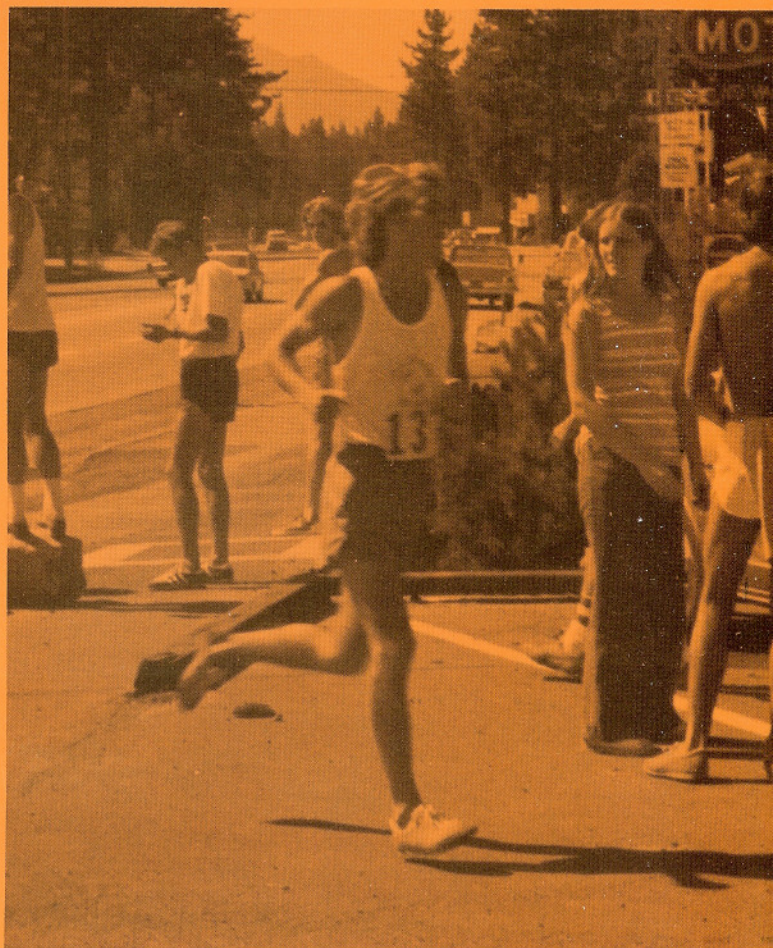
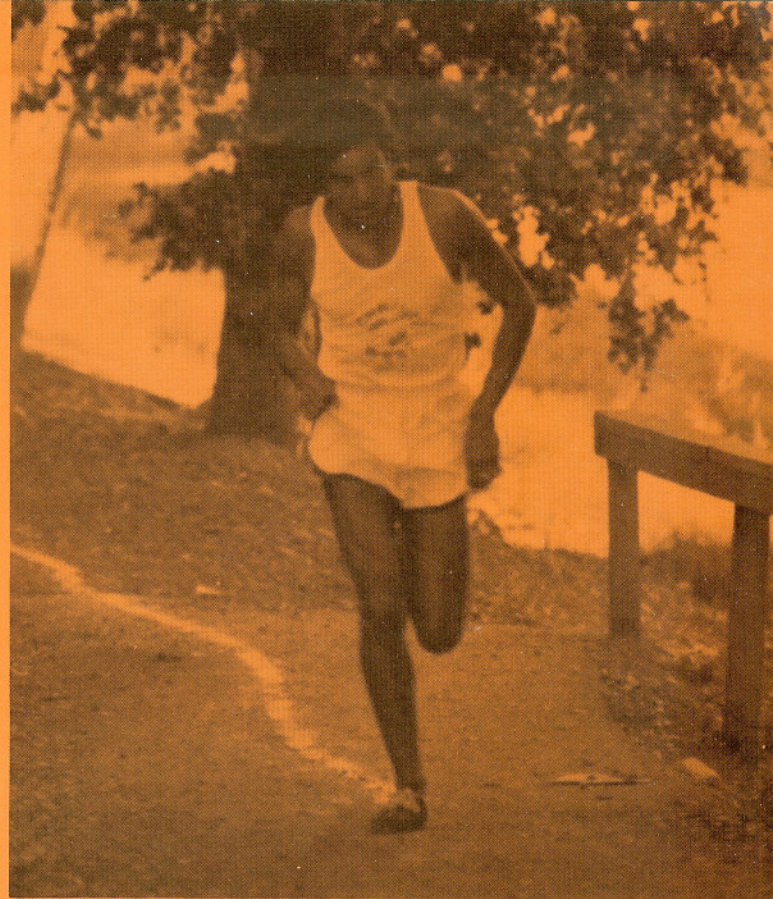
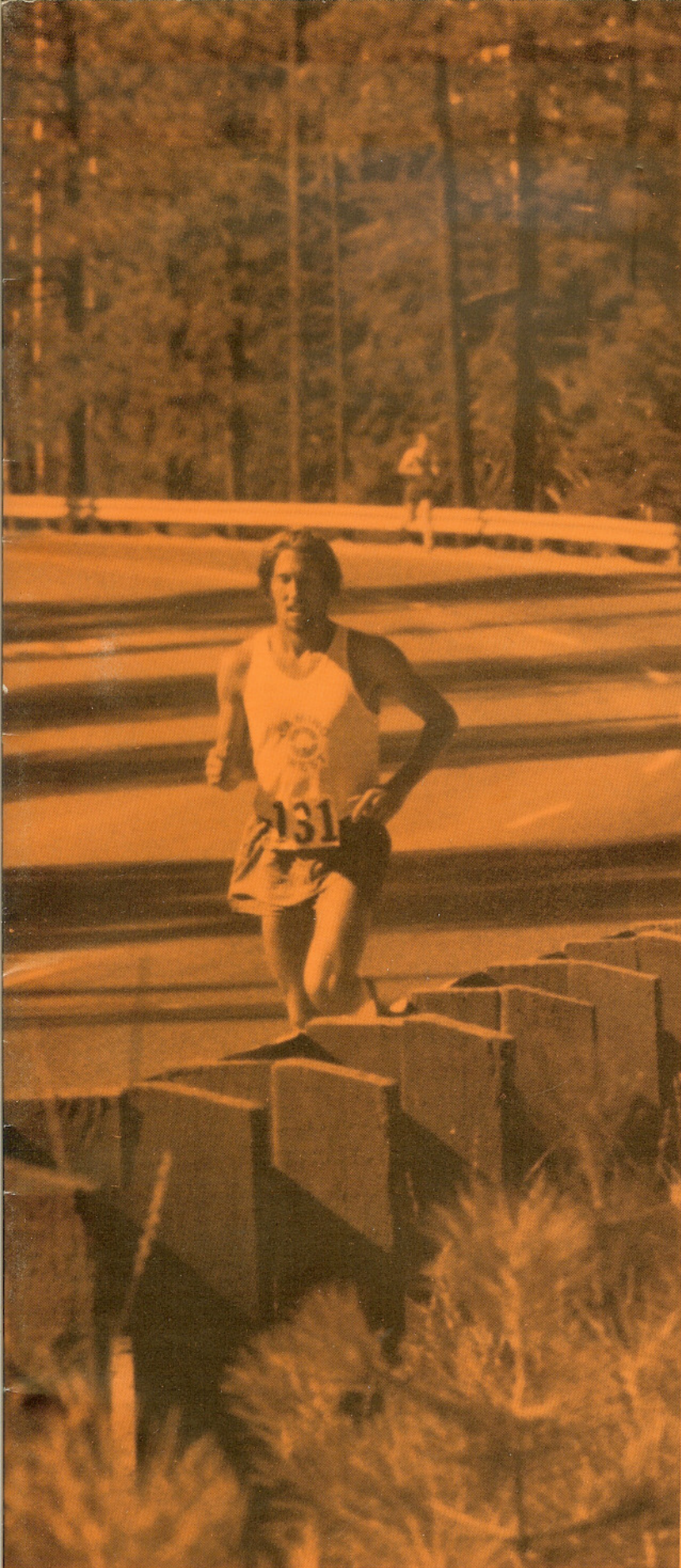




