck to accept donations of food or cash. The Maple Valley Food Bank will be the beneficiary of the 50/50 raffle at the show.

Notice to Members:

Pacific Cascade Mustang Club has been a long-standing benefactor to the Kent Pediatric Interim Care Center (PICC) through Car Show proceeds donations and the Club Christmas Auction. This year, due to funding cuts by the State of Washington (Governor's partial veto of the State budget), without this funding they lost the contract with DCYF was also lost. PICC has paused their services with only administrative staff. It is encouraged that members reach out to their legislators to express support for PICC and the renewal of their funding.

Old Business: No Old Business to report.

New Business: No new business to report.

Meeting Adjourned at 8:08 pm.

How normal cars treat gasoline



How my Mustang treats gasoline



TECH TALK BY JIM SMART

Ford's Three-Valve V8—Can It Be Saved?

JIM SMART



Ford's Modular SOHC V8 was introduced in the 1991 Lincoln Town Car and 1992 Ford Crown Victoria and Mercury Grand Marquis. A 32-valve 4.6L DOHC screamer arrived in the Lincoln Mark VIII in 1993. The Modular wouldn't arrive in the Mustang until 1996 in the GT (SOHC) and the SVT Cobra (DOHC). When I saw this engine for the first time at the 1991 Ford Long Lead in Dearborn, I thought Ford had lost its mind. It was a radical departure from the small- and big-block pushrod V8s.

The 4.6L—and later 5.4L engines for F-Series trucks in 1997—were a new generation of overhead cam V8 engines that have carried Ford and its customers well into the new millennium. These engines are rugged workhorses and have proven themselves for police work, taxicabs, delivery vehicles, F-Series trucks, and the Mustang GT. At first, the Modular V8

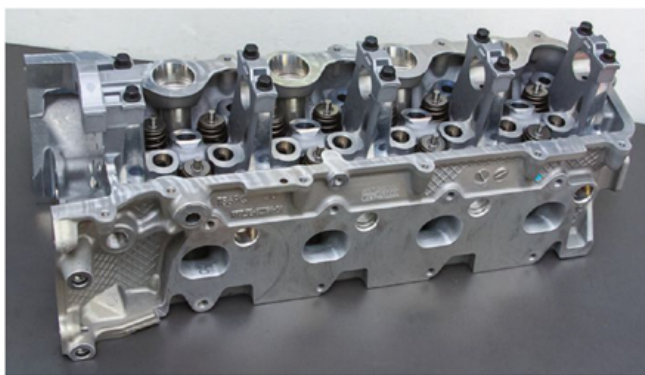
took some getting used to. It was nothing like our previous small-block and big-block engines. It loved to rev and spun like a wild child under hard acceleration with a smoothness we had never seen before.

Ford's Modular engine family was produced in two plants—Romeo, Michigan, and Windsor (Essex), Ontario, Canada. Romeo produced the 4.6L engines in the early 1990s with a slightly different approach to design than Windsor that came online in 1997 to produce a more heavy-duty 4.6L and larger 5.4L engine for trucks including the all-new 1997 F-Series, again using a different design approach than Romeo, making interchangeability tricky between the two plants. Even with all of its engineering and product planning experience, Ford blundered terribly with two plants and two engines with vastly different approaches to the same engine family.

THREE-VALVES

Though we like and respect the two- and four-valve Modular engines, the troublesome three-valve Modular V8 introduced in 2004 has been a source of frustration and expense for many of us. Ford's objective was to make more power with two intake valves and one exhaust with Variable Cam Timing (VCT), which was a nice refinement, yet it has been fraught with durability and failure issues.

Though 3V engines take in healthy amounts of air and fuel to make power, these engines have been failing with regularity. The internet forums are bursting with horror stories addressing catastrophic 3V engine failures. Anytime automakers introduce a new engine or driveline innovation, there are bound to be teething issues that must be addressed. The 3V is no exception.



ABOVE & BELOW: The 3V cylinder heads are radically different than the 2V and 4V castings. Where they differ most are the unique three-valve chambers with two intake valves and one exhaust, with the spark plug in the middle for a thorough light-off and less chance of detonation. The 3V's block is virtually the same as the 2V offering the same rugged durability.



If you own a 2005-10 Mustang GT or an F-Series truck, Expedition, or Navigator with the 3V Modular engine, you have undoubtedly experienced timing component and valvetrain failure, sometimes with catastrophic results. The 3V engine's key issue is valvetrain lubrication. Because Variable Cam Timing (VCT) calls for a lot of oil volume and pressure for proper camshaft phaser function, the valvetrain suffers from insufficient lubrication. These critical parts become oil-starved and fail. Weaknesses include insufficient oil volume and pressure from the stock oil pump; cam Phaser failure due to internal weaknesses and return spring failure; roller follower oil holes too large, bleeding off oil volume and pressure; chain tensioner seal failure and loss of oil pressure; and VCT solenoid issues.

