



**RIDGEWOOD  
CROSS  
COUNTRY**

**2013**

**SEASON  
SUMMARY**



2013

Ridgewood Girl's Cross Country

2013

Dual Meets

<u>5 wins - 1 loss</u>	
Indian Hills	28-29
Hackensack	18-43
Paramus	15-50
Ramapo	20-41
N.Highlands	20-43
IHA	24-32

Championship Meets

<u>5 wins</u>	
Maroon Invitational	1st
Shore Coaches (A race)	4th
Big North - Freedom	1st
Bergen Group A	1st
Bergen Meet of Champs	1st
North 1 Group 4 Section	2nd
State Group 4	3rd
SMOC	6th

Junior Varsity Meets

<u>5 wins</u>	
Season Opener	2nd
Maroon Invite	1st
Brett Taylor	1st
Shore Coaches	4th
Big North	1st
Bergen Champs	1st
Doc Braver	1st
JV State Meet	3rd

Frosh Meets

<u>9 wins</u>	
Maroon Inv.	2nd
Passaic Coaches	1st
Brett Taylor	1st
Garret Invite	1st
Big North	1st
Bergen Champs	2nd
Doc Braver	1 <sup>st</sup>

2012 Ridgewood Girls Cross Country

Seniors: Mackenzie Broatch\*, Emily Brodtkin\*, Kristen Carle\*(capt), Sarah Davis\*(capt), Emily Fishbein\*(capt), Morgan Heibel, Maryam Jahanbin\*, Elizabeth Kopec\*, Margaret Merck\*, Amanda Muccio\*, Sarah Sandler\*, Kylei Simpson\*, Becca Stern\*, Laura Weisberger\*(capt).

Juniors: Cristina Barrales, Julcsi Csorba, Sarah Kate Caliguire, Tara Cirillo\*, Katherine Cirillo, Kelly Cleary\*, Emily Cumbo, Kylie Daniels, Baker Earl, Genevieve Felsenstein\*, Ari Hasbrouck\*, Carleen Jeffers\*^, Bridget Mullen, Tayler Tai, Abby Taylor.

Sophomores: Kelly Dwyer, Erin Dwyer, Isabelle Garrity, Lindsay Haas, Sam Halvorsen\*^, Grace Harris, Allia Jahanbin, Claire Kelly, Tatiana Mehos, Vera Mudry, Vanessa Reis\*, Leah Rosenfeld\*, Sara Schmidt, Anya Sherman, Diana Soriano, Isabelle Stern, Emily Stern, Sonal Tulsyani, Cayla Whitaker.

Frosh: Kaitlyn Amoruso, Sarah Catalano, Cara Farley, Madison Heibel, Emma Herzberg, Priscilla Huh, Katie Kearney, Catie Keating, Emily Keeney, Olympia Martin\*^, Ally McDade, Lauren Pagano, Sophia Sheehy, Mary Skrzypczak, Avery Zulauf.

coach: Jacob Brown

frosh coach: Josh Saladino

\*= letter winner ^= class award

2013 Cross Country Team Photo

First Row: Avery Zulauf, Mary Skrzypczak, Alison McDade, Catie Keating, Madison Heibel, Priscilla Huh, Madison Moras, Lauren Pagano, Cara Farley, Sarah Catalano, Emma Herzberg, Emily Keeney, Sophia Sheehy, Olympia Martin.
Second Row: Sam Halvorsen, Sarah Kate Caliguire, Abby Taylor, Claire Kelley, Julcsi Csorba, Ari Hasbrouck, Carleen Jeffers, Kelly Dwyer, Izzy Stern, Erin Dwyer, Emily Stern, Sara Schmidt, Vera Mudry, Anya Sherman, Cayla Whitaker.
Third Row: Vanessa Reis, Kylie Simpson, Sarah Davis, Amanda Muccio, Emily Fishbein, Sarah Sandler, Laura Weisberger, Emily Brodtkin, Becca Stern, Mackenzie Broatch, Margaret Merck, Kristen Carle, Elizabeth Kopec, Maryam Jahanbin, Sonal Tulsyani, Coach Jacob Brown.
Forth Row: Tatiana Mehos, Allia Jahanbin, Kylie Daniels, Emily Cumbo, Katherine Cirillo, Leah Rosenfeld, Tayler Tai, Genevieve Felsenstein, Cristina Barrales, Tara Cirillo, Bridget Mullen, Kelly Cleary, Baker Earl, Diana Soriano, Lindsay Haas, Grace Harris.

Seniors 2013

R1-LtoR: Margaret Merck, Becca Stern, Emily Brodtkin, Mackenzie Broatch, Elizabeth Kopec.
R2-LtoR: Laura Weisberger, Kristen Carle, Emily Fishbein, Maryam Jahanbin.
R-3LtoR: Sarah Sandler, Amanda Muccio, Kylie Simpson, Sarah Davis.