CAMINO WEST
c/o PETER MICHON
1070 CRESTVIEW DRIVE
SAN CARLOS, CA. 94070
(415) 591-5451

CAMINO WEST-CAMWST

Camino West was founded in June of 1973 by Peter Michon. In the 2 years that Camwst has existed, it has earned a great deal of respect through the hard work of its members and integrity of its staff. Throughout the area, Camwst is considered to be one of the finer organizations around with respect to talent and dedication. Some of this talent includes College of San Mateo's Mitch Kingery, Bob Barnett and Steve Palladino, SJCC's Roy Hoglund, Berkeley's Ron Fritzke and Damon Wood, Stanford's Jerry Emory, Colorado's Ted Quintana and BYU's Doug Padilla. In the High Schools Camwst talent is everywhere with Bob Love of Carlmont, Stan Ross of Serra, Rudy Munoz of Watsonville, Ken Salet of Milpitas, Dave Weikel of Hillsdale, Dan Harvey of Dublin and Dave Colburn and Mark Quinn of Robert Louis Stevenson. And in our Open Division, John Moreno, Tony Munoz, Bruce Sayre, Bob Miller, Dan Cruz and John Shroyer initiate our first season with such meets as the Stanford Invitational on the schedule. With this wealth of talent, Camwst finished as the victor in the 1975 RW's 24 Hour Relay at San Jose State amassing 268 miles, an average of 5:21.6 per mile. In the 1974 Junior Nationals, Camwst placed two teams in the Nation's Top Ten, placing fifth and eight. In the 1974 Christmas Relays, Camwst finished an easy second out of over 100 teams. At the 1975 Lake Tahoe Relays, Camwst placed 2nd in the tough Club Division with an astounding performance.

