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# DanAvoN7 appreciation thread (VANOS/valve adjust)

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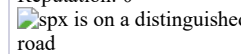
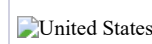

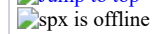
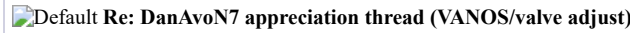
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<div><a href="#">spx</a> Registered User  Join Date: Jan 2018 Posts: 46 Reputation: 0     </div>	<div><hr/>Vanos** lol  Sent from my iPhone using Tapatalk <hr/>E82 Racecar - MCS - Dinan - Apex - Mfactory - Etc. E46 Build - TBD -</div>

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<a href="#">Illiyonks</a>	<div></div>

Registered User


Join Date: Dec 2017

Posts: 86

Reputation: 0

 Illiyonks is on a distinguished road  
Location: Bay Area United States [Jump to top](#) Illiyonks is offline

10/10. Cant say anything negative about Dan. Hes about as precise as you'll get from a mechanic. Dan not only took 100+ photos of the work but was in touch with me daily about the progress of the car and where he is in the process. He went as far as to source a unbroken vanos hub for me at a 20% savings over market. I will 120% only let Dan touch the e46 moving forward as ive never met anyone so knowledgeable and meticulous with this chasis. I would recommend him to all my friends for any vanos work or anything e46 m3 related

 Old Fri, Apr-27-2018,  
09:34:38 PM[Kwakjoe](#)

Registered User

 Kwakjoe's Avatar





Join Date: Oct 2017

Posts: 1,729


In the garage:

['05 Porsche 911](#)['11 BMW X5 35d](#)['03 Bmw ///M3](#)

Reputation: 0

 Kwakjoe is on a distinguished road  
Location: Bay Area United States [Jump to top](#) Kwakjoe is offline Default Re: **DanAvoN7 appreciation thread (VANOS/valve adjust)**

Another excellent experience with Dan. This time I ended up purchasing his old coilovers and installed them for me + corner balanced (cant beat the price for corner balancing). Also ended up refreshing the cooling system while I was there. If you're lazy like me, Dan's a no-brainer.




Instagram: [@Kwakjoe](#)  
[Street/Track E46 M3 Build](#) Old Mon, Apr-30-2018,  
02:07:17 AM[speedman2](#)

Registered User


Join Date: Sep 2016

Posts: 3

Reputation: 0

 speedman2 is on a distinguished road United States [Jump to top](#) speedman2 is offline Default Re: **DanAvoN7 appreciation thread (VANOS/valve adjust)**

I dropped off my car a few weeks ago with Dan for the first time and the experience was 100% excellent. He took the time to make detailed recommendations based on the work I wanted done and was even willing to take me to the Bart station so that I could get home. He changed my control arms, FCABs, RTABs, engine mounts, steering coupler, and diff fluid quickly and kept in constant contact with texts and pictures. He was extremely meticulous and replaced missing fasteners that I would have never noticed! Dan's awesome and I'll be back soon to install Koni yellows with eibachs!

 Old Sun, May-20-2018,  
07:06:50 PM[muhli](#)

Registered User


Join Date: Jul 2012

Posts: 77


 Default Re: **DanAvoN7 appreciation thread (VANOS/valve adjust)**


Heard about Dan from fellow enthusiasts when I was inquiring about Vanos work. Though I do have quite a bit of experience of working on cars, touching the engine is something I'll never attempt to do. Throughout the process, Dan was super professional and prompt in responding to any sort of questions I had. Glad to know my tabs were intact from all the pics he sent me. (Might have to put it in my journal if I ever


Reputation: 0

muhli is on a distinguished road

Location: Bay Area


United States

Jump to top

muhli is offline

decide to make one). He even inspected parts of the car and recommended places where I might need to address in the future. Best of all, he, like others said, was willing to drive me to and from the bart stations for those unable to find rides.

Highly recommended for anyone in the Bay who needs their vanos bulletproofed!

Old Tue, Jun-26-2018, 03:14:57 AM

[csynic](#)

Registered User


Join Date: Jan 2017

Posts: 362


In the garage:


['02 BMW M3](#)


Reputation: 0


csynic is on a distinguished road

Location: San Francisco

United States

Jump to top


csynic is offline

**Default Re: DanAvoN7 appreciation thread (VANOS/valve adjust)**

Reached out to Dan to get a bunch of preventative work on my car - rod bearings, suspension refresh, brakes. He comes highly recommended from folks on the forum, and with good reason.