THE SOLUTION

The solution is to replace and upgrade your 3V's valvetrain system and oil pump. You're going to need the following parts. Expect to spend somewhere around \$2,000 in parts alone—and they must all be Ford Performance or Ford Motorcraft replacement parts, with the exception being the Melling oil pump and Fel-Pro gaskets and seals. We are learning that aftermarket timing and roller followers tend to fail and should be avoided until they can get the kinks worked out.

Summit Racing Equipment and Ford Performance Parts make it easy to get everything you need for your 3V timing job, which consists of the front timing components from Ford Performance Parts/Ford Motorcraft.

- Cam Phasers
- VCT Solenoids
- Timing Chains
- Chain Guides (4)
- Chain Tensioners (2 — Left and Right Specific)
- Crank Sprocket
- Crank Trigger Wheel (Reluctor)
- Crank Seal
- Timing Cover Gasket Kit
- Oil Pan Gasket (Drop the oil pan for cleaning)



These are the timing components you will need to bring the front-end up to date. Order the complete Ford Performance Parts kit from Summit Racing Equipment (www.summitracing.com) and get prompt service with genuine Ford parts.



These are the revised cam phasers currently available from Ford with engineering refinements that make them more durable. Oil pressure is applied to the phaser, which advances valve timing for power under acceleration. A watch spring-style return spring retards timing back to center. The drive pins tend to fail in the original 3V phasers.

TECH TALK

You're also going to need the M-6529-3V Ford Performance Roller Follower kit with the upgraded oil jets (smaller hole) that conserve oil volume and pressure, getting oil directly onto the roller for improved lubrication. Add to that the Fel-Pro valve cover gaskets (VS-50687-R), Fel-Pro Oil Pan Gasket (OS-30725-R), and Permatex's "The Right Stuff" for the valve and timing cover joints.

Another issue we don't think of enough is cylinder head gaskets. Modulators of all types struggle with blown head gaskets, which is common with dissimilar metals like cast-iron blocks and aluminum heads. Few things are more discouraging than blown head gaskets or cylinder sealing issues when you've done all of this work. You will need the Fel-Pro #26306 PT (left) and #26307 PT (right) head gaskets. You will also need new head bolts (torque-angle/torque-to-yield) from Ford or aftermarket bolts from ARP.

If you desire a thicker head gasket, opt for Fel-Pro's #26710 PT (left) and #26711 (right), which are 0.010-inch thicker than those just mentioned. You also have the option of Fel-Pro's Head Set Kit #HS 26306 PT-2 that has everything you will need for gasket replacement fulfillment.

We like Fel-Pro for its solid reputation, specifically designed for repair/replacement projects and offering reliable sealing on even the most problematic applications because they work well with imperfect sealing surfaces. While the heads are off, have a qualified machine shop check valve seating and condition, along with valve seal and spring replacement.



This is a close-up of the cam phaser return spring, which is one weakness in the original cam phasers. The spring fails and the cam phaser doesn't return to center.



This is the VCT advance solenoid (there are two, one for each bank), which is signaled by the PCM to advance cam timing. These solenoids can stick, causing engine roughness and power loss. They stick primarily with engines that don't get regular oil changes. You must run 5W30 synthetic engine oil even though Ford suggests 5W20, which is not thick enough. Mobil 1 synthetic is suggested along with a Wix or Ford Motorcraft filter.



ABOVE: One of two plastic/composite timing chain tensioners, which are controlled with engine oil pressure to keep timing chains firm against the guides. The iron tensioners (not pictured) have ratchet mechanisms to lock tension in with or without oil pressure.

BELOW: These are the three roller followers (rocker arms), three per cylinder, that actuate two intake valves and one exhaust. These are the original 3V followers, which have the large oil holes that bleed off oil pressure and starve the oiling system, which can cause engine damage.



The Melling M340HV oil pump delivers what the stock Ford pump does not—increased volume and pressure to keep valve-train parts happy. There is also the M-360HV pump for severe duty applications, with 80 psi maximum pressure, which most of you will not want or need. The 80 psi maximum pressure doesn't mean this pump maintains 80 psi all the time.

The revised Ford roller followers (rocker arms) have a smaller oil passage than the 3V's original followers, which had a larger oil hole that vented excessive oil volume and pressure. The smaller oil passage delivers velocity and is aimed directly at the roller. When you order a set, make sure you are getting the revised followers with nearly invisible oil holes located at the lash adjuster cup.