Membership in Camwst is open to those who want to be able to compete in a schedule of meets and road races as part of a team, or to those who are interested in running just for the benefits and fun of it all. Whatever the preference, it is hoped that you will become a part of Camwst. We're proud to have you with us. Camino West; Know and be among friends, participate with pleasure and compete with the utmost integrity and dedication.

CAMINO WEST TRACK CLUB
Member of the Pacific Association of the AAU
Club Number 469
1st Annual Yearbook, 1975
Editor: Peter Michon
Printer: Bill Weikel



CAMWST®

PETER MICHON

CAMWST[®] WINS 24 HR RELAY!

On a warm Saturday afternoon, San Jose's tartan track was in for a beating by the hard core minority of that majority better known as the long distance runner. The runners milled around their hastily constructed 24 Hour campsites, where all worldly belongings would be tucked away for the drama to unfold. The Gatorade was plentiful as were the juices and candy bars. Soon the stout-hearted harriers would begin their sporty week-end in the aches and pains of placing one foot ahead of the other at a swift and abnormal pace, mile after mile after mile. And as Camwst's Mitch Kingery stepped to the starting gate with a little "Flyer" at his heel, an Excelsior stud breathing down on his neck and a Ralston Ram praying for an earthquake, it began. The earth trembled with the many footsteps, the crowd roared, the stopwatches clicked and the coaches, friends, brothers, sisters, mothers, fathers, and husbands and wives yelled at the top of their lungs as the sweat started to pour. And in a frenzy and with drenched uniforms, they completed the first mile. And with champagne enthusiasm Camwst went on its way to a grueling 24 Hour Relay victory. A thanks and a tribute to these fine young runners.

TAHOE SUCCESS!

In the chill of an early morning atop of some of California's highest mountains, they gathered for that annual ritual, known as the Lake Tahoe Relays. The crisp cool air would soon be a runner's imagination as one of a hundred he would soon try and fight off the blazing afternoon sun and the heat of competition. The crowd was high in anticipation and excitement of the day's outcome while the only high the runners were concerned with was the 7000 ft. altitude. As the race began, Camwst turned loose Steve Palladino who galloped into the throng of the highly talented leaders. And as the struggle continued, Camwst moved a notch forward each time as John Moreno brought us home a 2nd place Club Division finish which astounded the many onlookers. Minutes later other Camwst troops stormed in with excellent stride and congratulations were in store. And so a new page was to be written into Camwst's record books as our 1975 Tahoe Team claimed new heights in the Tahoe altitude. And as the Sun donned its moon nightcap, Camwst returned home for another day and another race.

COMING UP!

PA-AAU JUNIOR X-C CHAMPIONSHIPS, Sunday, December 14, 1975, 6m.
3d ANNUAL CHRISTMAS RELAYS, Sunday, December 21, 1975, 5m-10m.