Right from the get you, you know he's the real deal - super patient and prompt with inquiries, and extremely detail oriented. He treats your car like his own, and literally cleans every nut, washer, and screw before it goes back on the car. He is always reaching out to provide updates, and documents the process with pictures (which get sent to you while he's working + in a separate large folder after with even more pics). He sees every single thing that is not factory spec (wrong torque, incorrect washer/screw etc.), remedies all of them and tries to save you as much money as he can. His rates are super competitive, and the work is absolutely top notch. What more could you ask for from a mechanic?

Everything feels as good as new - thank you Dan!

Old Wed, Oct-03-2018, 10:02:50 PM


[Grounder](#)

Wannabe


Join Date: Oct 2006


Posts: 9

Reputation: 0

Grounder is on a distinguished road

Location: San Francisco

United States

**Default Re: DanAvoN7 appreciation thread (VANOS/valve adjust)**

What can I say that hasn't already been said before?

From the first email / chat to following up after I got the car home, it's been an absolute pleasure having Dan work on the M3. Scheduling was a breeze and t

I have my late-Father's 2003 M3 and intend to keep it until it's given to my kids. He bought a really nice CPO back in 2006 and took amazing care of it until

It currently has about 68K miles, is bone stock and has been maintained very well. Despite that, this car has always made me nervous. Potential rod bearing, time bomb (even though I don't drive it much). The rod bearings were replaced during a recall in 2005, so it's really been the VANOS that keeps me up at nig

I've had a handful of BMWs over the years and have worked on all of them (except the i3). But the M3's VANOS has me spooked. Dan took all the stress aw

Turns out my VANOS was in good shape (guide was thinning though). Now it's in even better shape. He was also able to adjust a couple of valves while he v

I had been getting a P0175 code the past year too, so he replaced both pre-cat O2 sensors for me.

He went WAY beyond what was necessary and replaced missing undercarriage bolts / screws and cleaned everything that he touched. You could see your ref smallest of seeps so you could keep an eye on things. This was huge.

The car was running great before, but it feels even better now. Thanks to Dan!

I drove almost an hour (from Marin to Danville) to see him and would recommend it to anyone.

Huge high fives to Dan.

Here are some of the money shots:

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**Current:**

2014 i3 Electric  
2012 X5d  
2004 R 1150 GS Adventure  
2003 M3

**Past:**

2011 335d  
2003 F 650 GS  
1997 M3 Sedan  
1984 318i

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 [Grounded](#)  
is offline

Old Mon,  
Jan-14-2019,  
05:25:26 AM

[Kwakjoe](#)  
Registered  
User

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Avatar](#)

Join Date:  
Oct 2017  
Posts: 1,729  
In the  
garage:  
['05 Porsche  
911](#)  
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35d](#)  
['03 Bmw  
///M3](#)

Reputation:  
0

[Kwakjoe](#)  
is on a  
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Bay Area

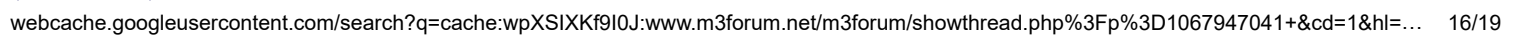
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[Default Re: DanAvoN7 appreciation thread \(VANOS/valve adjust\)](#)