It is also important that you get the upgraded cam phasers mentioned above, which have been beefed up to handle the stresses of VCT. Everything else, including chain guides, tensioners, timing chains, sprockets, and VCT solenoids, is virtually the same. Use only Ford Performance or Ford Motorcraft parts.

TECH TALK

And finally, the plastic tensioners have a history of seal failure, which we are not certain Ford has addressed. The iron tensioners used on the 2V and 4V Modulares will work on the 3V engine, and there's no seal to worry about. The issue with iron tensioners is the ratcheting mechanism that locks the tensioner against the chain guides. The 3V's plastic tensioners do not lock and are held against the chain guides with oil pressure alone. Builders tell us the tensioner locking feature can put too much stress on the chains, causing premature wear (chain stretch).

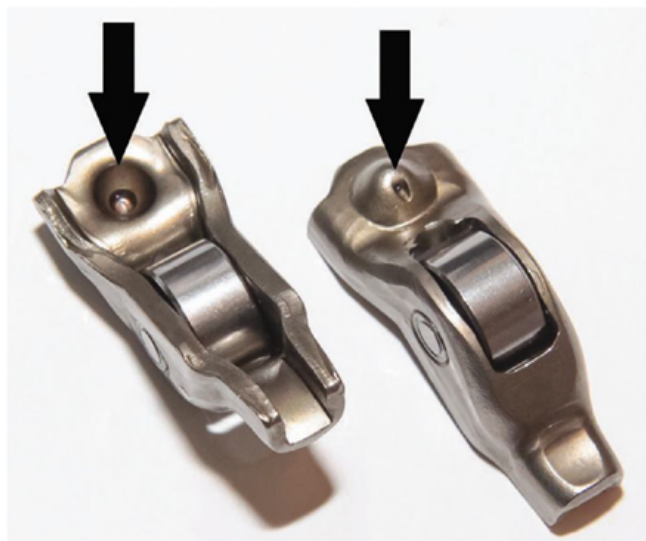
PARTS REPLACEMENT

Replacing these valvetrain components is an enormous job involving a significant amount of labor and know-how. It is not a job for the novice. If you farm out this job out to a repair shop, confirm they have experience with the Modular engines as well as the DOHC Coyote V8 and get a written estimate. Be prepared for hidden surprises (damage) when they tear it apart. This is not a task for the average mechanic.

If you're going to tackle this job yourself, get all of your parts in place ahead of time. Few things are worse than discovering the parts needed are on backorder. Before getting started, take pictures of everything as installed as a visual reference for when it is time to put it all back together. If you are tenacious and committed, you can do this job yourself. But never kid yourself. This is not an easy undertaking.

Before getting started, inspect everything under the hood, including the cooling system, cylinder heads and gaskets, spark plugs and coils, sensors, electrical connections, and just about anything else that could land you behind a tow truck unexpectedly.

It is suggested you check compression (static compression) and cylinder leak-down (working compression) before tearing into this engine. If you don't have the tools necessary to confirm cylinder sealing, have a trusted shop check these pressures and confirm their findings in writing. Few things are worse than a tear-down to find serious wear issues and the need for a new engine.



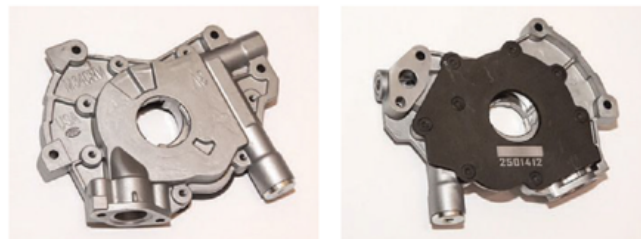
This is the revised M-6529-3V roller follower (also known as a "finger" follower). Note the difference in the smaller oil hole, which is not visible in this image. It is a tiny oil jet pointed toward the roller for improved lubrication and greater oil volume and pressure for the rest of the engine. This is the follower you want.

If your 3V has more than 200,000 miles or you're not disciplined with oil changes, it makes more sense to rebuild or replace the engine. Two remanufacturers are suggested, Jasper Engines and Powertrain Products, both of which deliver great products and offer a warranty.