TOP TEN TRACK

- 1) MITCH KINGERY: Coached by San Carlos' Jim Luttrell, Mitch finished his high school career in "peak" fashion by clocking an astounding 8:58 2 mile in the 1975 CIF State Meet. With many offers at his front door, from such places as Oklahoma, St. Francis of Illinois and powerhouse San Jose State, Mitch has decided to attend JC to enhance his educational goals and to further distinguish his ability and technique in preparation of future years. Well done Mitch!
- 2) RON FRITZKE: With the excellent coaching of Homer Latimer and Bill Hotchkiss of Leigh, Ron all through his senior year, was devastating his peers in one competition after another. Ron claimed both CCS crowns by winning the CCS X-Country and CCS 2 Mile Finals. Truly a fine high school career for the Berkeley bound star.
- 3) JERRY EMORY: Always consistent and always tough, Jerry Emory followed closely in the illustrious footsteps of Ron Fritzke and Mitch Kingery. With a 9:05 2 mile to his credit, Jerry is on his way to Stanford.
- 4) DAMON WOOD: In the tough Golden Gate Conference of JC competition, CSM's Damon Wood stormed to a 4:13 life best in the Mile during the GGC Finals. The race was won by Camwst's Doug Padilla of Chabot in a time of 4:10.
- 5) GREG MALVEAUX: In his up and down career at San Carlos, Greg recorded life bests of over 48' in the triple jump and 6'7" in the high jump. He is now attending CSM where he will join 6'8" high jumper Bob Dillard and 6'9" high jumper Larry Wright.
- 6) DON CARROLL: Getting almost no recognition at JC Foothill, the multi-talented Don Carroll led all of his Foothill teammates in the GGC. He has bests of 55.9 in the 440 IH, 1:58 in the half mile and a sub 50 flat quarter.
- 7) BOB LOVE: From perrenial power Carlmont comes another super harrier of the fine coaching of Super Scot Loren Lansberry. As a frosh, Bob has recorded a 9:44 2 mile and now as a soph, has clocked an incredible 9:20. Bob is well on his way to rewriting all of Carlmont's records.
- 8) TED QUINTANA: Joining Camwst during the latter part of the track season, Chabot's Ted Quintana proceeded to win the GGC 3 Mile in a blistering 13:59. Welcome to Camwst!

JERRY EMORY

Oracle



The Comeback of Camwst's John Shroyer! Back Photo by R. Robertson

- 9) DAVE GILLOOLEY: A powerful frosh at San Carlos who has an excellent 51.6 quarter to his credit.
- 10) STAN BEAL: Another top frosh at San Carlos with times of 23.2 in the 220 and 10.3 in the 100.
 DON MACKENZIE: Don's flashes of brilliance recorded him a highlight of the season, a 48.5 mile relay split for the CSM Mile Relay quartet during the 1975 Nor Cal Finals.

BOB LOVE

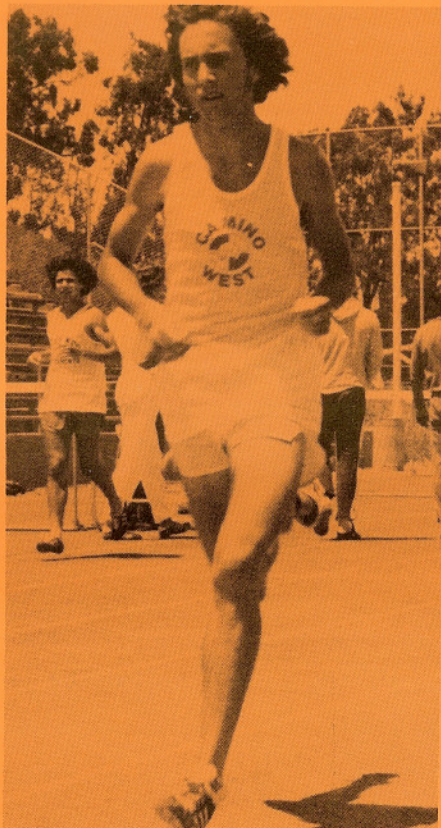
Michon .DAMON WOOD

Michon RON FRITZKE

Colburn



Summer Beach Run



PA-AAU Meet



Junior Nationals

THE COVER

Leading Camwst's summer harriers are CSM's STEVE PALLADINO, Skyline's JOHN MORENO and Camwst's most notable, MITCH KINGERY. 19 year old Steve, a 1974 Serra High graduate, leads off in the 1975 Lake Tahoe Relays setting a club record for the 11.6 mile distance at 7000 feet altitude, besting Mitch Kingery's 1974 standard by a full minute. Our leading open division runner is 21 year old John Moreno of Pacifica; bringing home the team to a 2nd place finish and running the anchor leg in record time, bettering the old standard by almost 2 minutes. And the Club's most esteemed runner, Mitch Kingery, here competing in the Dammitt Run, nearing top shape for the upcoming XC season. Mitch is quietly recovering from slight injuries which have hampered his current season but his desire, dedication and ability will overcome all injury; no matter how small, no matter how large. Our cover athletes exemplify Camwst's talent, integrity and dedication.

SUMMER RESULTS

PA-AAU Track and Field Championships, June 75

In a lackluster meet and small field of athletes, Camwst entered 11 of its members in the 75 Championships. In the distances, Steve Palladino clocked a 32:11 6 miler while 5 Camwst harriers chose to go in the mile. Damon Wood finished 3d with a time of 4:19.5 on an extremely windy afternoon on the CSM campus. Damon was followed by Bruce Sayre's 4:20.7 and Ed Young's 4:26.9. Bob Powell and Ken Salet both ran for the practice with respective times of 4:44.4 and 4:32.7. In the 440 yard dash, Chris Penny placed 3d with a 50.5 and Don MacKenzie was timed in an easy 51.3. In the 880, Brian Pierce ran an excellent 1:55.8 for 1st while Don Carroll nabbed 2nd in the 440 IH in a time of 57.1. Camwst's Mile Relay team of Chris Penny, Don MacKenzie, Brian Pierce and anchorman Don Carroll finished 2nd in a 3:27.0 clocking. This team is capable of running a 3:16.0 in prime shape and conditions. Also competing in the meet were Mike Perry and Brent Holder who leaped 45' in the triple jump.