# Ridgewood



# Cross Country 2013

# Girl's CROSS COUNTRY 2013

## 2013 Schedule

Saturday	Sept. 7	Dual meet at Darlington vs Indian Hills & Hackensack
Monday	Sept. 9	Dual meet at Darlington vs Paramus
Thursday	Sept. 12	Season Opener at Darlington - Frosh Only
Monday	Sept. 16	Dual meet at Garret vs Ramapo
Friday	Sept. 20	Maroon Invitational at Garret Mountain
Saturday	Sept. 28	Passaic Coaches Invitational at Garret Mt. JV & Frosh
Monday	Sept. 30	Dual Meet at Darlington vs Northern Highlands
Saturday	Oct. 5	Brett Taylor Invitational at Darlington - Frosh and JV
Saturday	Oct. 5	Shore Coaches Invitational at Holmdel Park
Saturday	Oct. 12	Garret Invitational at Garret Mountain - Frosh
Friday	Oct. 18	Big North Divisional Champs
Saturday	Oct. 26	Bergen Group Championship at Darlington
Thursday	Oct. 31	Doc Braver Frosh & JV Champs at Darlington
Saturday	Nov. 2	Bergen Meet Of Champions at Darlington
Wednesday	Nov. 6	State JV & Frosh Champs at Thompson Park, Jamesburg, NJ
Saturday	Nov. 9	NJ State Sectional Championship
Saturday	Nov. 16	NJ State Group Championship
Saturday	Nov. 23	NJ State Meet Of Champions at Holmdel Park
Tuesday	Dec. 10	Cross Country Awards Banquet - 6pm RHS Cafeteria

## RHS cross-country teams off and running

### Maroon girls aiming to be (and find) No. 1

BY GREG TARTAGLIA  
Assistant Sports Editor

RIDGEWOOD — The Maroons will have a new No. 1 runner this autumn, and any number of girls could be it.

Besides having graduated captains Lesley Jones and Francesca Felder from last year's cross-country team, Ridgewood High School also has to move ahead after the departure of 2012 sectional gold-medalist Catherine Pagano. The junior from Upper Saddle River transferred back to her home district and will compete for league rival Northern Highlands following two varsity seasons at RHS.

And so, as he has done throughout his 40 years as head coach of the Maroon program, Jacob Brown plans to keep his squad's focus fixed forward.

"We don't have Pagano, so this is going to be more of a 'pack' team, because we won't have a kid way in front," Brown said Wednesday.

The team does return three girls who were named to *The Ridgewood News* All-Suburban first team a season ago.

Four-year varsity regulars Emily Fishbein and Laura Weisberger both reprise their roles as co-captains coming off a junior campaign in which they logged major-meet 5K bests of 19:41 and 19:35, respectively. Weisberger placed in the top 10 of the 2012 Big North Freedom Division, Bergen County Group A and North 1, Group 4 sectional races, while Fishbein ran in the top 12 at each event.

Junior Kelly Cleary, Ridgewood's third All-Suburban first-teamer, finished sixth at last year's division and county meets but has been slowed by illness in the early going, as has junior Tara Cirillo.

"Kelly got mono this summer, and she's not better yet; that's a problem," said Brown. "Tara is just recovering from mono also."

In addition, the coach noted that sophomore Sam Halvorsen has been sidelined with a cut on her foot, adding to the Maroons' injury woes.

On the plus side, junior Carleen Jeffers has emerged as a prime candidate for the No. 1 spot. She ran 20:01 at Darlington Park in Mahwah to win the race in Monday's dual meet versus Paramus.

"Jeffers can run pretty well, so she's clearly going to be in the varsity mix," Brown said. "So that's encouraging."

Another promising newcomer is sophomore Vanessa Reis, who switched over to cross-country from tennis. She was Ridgewood's top finisher in last Saturday's season opener against Indian Hills and Hackensack, running 19:55 at Darlington. Sophomore Leah Rosenfeld, another strong returnee, placed third behind Jeffers and Reis in the 15:50 win over Paramus.

See GIRLS XC, page C3



GREG TARTAGLIA/THE RIDGEWOOD NEWS

These are the captains of the 2013 Ridgewood High School girls cross-country team. From left: seniors Laura Weisberger, Emily Fishbein and Sarah Davis. Not pictured: Kristen Carle.