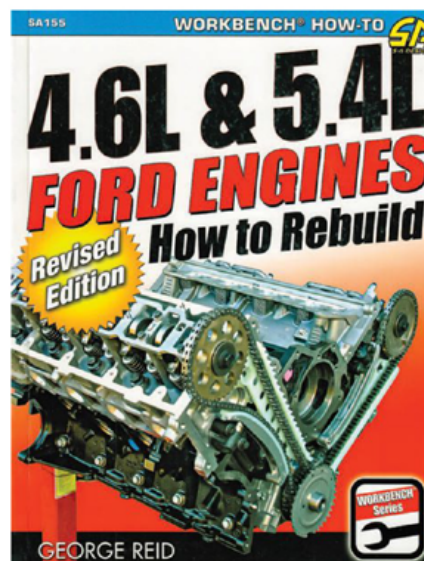
Modern high-tech engines like the Modular and the Coyote do not tolerate neglect. Ditto for Ford's 2.3L and 3.5L EcoBoost engines. If you're sloppy about oil and filter changes and cooling system maintenance, it will bite you in the posterior. Most engine failures I have witnessed have been due to neglect and abuse.

The best advice I can offer is the use of synthetic lubrication and the best oil filters with a filter magnet to capture ferrous metals. Wix, K&N, and Mobil 1 oil filters are the best filters. I've been using Mobil 1 5W30 for 26 years with outstanding results and zero wear. Follow this routine and you can expect over 200,000 miles of service.

As a first line of defense, pick up a copy of George Reid's *How To Rebuild 4.6L & 5.4L Ford Engines* for basic information on these engines, including the 3V, and arm yourself with the appropriate *Ford Shop Manual* for your year and model. These publications will give you a good information foundation.



This is the Melling M340HV high-volume oil pump for the 3V Modular. It delivers both volume and pressure without overdoing the pressure. Before you install this pump, remove the cover but not the rotor, and fill the cavity with engine assembly lube for a good slippery start-up and a positive prime of the oiling system. It is good common sense to remove the oil pan for cleaning and the installation of a new pickup.



CarTech's *How To Rebuild 4.6L & 5.4L Ford Engines* was published a few years ago with a more recent reprint and update. It is an excellent basic information book on the Modular engine family, including the 3V. Adding a *Ford Shop Manual* to your reference library completes the set.



MARK YOUR CALENDARS! Local Mustang Shows for 2025



Sunday, August 10

Pierce County Mustang Club Mustang and All Ford Roundup at Griot's Garage

Sunday, August 17 - OUR SHOW!

PCMC All Ford Show & Mustang Roundup at ShoWare Center

Sat. & Sun. Sept. 20-21

Sun Country Mustang Club Ponies in the Sun Show in Yakima

Sunday, September 28

Mustangs West Ponies in the Park at N. Thurston High School in Olympia

Sunday, October 5th

Pacific Northwest Mustang Club Fall Show at Vintners Village in Prosser

**For more local car shows around the Sound, check out the
events calendar on our website at
<https://www.pacificcascademustangclub.com/event-list>**

Annual Reminder When Registering for Car Shows

This is your friendly annual reminder when registering for car shows to always write out "Pacific Cascade Mustang Club" when asked for your club affiliation or "home club" on the show registration form.

Why do we remind you every year? First, because there is another "PCMC" club in our region (Pierce County Mustang Club). Second, many shows feature a club participation award for the club with the most members/cars in attendance. So if we all write down "PCMC", then no one knows which club you belong to!





Apogee
SPORTS PUB & EATERY



PROUDLY PRESENTS

THE 16TH ANNUAL CLASSIC CAR SHOW

2024 Winner



FACEBOOK



INSTAGRAM



BOUNCY HOUSE | MECHANICAL BULL | BEER GARDEN

↑ FOR KIDS

↑ FROM 12:00 - 2:00

DOORS OPEN
AT 8 AM

SATURDAY
AUGUST
9TH

14125 SE 171ST WAY,
RENTON, WA 98058

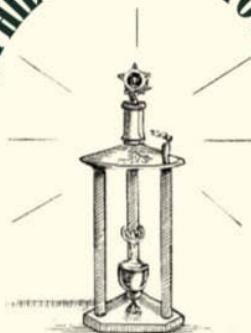
BREAKFAST BUFFET | GREAT FOOD | LIVE DJ

\$20

DOLLAR
REGISTRATION

STARTS AT 7 AM ↑

TROPHIES & PRIZES TO AWARD



50%

OFF FOOD FOR
PARTICIPANTS

apogeessportspub.com



Griot's Garage
3333 South 38th Street
Tacoma, WA 98409

Gate Opens 8am

Voting 10am to 1pm

\$20 BY AUGUST 7th

DAY OF EVENT \$25

CASH ONLY, NO ATM ON SITE

[LINK TO ONLINE PRE-REGISTRATION](http://www.mccashows.com) www.mccashows.com

OPTIONAL PAPER MAIL-IN FORMAT ALSO ACCEPTED

First 90 entries will receive a swag bag

Backpack & school supply drive to benefit Caring for Kids-special drawing

www.piercecountymustangclub.com
Annette Niehus & Kris Brown co-chairs
pcmcarshow@gmail.com