JUNIOR OLYMPICS, July 75

During the 3 day course of the longest meet in the annals of Track and Field, 14 year old Kirk Hererra blistered the mile in 4:38. The Ralston lad coached by Ken Israel is headed for Serra. Personal problems have kept him somewhat in the background. We wish him our best. In the same division, Bob Love won the 2 mile with a time of 9:55. And Westmoor's Jeff Maxwell ran 53.9 in the 440, just beating out a 54.0 by Stan Beal. Both were nipped by Dave Gillooley who won the trials in a cold wind hampered afternoon with a 53.7 clocking. In the 16-17 division, Stan Ross claimed the win in the 880 trials with a 2:03 clocking, followed by Greg Wallace's 3d and Dave Weikel's 4th place finish. In the distances, Ken Salet ran 15:38 in the 3m for 2nd behind Downey's Tim Holmes while Rod Robertson took the 4th spot with a 16:58. In the finals, Dublin's Dan Harvey posted a 15:37 in a tough field with RLS's Mark Quinn following with a 15:51.7.

HOLY CITY SUMMITT RUN, 9.08m, 253 runners, June 75

Club Record: Mitch Kingery, 48:55, 3d, June 74

1)	Roy Hoglund	11th	51:33	5:37.2apm
2)	Bob Powell	15	52:04	5:43.8
3)	Ken Salet	21	52:45	5:48.0
4)	Mark Quinn	35	54:16	5:58.2
5)	Bob Miller	37	54:28	5:59.4
6)	Stan Ross	54	56:12	6:10.8
7)	Rod Robertson	56	56:25	6:12.6
8)	Dave Weikel	66	56:54	6:15.6
9)	Bob Weaver	93	58:42	6:27.6
10)	Jeff Maxwell	174	66:00	7:19.8 (with cast on arm)

EXCELSIOR BEACH RUN, 6.25m, 311 runners, June 75

Club Record: Bob Powell, 35:47, 23d, June 75

1)	Bob Powell	23d	35:47	5:43.2apm
2)	Roy Hoglund	27	36:19	5:48.6
3)	Ken Salet	29	36:36	5:51.0
4)	Mark Quinn	32	36:45	5:52.8
5)	Bob Love	34(1st-14un)	36:51	5:53.4
6)	Dave Weikel	50	37:50	5:55.2
7)	Kirk Herrera	80	39:52	6:22.2
8)	Bob Miller	89	40:27	6:28.2

FELTON RACE TO THE REDWOODS, 6.9m, 180 runners, July 75

Club Record: John Moreno, 39:20, 7th, July 75

1)	John Moreno	7th	39:20	5:42.0
2)	Bruce Sayre	11	41:06	5:57.0
3)	Mark Quinn	12	41:22	5:59.4
4)	Roy Hoglund	14	41:34	6:01.2
5)	Scott Carvey	15	41:36	6:01.4
6)	Steve Palladino	22	42:34	6:09.6
7)	David Weikel	23	42:35	6:09.6
8)	David Colburn	26	42:55	6:12.6
9)	Stan Ross	35	44:23	6:22.8
10)	Ken Salet	"overlooked by officials"		18th
11)	Bob Love	"overlooked by officials"		21st

WHARF TO WHARF, 6.0m, 565 runners, July 75

Club Record: John Moreno, 29:53, 12th, July 75

1)	John Moreno	12th	29:53	4:58.8
2)	Roy Hoglund	16	30:11	5:01.8
3)	Steve Palladino	21	30:22	5:03.6
4)	Bruce Sayre	23	30:24	5:03.8
5)	Scott Carvey	27	30:41	5:06.6
6)	Mark Quinn	31	31:00	5:09.6
7)	Stan Ross	32	31:00	5:09.6
8)	Dave Colburn	47	31:28	5:14.4
9)	Jay Marlowe	57	31:59	5:19.8
10)	David Weikel	65	32:15	5:22.2
11)	Rod Robertson	66	32:18	5:22.6
12)	Ken Wernick	150	34:45	5:47.4