### 2013 Ridgewood High School varsity cross-country schedule

#### REMAINING DUAL/CHAMPIONSHIP MEETS

- |  |  |
|--|--|
| Sept. 16 vs. Ramapo at Garret Mountain Reservation, Woodland Park            | Oct. 26 Bergen County Group A championships, Darlington Park       |
| Sept. 20 Maroon Invitational, Garret Mountain                                | Nov. 2 Lou Molino Bergen County Meet of Champions, Darlington Park |
| Sept. 28 Bowdoin Cross-Country Classic, Bowdoin Park, Wappingers Falls, N.Y. | Nov. 6 State JV/Freshman championships, Thompson Park, Jamesburg   |
| Sept. 30 vs. Northern Highlands and Don Bosco/IHA at Darlington Park, Mahwah | Nov. 9 North 1, Group 4 sectional championships, Garret Mountain   |
| Oct. 5 Shore Coaches Invitational, Holmdel Park, Holmdel                     | Nov. 16 State Group 4 championships, Holmdel Park                  |
| Oct. 18 Big North Freedom Division championships, Garret Mountain            | Nov. 23 State Meet of Champions, Holmdel Park                      |



GREG TARTAGLIA/THE RIDGEWOOD NEWS

The captains of the 2013 Ridgewood High School boys cross-country team are, from left, seniors David Frering, Luke Dublirer, Bryan Clarendon and Ryan Neville.

### Boys squad looking to stay at front of pack

BY GREG TARTAGLIA  
Assistant Sports Editor

RIDGEWOOD — In 2013, the Ridgewood High School boys cross-country team is running on full.

Even in the wake of graduating Division 1 runners Nick Salomone (Marist) and Stern Dublier (UConn), the Maroons have one of their deepest and most balanced teams in the program's storied history.

Four runners who earned All-Suburban accolades from *The Ridgewood News* have returned, including first-teamer Ryan Neville, second-teamers Bryan Clarendon and David Frering and 2012 Freshman of the Year Michael Thurston. Neville, Clarendon and Frering are this autumn's senior co-captains along with classmate Luke Dublirer.

With two meets already in the books, the story of the RHS boys' season thus far has mirrored that of their girls counterparts: it featured a one-point setback to Indian Hills (27-28) in last Saturday's season opener, the team's first dual-meet loss since 2009, as well as some lingering injury issues.

Versus Indian Hills, "Luke dropped out with a hamstring issue, which hurt us a little bit," Maroon head coach Mike Glynn said. "And two of our kids were passed with about 50 yards to go... that's not supposed to happen."

Ridgewood defeated Hackensack, 23-38, in the Saturday tri-meet at Darlington Park and returned to the Mahwah course on Monday to post a 16-46 win over Paramus and improve to 2-1.

Thurston, who won both the Big North and Bergen County freshman titles a year ago, has been slowed by illness but is expected to become a contributor to the Maroons' seven-man starting lineup.

"He's been experiencing some dizziness, and we had him checked for Lyme disease and mono — neither was positive," Glynn said. "So we're going a little slower with him."

Fellow sophomore Kenny Marshall clocked 16:51 to place third behind Clarendon (16:44) and Neville (16:50) in the Paramus dual meet. Junior Kotaro Tamura (16:53) was fourth in the same race and is off to a strong start following a sophomore season that was cut short by injury.

The best effort of the new season belongs to Frering, whose 16:06 was good for the victory in last Saturday's tri-meet. "That is a very fast early-season time," Glynn noted, "so I project David as our No. 1 right now."

Senior Robert Fischer and sophomore Nick Barmabic have both logged sub-17:30 times in the first two races as well and are expected to improve further as the season goes along.

RHS is the three-time defending North 1, Group 4 state champion and has claimed the sectional title eight times

See BOYS XC, page C3



PHOTO COURTESY OF JACOB BROWN

The Ridgewood High School girls cross-country team breaks from the starting line in last Saturday's tri-meet with Indian Hills and Hackensack.



PHOTO COURTESY OF JACOB BROWN

Runners from the Ridgewood High School boys cross-country team battle their counterparts from Indian Hills last Saturday at Darlington Park in Mahwah.

# Ridgewood Cross Country Dual Meet Summary

Ridgewood vs Indian Hills & Hackensack Date 9/7 Weather wow!