CLUB PARTICIPATION
AWARD \$100

PRE-REGISTRATION ENCOURAGED DUE TO SPACE LIMITATIONS

HOST CLUB
DOES NOT VOTE

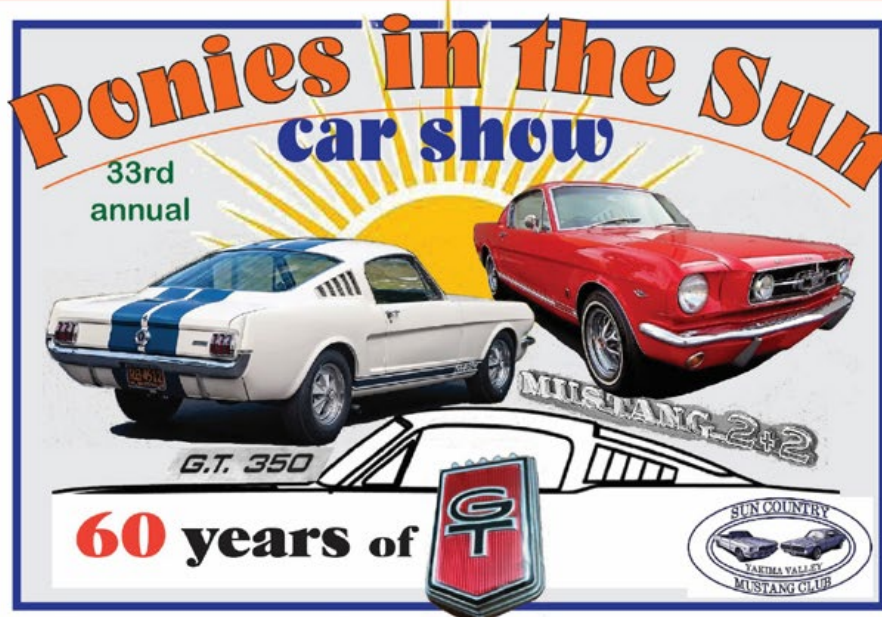
PIERCE COUNTY SHOW CARAVAN

Meet at Costco Gas in Covington (27520 Covington Way SE) at 6:45am, leave at 7am.

Costco Gas opens at 6am if you need to fill up.

RSVP for the caravan here: <https://www.pacificcascademustangclub.com/event-list>

For show info visit <http://www.piercecountymustangclub.com/>



Door
Prizes,
50/50
&
Raffle

September 21st, 2025

Sarg Hubbard Park
Yakima, Washington

Car
classes
for all
makes
& models

Show Hours: 10am to 4pm

CAR SHOW REGISTRATION GATE OPENS AT 8:30AM AND GATE CLOSES AT 11AM

\$20.00 if "Pre-registered" prior to September 1st, 2025

\$25.00 to register your car on the day of show.

Also join us for our Saturday, Sept. 20th events!!!

PONY TRAIL: Starting at Sarg Hubbard Park at 9:30am

CRUISE-IN: Major's Drive-In 1705 Lincoln Ave., Yakima at 5:00pm

Proceeds from this show benefits:

CHILDREN'S WISHES & DREAMS

YAKIMA VALLEY COLLEGE

AUTOMOTIVE DEPARTMENT

Pre-Register
online



For more information contact: Craig Schenk (509) 901-2912 or cd_schenk32@yahoo.com

www.suncountrymustang.com

Ponies in the Sun September 20-21 in Yakima

Interested in caravanning over on Friday afternoon, or Saturday or Sunday morning?

Email PCMCpegasus@gmail.com and we'll try to coordinate a caravan.

For host hotel info, show info, registration, and more, visit

<https://www.suncountrymustang.com/poniesinthesun.html>.



Come Join us at Ponies in the Park 2025 - Sunday, September 28th!

North Thurston High School

600 Sleater Kinney Rd NE, Olympia, WA 98506

Thank you for our Platinum Sponsor Mullinax Ford Olympia!

Registration Cost, Day of Show: \$20 Pre-Reg/\$25 onsite

Pre-Reg must be received by Noon 9/14!

After noon on 9/14 onsite registration will be processed.

Last day to order T-shirts 8/31!

Parking Opens @ 8:00 am. Show Begins @ 9:00 am.

There will be raffle prizes, 50/50 raffle benefiting a local charity/program, kids activities, music, food, & vendors.

Awards will be given to 1st-3rd for 60+ different classes, kids choice, club participation, Best of Show for Late and Early Models, People's Choice, and other specialty awards!