WATERMELON RACE, 8.4m, 300 runners, July 75

Club Record: Mitch Kingery, 43:39, 2nd, July 74

1)	Mark Quinn	11th	49:01	5:49.8
2)	Steve Palladino	12	49:12	5:51.0
3)	Roy Hoglund	18	50:20	5:59.4
4)	Dave Colburn	33	52:43	6:16.2

5)	Dave Hull	49	54:21	6:27.0
6)	Bob Love	51	54:24	6:27.3
7)	Rich Fishbaugh	53	54:33	6:29.4
8)	Dave Weikel	71	56:31	6:43.2
9)	Ken Wernick	85	58:20	6:54.0

LAKE TAHOE RELAYS, 70.2m-7 man relay, Over 60 teams, Aug. 75

Club Record: Tahoe "A" Team of 1975, 7:00:55

1st Leg:	Steve Palladino	11.6m	66:27	5:43.2	66:27
2nd Leg:	Mitch Kingery	9.5	57:52	6:05.5	2:04:19
3d Leg:	Ted Quintana	10.0	59:19	5:55.9	3:03:38
4th Leg:	Roy Hoglund	10.1	60:54	6:01.8	4:04:32
5th Leg:	Dan Harvey	9.4	59:40	6:20.9	5:04:12
6th Leg:	Mark Quinn	9.8	59:28	6:04.1	6:03:40
7th Leg:	John Moreno	9.8	57:15	5:50.5	7:00:55

HOGLUND, QUINN, POWELL
ROSS, LOVE, HARVEY,
PALLADINO at Tahoe

Michon

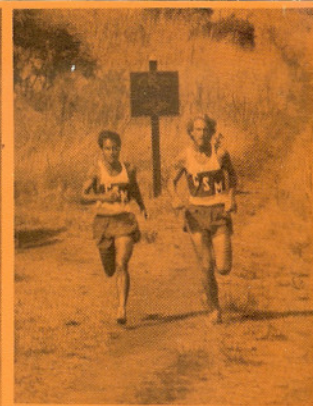
Bottom: KINGERY

JOHN MORENO

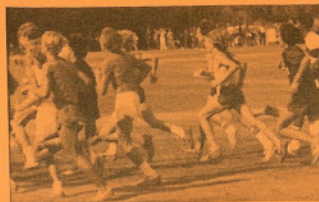
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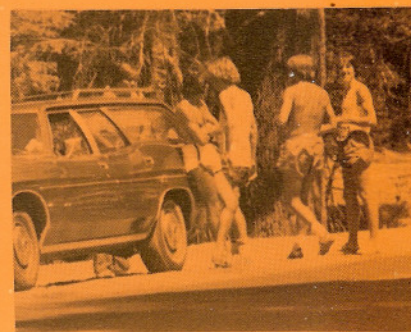
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Tahoe "B" Team

1st Leg:	Rich Fishbaugh	11.6m	74:15	6:24.0	1:14.15
	Ken Wernick		81:39	6:58.8	
2nd Leg:	Bob Love	9.5	63:00	6:38.4	2:17:24
3d Leg:	Stan Ross	10.0	65:05	6:30.0	3:22:19
4th Leg:	Bob Miller	10.1	68:14	6:45.0	4:30:05
5th Leg:	Bob Powell	9.4	60:59	6:28.0	5:31:06
6th Leg:	Dave Weikel	9.8	63:44	6:25.2	6:35:35
7th Leg:	Dave Colburn	9.8	61:59	6:19.2	7:37:34

DAMMITT RUN, 5.0m, Over 400 runners, August 75

Club Record: Mitch Kingery, 30:16, 3d, August 75

1)	Mitch Kingery	3d	30:16	6:03.0
2)	John Moreno	8	31:33	6:18.6
3)	Tony Munoz	10	31:38	6:20.0
4)	Jay Marlowe	23	32:41	6:32.0
5)	Bruce Sayre	29	32:47	6:33.0
6)	Dave Weikel	30	32:49	6:33.4
7)	Rudy Munoz	41	33:27	6:42.0
8)	Bob Weaver	55	34:23	6:53.0
9)	Robert Paredes	68	35:11	7:02.0
10)	Ken Wernick	78	35:32	7:06.4
11)	Dave Colburn	88	36:16	7:15.0
12)	Rod Robertson	89	36:16	7:15.0
13)	Jim Taylor	110	37:00	7:24.0

RUNNER'S WORLD 24 HOUR RELAY, August 75

Club Record: 1975 Team, 268 miles and 940 yards

1)	Mitch Kingery	4:55	on 7th mile	At 100 miles:
2)	Bob Powell	5:00		8:10:35
3)	Ken Salet	5:02		4:54 team ave
4)	John Moreno	4:57		
5)	Dave Weikel	5:05		
6)	Bob Weaver	5:11		
7)	Dave Colburn	5:05		
8)	Dan Harvey	5:03		At Finish:
9)	Ken Wernick	5:30		24:00:00
10)	Jim Taylor	5:38		5:21.6 team ave