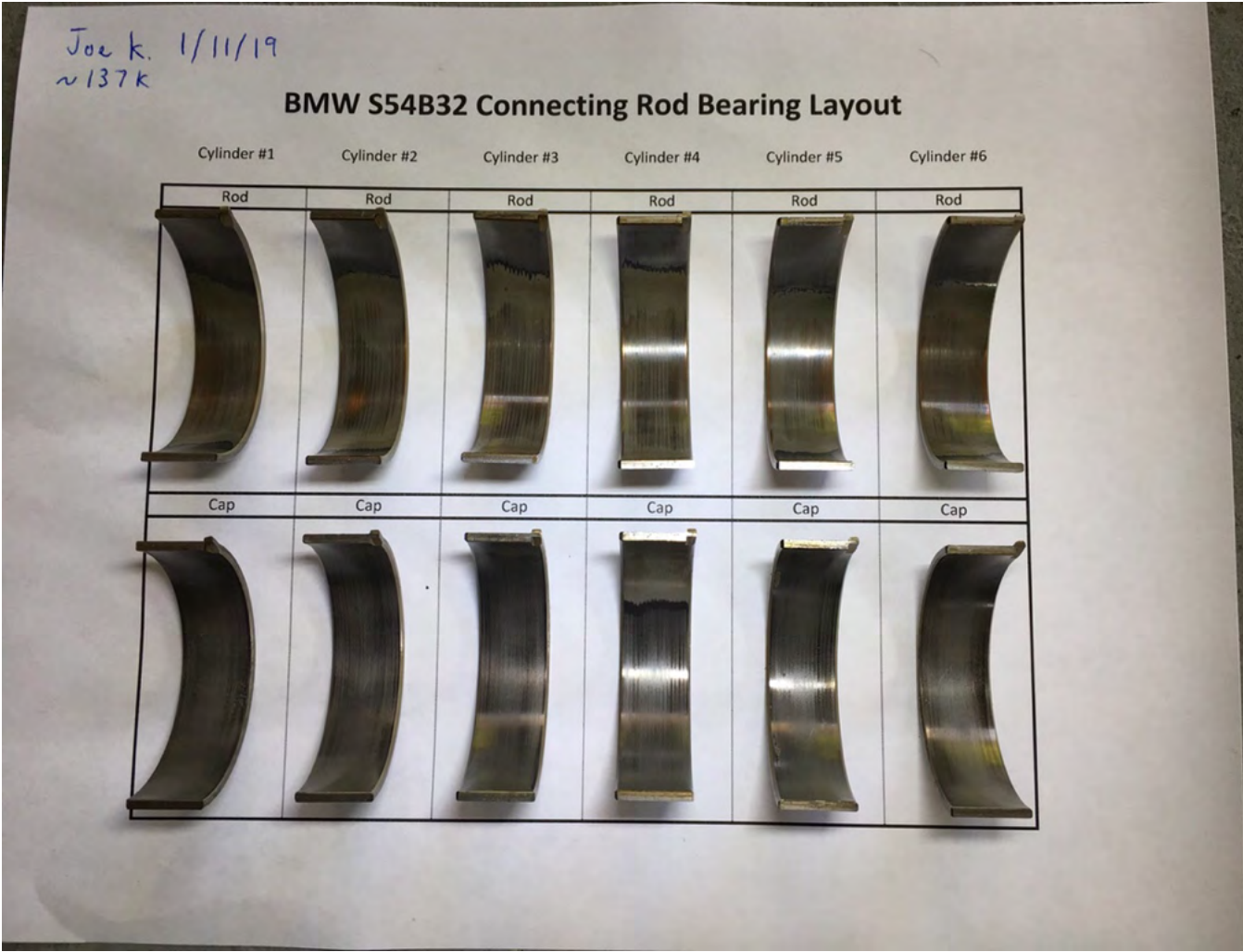
What more is there to say. Dan replaced my rod bearings and during the process fixed a timesert I used for the drain plug. He documented and gave me updates throughout the entire process. If you're in the Bay Area and you need work done, it only makes sense to send Dan a message.











Sent from my iPhone using Tapatalk

Instagram: [@Kwakjoe](#)  
[Street/Track E46 M3 Build](#)



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 Kwakjoe is offline

Old Wed, Apr-17-2019, 08:31:36 PM

[csynic](#)

Default Re: DanAvon7 appreciation thread (VANOS/valve adjust)

Registered User



Join Date: Jan 2017

Posts: 362

In the garage:

['02 BMW M3](#)

Reputation: 0

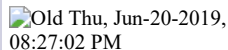
csynic is on a distinguished road  
Location: San FranciscoUnited StatesJump to topcsynic is offline

when one of my coils failed at home (in the peninsula) 2 weeks ago, Dan happened to be in the area and had a working used coil that he graciously swapped out for me. a total godsend, and allowed me to drive the car to his place to get it fixed (instead of towing it).

fast forward to this week, got a fresh coil pack, plugs, spacers, and track inspection done by Dan - as always, super communicative and crazy detail oriented. Dan spots things way in advance and he pointed out a couple of things to monitor for the future.

seriously if you're in the bay, going to him is a no brainer. you'll save so much time with how meticulous he is.

Thanks Dan!



[deejayILLusive](#)

Sublim3 Driver

Join Date: Apr 2013

Posts: 130

Reputation: 0

deejayILLusive is on a distinguished roadUnited StatesJump to topdeejayILLusive is offline

What can I say about Dan that hasn't been said before? He's thorough, meticulous, pays every attention to detail and is completely transparent and up front with everything he does.

Couple weeks back, took my car to him for a water pump and thermostat replacement, RTD shifter install, and a brake flush.

He not only did all that and sent me well documented photos, but pointed out some glaring issues as well that not even a local Bimmer shop(which shall remain nameless) didn't address!

All in all, came out with not only the repairs stated above, but also exhaust leaks gone and a new set of (semi-new) engine mounts! My E46 M3 is running like a champ now(albeit quieter) all thanks to Dan! Coilovers and rear subframe reinforcement on deck!

I won't hesitate to hit up Dan in the future. Cheers!

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