<https://www.mustangswest.com/2025-ponies-in-the-park-car-show.html>



Thank You to Our Sponsors & Supporters

Without the support of these generous businesses, we wouldn't be able to have this car show!
Please show your support for them by giving them your business when possible.



Bowen Scarff Ford
1157 Central Ave. North
Kent, WA 98032
BowenScarff.com

SALES: (888) 427-7331
SERVICE: (888) 428-7869
PARTS: (888) 429-2159



Copiers Northwest

Judson Meyers
(206) 282-1200
jmeyers@copiersnw.com



Les Schwab Tire Centers

Kent (Central Ave.) (253) 852-2950
Kent (84th Ave.) (253) 872-8006
lesschwab.com



National Parts Depot

(800) 874-7595
nationalpartsdepot.com



Outhouse Screenprinting & Embroidery

50 37th St NE Suite D, Auburn, WA 98002
(253) 245-7139
outhousescreenprinting.com



Kimball's Hands On Detailing

6755 Kimball Drive, Gig Harbor, WA 98335
(360) 621-0025
kimballshandsondetailing.com



Wesco Autobody Supply

350 Sunset Blvd N., #A, Renton, WA 98057
(425) 228-5010
wescopbe.com



Nisqually Automotive & Towing

10306 Martin Way E., Olympia, WA 98516
(360) 491-4357
nisquallyautomotivetowing.com



Cascade Utilities

7554 185th Ave NE, #250, Redmond, WA 98052
(425) 861-8787
cascadeutilities.com



Hydroplane & Raceboat Museum

5919 S. 196th St.,
Kent, WA 98032
thunderboats.ning.com

accesso ShoWare Center

625 W James Street, Kent, WA 98032
accessoshowarecenter.com

Accurate Auto Body

9042 Willows Rd NE,
Redmond, WA 98052
(425) 578-5711
accurateautobodywa.com

Advanced Auto Parts

1407 132nd Ave NE,
Bellevue, WA 98005
(425) 454-7936
shop.advanceautoparts.com

Auto Trim Design

17000 West Valley Highway
Tukwila, WA 98188
(425) 277-9000
autotrimseattle.com

Bellevue Pain Institute

12360 NE 8th St,
Bellevue, WA 98005
(425) 318-7505
bellevuepaininstitute.com

Big O Tires

10658 SE 180th St, Renton, WA 98055
(425) 291-8001
bigotires.com

Black Diamond Auto Parts

31205 3rd Ave (WA-169)
Black Diamond, WA 98010
360.886.1309
blackdiamondauto.com

Blue Ribbon Tree Service

17424 Renton Issaquah Rd SE
Renton, WA 98059-8403
1-877-643-3328
blueribbontree.com

Cafe de la Loba

(206) 696-9687
danielle@cafedelaloba.com
cafedelaloba.com

Carbs Unlimited

727 22nd St NE,
Auburn, WA 98002
(253) 833-7573 / (425)251-0210

Cedar River Chiropractic

15301 Maple Valley Hwy #300,
Renton, WA 98058
(425) 988-3146
cedarriverchiropractic.com

Central Welding Supply

7730 185th Ave NE Redmond, WA 98052
(425) 284-5393
centralwelding.com

CJ's Classic Garage

Chris Johnson, Owner

Comparion Insurance - Amy Franco

14900 Interurban Ave. S.,
Tukwila, WA 98168
(206) 277-7838

Do Rite Auto Repair

21225 84th Ave S, Kent, WA 98032
(253) 854-1185
doriteautorepair.net

Doug's Auto Collision Center

12404 SE 38th St., Bellevue, WA 98006
(425) 230-5355
dougautobody.com



Thank You to Our Sponsors & Supporters

Without the support of these generous businesses, we wouldn't be able to have this car show!
Please show your support for them by giving them your business when possible.

Edward Jones Investments - Jake Ronish

205 Madison Ave., Kent, WA 98032
(253) 266-0050
jake.ronish@edwardjones.com

Garage Experts

16249 SE 256th St Unit A,
Covington, WA 98042
(206) 590-3909
garageexperts.com

Gary's Toy Cars

Gary Hallberg, Owner
(425) 999-1415

Gitt's Spring Company

3921 B Street NW, Auburn, WA 98001
(800) 228-2861
gittspring.com

Golden Peacock Restaurant

14412 SE Petrovitsky Rd,
Renton, WA 98058
(425) 226-1802
goldenpeacockrenton.com

Griot's Garage

3333 South 38th St, Tacoma, WA 98409
griotsgarage.com

Image Masters

819 14th St NE, Auburn, WA 98002
(253) 939-5868
imagemastersinc.org

Jessica Daniken

Heacock/Farmers Insurance Agent
29034 216th Ave. SE Ste. 2A
Black Diamond, WA 98010
(360) 886-2772