FT. BAKER* 15.0m, 203 runners, July 75

Club Record: Mark Quinn, 24th, 1:22:00

1)	Mark Quinn	24th	1:22:00	5:27.6
2)	Tony Munoz	30	1:23:45	5:34.8

*not on Camino West schedule



TOP 15 SUMMER

- 1) JOHN MORENO: A graduate of Terra Nova HS of Pacifica and of Skyline JC, John has been Camwst's most consistent and top flight performer. Starting with a 22nd place finish in the 1975 Bay to Breakers, John has been instrumental in the many successes of the Club from Lake Tahoe to the 24 Hour Relay. John is now competing in the open season and should be considered as one of the top runners in the PA-AAU.
- 2) STEVE PALLADINO: With great desire, Steve running the first leg at the Tahoe Relays, becomes the first Camwst member to achieve the distinction of breaking a Club record held by none other than Mitch Kingery. Steve's fine and surprising performance was the result of extreme determination and training throughout the days of summer. Some days saw Steve running 20 miles. It is a performance rated as one of Camwst's all-time bests. Steve is now attending the College of San Mateo and should be one of the GGC's best harriers.
- 3) MITCH KINGERY: Coming back to the competitive aspects of running during the late summer weeks, Mitch quickly proved his extreme value to the Club in road racing. His presence is respected by almost everyone concerned with road racing. As a Camwst long time member, Mitch showed that he is definitely Camwst's top performer. Making his powerful presence known, he led the team through the 24 Hour Relay with an unbelievable performance. Excellent!
- 4) MARK QUINN: One of Camwst's toughest competitors who proved his ability and durability in road racing with talent and consistency.
- 5) BOB POWELL: Now serving with the US Navy, Bob's efforts in the 24 Hour Relay was instrumental in claiming the victory for a young Camwst squad. He also led the team at the Holy City and Excelsior Beach Runs.
- 6) DAVE WEIKEL: The summer's biggest surprise had to be Hillsdale's promising junior harrier, Dave Weikel. Running every road race with marked improvement, Dave culminated his summer with an excellent Tahoe showing and a super 24 Hour Relay effort.
- 7) KEN SALET: Always tough, Ken is one of the Club's most dependable and talented runners. With some other fine young Camwst talent, Ken should be one of the CCS's best harriers.
- 8) ROY HOGLUND: A recent and most valuable addition to Camwst is SJCC's Roy Hoglund. He has proven himself to be in a highly talented mold with fine efforts in road races and at Tahoe. The SJCC steeplechaser should prove to be one of the toughest GGC and Nor Cal distance men.

...continued on page 12

CAMWST'S SUMMER 76 SCHEDULE (tentative)*

Bay to Breakers, Holy City Run, Excelsior Beach Run, Race to the Redwoods, Wharf to Wharf Run, Watermelon Race, Lake Tahoe Relays, Dammitt Run and 24 Hour Relay.

*These are the road races in which Camwst will probably attend as a team throughout the Summer road race season. See you there!



DAVE COLBURN

Michon

DAVE WEIKEL

Michon

QUINN-SALET

Michon

- 9) DAN HARVEY: One of the NCS's top distance runners, the Dublin harrier proved himself in the 24 Hour Relay, running sub 5 minute miles when pressed.
- 10) BRUCE SAYRE: With consistency, Bruce a 4:16 miler is a top finisher for Camwst in all of its road races and competition. A graduate of Carlmont HS and CSM, he is currently competing in the open season with Camwst.
- 11) STAN ROSS: From Serra HS, Stan figures to be a CCS threat in Cross Country and Track. Running in his first summer season with Camwst, Stan showed excellent potential and desire. It now seems to be paying off. Stan won the 1975 Stanford Invitational.
- 12) BOB LOVE: Bob has to be one of Camwst's top performers and is now heading for highest honors in the CCS as a sophomore. The Carlmont soph won every 14-15 age division road race he entered with Camwst during our summer season.
- 13) DAVE COLBURN: Camwst's Tahoe Relays and 24 Hour Relay performer who should be coming on strong in the CCS as a senior at RLS HS.
- 14) BOB WEAVER: Camwst's "unknown harrier" is a graduate of Leigh and is currently a frosh at West Valley JC. Bob has potential as yet untapped and may soon be rising to the occasion at WVJC. He proved his talents by vitally giving Camwst the experience and excellent performance during the 24 Hour Relay.
- 15) TED QUINTANA; TONY MUNOZ; DAN CRUZ.

ROY HOGLUND

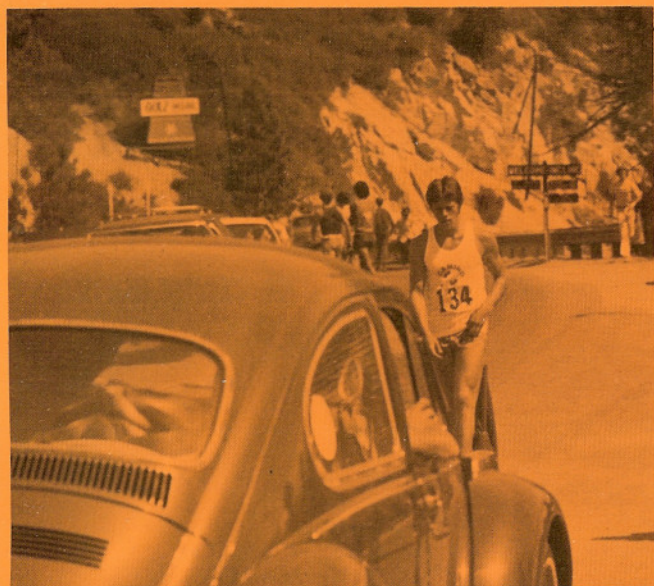
Michon

BOB POWELL

Michon

STAN ROSS

Michon





JOHN MORENO
Top: SAYRE, WEIKEL

Michon
Michon

HARVEY-ROSS
TONY MUNOZ

Michon
Michon

HOW TO JOIN CAMINO WEST!

If you would like to become a member of Camwst, here is what you do. You may contact Peter Michon through the address given on the second page. All you need to send is your name, age, address and phone no. & you will receive an AAU application and/or further information. You must purchase or have a current AAU card in order to become a member. Camwst's dues are \$5.00 a year in addition to an AAU card. You will be given a running jersey and Camwst T-shirt for you to keep. Or you may come and see us at any race and we'll be glad to talk to you.

MISCELLANEOUS

For Camwst members, sweats are still available and can be purchased for only \$20.00. There are only 10-15 left, so hurry! If you are a Top Ten Track or Top Fifteen Summer member you may have them for only \$15.00.

New Camwst dues are now in effect. The new rates will be \$5.00 per year in addition to the cost of an AAU card. Any and all Camwst members must have a current and valid AAU card in order to compete for the Club. All dues must be paid!

If you are in competition you must wear your Camwst jersey with royal blue trunks. Have pride in Camwst! Always enter a road race officially by paying the fee and only compete for Camwst. You are not allowed to run for any other group other than your official AAU Club. We will not tolerate any discrepancies in this matter.

Any photo in this issue may be yours if you ask for it. We will not charge you a cent for it. It will be our pleasure. Any and all photo will come in standard size. You may enlarge it yourself if you wish to do so. Please allow me some time to have them printed for you. This is for Camwst members only.

Camwst now has new uniforms. They are white nylon tank tops with an eagle and the name CAMWST on the front. Please use royal blue trunks to complete our uniform. You will have to get the trunks yourself.

Camwst is a simple organization much depended on one person. We do the best we can to provide any individual with as much as we can in any way possible. We're a Club of many friends who have been brought together for the fun and competition of running. Camwst keeps you informed while you and only you decide when and where you would like to compete. It is your choice. Camwst is for you to run with. You do not run for the Club, it runs for you.

Camino West Track Club is an official AAU organization of the Pacific Association, club number 469. We are simply known as Camino West and go by these call letters of C-A-M-W-S-T!

Race directors, please put club affiliation in all results. Please send race results to club headquarters of all clubs. Give team awards, it is an added incentive for clubs to come to your races. Participant awards are much appreciated by the multitude of joggers.

CAMWST Hall of Fame awards go to Mitch Kingery, Ron Fritzke and Jerry Emory in the 2 Mile, Damon Wood in the Mile, Ted Quintana in the 3 Mile and Greg Malveaux in the High Jump and Triple Jump. 1975 plaques will be handed out soon.

Camwst has members in all parts of the Bay Area, from Watsonville to Dublin. Hope to see you join Camwst soon!

This will be an annual yearbook for Camwst. It is a combined project of Camwst's founder, Peter Michon and of Mr. Bill Weikel our most ardent fan and printer who has donated us his services to make this possible. It is an extremely gracious gesture towards CAMWST.

T-shirts, sweat shirts, jackets...

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or nothing
at all!"

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JOHN SHROYER

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