Kent Police Department

<https://www.kentwa.gov/departments/police-department>

Kent Fire Department

(Puget Sound Regional Fire Authority)
<https://www.kentwa.gov/departments/fire-department>

LeMay - America's Car Museum

2702 East D. St. Tacoma, WA 98421
877.902.8490
americascarmuseum.org

Les Schwab Tire Centers

Kirkland (425) 821-2743
North Bend (425) 831-6300
lesschwab.com

MAC Towing

Bellevue, Kirkland, Redmond & Woodinville
(425) 822-2800
mactowing.com

Mark's Custom Upholstery

3434 S 198th St, SeaTac, WA 98188
(206) 271-4854

Mexicuban

206-651-0979
mexicuban.com

Mustang Club of America

mustang.com

Napa Auto Care Centers

817 7th Ave, Kirkland, WA, 98033
(425) 822-3333
23770 Witte Rd SE #302, Maple Valley, WA 98038
Maple Valley, WA 98038
(425) 569-8788
20 1st Ave NW, Issaquah, WA 98027
(425) 392-7561
1120 E North Bend Way, North Bend, WA 98045
(425) 888-1112
napaonline.com

Northwest Classic Auto Mall

nwcam.com

Ops Meals on Wheels

opsmealsonwheels@gmail.com
(253)335-4264 / (253)259-8100
opsmealsonwheels.com

PCs Done Right

10618 SE 240th St #203, Kent, WA 98031
(253) 397-7148
pcsdoneright.com

Performance Coatings

60 37th St. NE, Auburn, WA 98002
(253) 735-1919
performancecoatings.com

PGP Motorsports Park

31003 144th Ave SE, Kent, WA 98042
(253) 639-7223
pacificgp.com

Pizzamaniac

(206)-852-5778
pizzamaniacpnw@gmail.com
thepizzamaniac.com

PMG Mechanical, Inc.

Heating, Ventilation, & Air Conditioning
Bellevue, WA
(206) 624-5040

Power Brake Booster

RainCity Tactical

18801 East Valley Hwy, Kent, WA 98032
253-872-0444
raincitytactical.com

Ready Meds Pharmacy

877.425.6337
readymedspharmacy.com

Reinhart Electric

205 SW 41st St., Renton, WA 98057
(425) 251-5201
reinhartelectric.net

Sherwin-Williams

17709 SE 272nd St Ste B, Covington, WA 98042
(253) 639-2777
sherwin-williams.com

SOVREN

(Society of Vintage Racing Enthusiasts)
sovrenracing.org

State Farm Insurance - Craig Romney

(253) 859-0910
romneyinsurance.com

Steve McCool & Son

Tastyz

15003 134th Ave. SE, Renton, WA 98058
(206) 334-6810

Team Shelby

shelby.com/teamshelby

Tub O' Towels

Available at local home and auto retailers
and at tubotowels.com

US Bank

26520 Maple Valley Black Diamond Rd. SE,
Suite 101, Maple Valley, WA 98038
(425) 413-3803
usbank.com

Windermere Real Estate - Staci Calicoat

22017 SE Wax Road Suite 102
Maple Valley, WA 98038
(425) 299-0630
stacicalicoat.withwre.com

The Jim Aprill Family

John Chudy
Steve Michaels
In Memory of Bob & Pat Calhoun



Upcoming Events

(please double check all event info, as details may have changed)

AUGUST

- 1 PCMC Membership Meeting: 7pm at Bowen Scarff Ford
- 2-3 Seafair Car Show on Lake Washington Boulevard. Must be 1985 or older. <https://www.seafair.org/carshow>
- 2 Cruise the Narrows Show, 8am-3pm in Gig Harbor. <https://www.gigharbormustangs.com/car-show.html>
- 9 Apogee Pub Classic Car Show 8am-3pm in Renton. See flyer in Pegasus for details.
- 9 Daffodil Valley Kiwanis Cruise in for Youth Show, 8am-3pm at O'Reilly's Distribution Center in Puyallup.
- 10 Pierce County Mustang Club Mustang & All Ford Roundup at Griot's Garage. <https://piercecountymustangclub.com>.
- 12 PCMC Car Show Meeting: 7pm at the Knight's house. All club members that want to help plan and execute our car show are welcome to attend.
- 13 PCMC Pizza Party Dinner Night & Wednesday Cruise-in Combo! 5-7pm at Openbay Garage. See page 4 in Pegasus for details. RSVP at <https://www.pacificcascademustangclub.com/event-list>
- 17 PCMC ALL FORD SHOW & MUSTANG ROUNDUP AT SHOWARE CENTER. SEE INFO IN THE PEGASUS FOR MORE DETAILS & VOLUNTEER OPPORTUNITIES.
- 19 PCMC Board Meeting at 7pm at IHOP in Kent. Open to all club members that wish to attend.
- 23 Federal Way Lions Scholarship Car Show, 9am-3pm at The Commons in Federal Way
- 24 Cruisin Kent Car Show 11am-2pm at Kent Station.
- 30 47th Annual LeMay Car Show at LeMay Marymount.

SEPTEMBER

- 5 PCMC Membership Meeting: 7pm at Bowen Scarff Ford
- 13 PCMC Dinner Night: 6:30pm at location TBD. RSVP online at <https://www.pacificcascademustangclub.com/event-list>
- 16 PCMC Board Meeting at 7pm at IHOP in Kent. Open to all club members that wish to attend.
- 20-21 Sun Country Mustangs Ponies in the Sun Show in Yakima <http://www.suncountrymustang.com/poniesinthesun.html>
- 28 Mustangs West Ponies in the Park Show. mustangswest.com

LOCAL CRUISE-INS

- PCMC Wednesday Night Cruise-Ins - Every sunny Wednesday 5-7pm at Openbay Garage in Tukwila.
- Maple Valley Street Rats Friday Cruise-Ins 3-7pm at Covington WalMart. \$2 donation for auto scholarships.
- Classy Chassis Saturday Cruise-Ins: Every sunny Saturday at 1pm at Fred Meyer at 14300 1st Ave. S. in Burien
- Sunday Hangouts at Renton Mocha & Motors: 1pm at the New Life Church located at 15711 152nd Ave. SE in Renton
- Binford Field of Dreams Friday Night Cruise-Ins at Binford Metals in Kent.
- Saturday Night Cruz-Ins 5-8pm at Sunrise Village in Puyallup.



What can we do for you?

425-970-4625

orders@dreamworksprints.com

PCMC Advertising

Classified Ads: (Cars/Parts/Tools only)

- Listing in newsletter (approx. 1/4 page ad) and on website, includes description and up to 3 photos.
- PCMC Members: FREE
- Non-Members: \$10 per month (2 month minimum)

Commercial Ads: (same for members/non-members)

- \$120 per year for newsletter OR website, \$200 per year for both
- Runs consecutively for 12 calendar months.
- Business card size (3.5" w x 2" h)

Advertising Terms:

- Payment must be received in full in advance of ad run.
- No refunds once payment is received.
- Questions? PCMCpegasus@gmail.com





About Pacific Cascade Mustang Club

Based in Kent, Washington, Pacific Cascade Mustang Club is the only original Mustang club in the Puget Sound area, and the oldest Mustang club in the nation. We are a group of Mustang and Ford enthusiasts who are dedicated to the enjoyment and preservation of Mustangs young, old and in between.

Membership Meetings

Meetings are held the first Friday of every month at 7:00pm at Bowen Scarff Ford in Kent (1157 Central Avenue North).

Community Support

Pacific Cascade Mustang Club has donated tens of thousands of dollars over the years to support local charities through our activities, events and annual car show. We have supported Pediatric Interim Care Center in Kent, Northwest Harvest, Kent Firefighters Toys for Joy Drive, Juvenile Diabetes Research Foundation and the Cystic Fibrosis Foundation, among others.

Annual Car Show

PCMC and Bowen Scarff Ford in Kent host our annual All Ford Show and Mustang Roundup in August. The show is open to all Ford, Lincoln and Mercury-powered vehicles.

Tours and Events

PCMC takes part in numerous events including garage tours, recreational outings, car show caravans, tech sessions and a monthly dinner night out. Dinner night out takes place on the 13th of every month. If the 13th falls on a weekend, we try to organize a local trip or tour for the day.

Tech Sessions

The club hosts various tech sessions for members to learn more about restoring, repairing and maintaining their Mustangs. Tech sessions are typically held on an as-needed basis and have included topics like cleaning and detailing, front-end suspension, electrical, wiring, brakes and differentials.

Membership Requirements

- Attend 2 functions, one of which must be a membership meeting.
- Be a currently licensed driver with valid insurance.
- Own, drive, or be an enthusiast of Mustangs or Ford-powered vehicles and have a desire to enjoy companionship with other Mustang and Ford enthusiasts.
- Pay dues of \$30 per household per year.

If you are interested in joining Pacific Cascade Mustang Club, please contact us at website.pcmc@gmail.com.

Mailing Address:
Pacific Cascade
Mustang Club
P.O. Box 58582
Renton, WA 98058

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