Course Darlington Course Record \_\_\_\_\_

Final Scores \_\_\_\_\_ 1-5 Split 1:49 1-7 Split \_\_\_\_\_

2013 Big North Opening Day - 9/7/2013

Darlington

Mixed 5k Dash CC RACE 3 9:40

Comp#	Name	School	Time	Points
1	191 Guerra, Julia	Indian Hills	19:06	
2	619 Reis, Vanessa	10 Ridgewood	19:55	
3	186 Buccisano, Kelly	Indian Hills	20:14	
4	190 Gaffney, Krissy	Indian Hills	20:27	
5	581 Cleary, Kelly	11 Ridgewood	20:35	
6	591 Fishbein, Emily	12 Ridgewood	20:54	
7	620 Rosenfield, Leah	10 Ridgewood	20:59	
8	193 Miles, Julia	Indian Hills	21:26	
9	635 Weisberger, Laura	12 Ridgewood	21:44	
10	596 Hasbrouk, Ari	11 Ridgewood	21:56	
11	590 Felsenstein, Genevieve	11 Ridgewood	21:57	
12	625 Simpson, Kylie	12 Ridgewood	22:28	
13	632 Tai, Tayler	11 Ridgewood	22:41	
14	575 Brodtkin, Emily	12 Ridgewood	22:49	
15	579 Cirillo, Katherine	11 Ridgewood	22:55	
16	580 Taylor, Abby	11 Ridgewood	22:57	
17	622 Schmidt, Sara	10 Ridgewood	22:59	
18	582 Cumbo, Emily	11 Ridgewood	23:02	
19	613 Merck, Margaret	12 Ridgewood	23:03	
20	584 Davis, Sarah	12 Ridgewood	23:05	
21	949 Nunez, Adriana	SR Hackensack	23:07	
22	615 Muccio, Amanda	12 Ridgewood	23:10	
23	593 Haas, Lindsay	10 Ridgewood	23:24	
24	585 Dwyer, Erin	10 Ridgewood	23:33	
25	587 Earl, Baker	11 Ridgewood	23:45	
26	945 Mendoza, Katiana	JR Hackensack	23:46	
27	624 Sherman, Anya	10 Ridgewood	23:54	
28	617 Mullen, Bridget	11 Ridgewood	23:57	
29	629 Stern, Emily	10 Ridgewood	23:59	
30	197 Waidlich, Chelsea	Indian Hills	24:01	
31	930 Duran, Melissa	JR Hackensack	24:03	
32	573 Barrales, Cristina	11 Ridgewood	24:08	
33	929 Duran, Amanda	JR Hackensack	24:11	
34	616 Mudry, Vera	10 Ridgewood	24:17	
35	630 Stern, Izzy	10 Ridgewood	24:17	
36	583 Daniels, Kylie	11 Ridgewood	24:39	
37	574 Broatch, Mackenzie	12 Ridgewood	24:41	
38	628 Stern, Becca	12 Ridgewood	24:50	
39	950 Nunez-Diaz, Maria	JR Hackensack	25:33	
40	621 Sandler, Sarah	12 Ridgewood	26:03	
41	577 Carle, Kristen	12 Ridgewood	26:05	
42	586 Dwyer, Kelly	10 Ridgewood	26:37	
43	612 Mehos, Tatiana	10 Ridgewood	26:40	
44	627 Soriano, Diana	10 Ridgewood	26:44	
45	592 Garrity, Isabelle	10 Ridgewood	26:44	
46	576 Caliguire, Sarah-Kate	11 Ridgewood	26:54	
47	602 Jahanbin, Maryam	12 Ridgewood	27:02	
48	608 LaBarbiera, Nicole	12 Ridgewood	27:04	
49	595 Harris, Grace	10 Ridgewood	27:07	
50	606 Knee, Mollie	10 Ridgewood	28:48	
51	915 Abud, Annabelle	SO Hackensack	29:31	
52	607 Kopec, Elizabeth	12 Ridgewood	29:46	
53	631 Szymanski, Emma	11 Ridgewood	30:47	
54	609 Barclay, Sophia	10 Ridgewood	31:04	
55	633 Tulsyani, Sonal	10 Ridgewood	31:33	
56	605 Esposito, Angelica	10 Ridgewood	32:00	

Event 3 Mixed 5k Dash CC RACE 3 9:40

Team Scores

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Rank Team                               Total   1   2   3   4   5   *6   *7   *8   *9
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Girls Results

Hackensack vs Indian Hills 5000 Dash

1 Indian Hills	20	1	2	3	5	9			
Total Time:	1:45:14.00								
Average:	21:02.80								
2 Hackensack	35	4	6	7	8	10	11	12	
Total Time:	1:53:22.00								
Average:	22:40.40								

Hackensack vs Ridgewood 5000 Dash

1 Ridgewood	18	1	2	4	5	6	8	9	
Total Time:	1:44:07.00								
Average:	20:49.40								
2 Hackensack	43	3	7	10	11	12	13	14	
Total Time:	1:53:22.00								
Average:	22:40.40								

Indian Hills vs Ridgewood 5000 Dash

1 Indian Hills	28	1	3	4	8	12			
Total Time:	1:45:14.00								
Average:	21:02.80								
2 Ridgewood	29	2	5	6	7	9	10	11	
Total Time:	1:44:07.00								
Average:	20:49.40								

**Comment: Not a good day for Ridgewood! We have a lot of work to do!**





# Ridgewood Cross Country Dual Meet Summary

**Ridgewood vs** **Big North AM** **Date** \_\_\_\_\_ **Weather** \_\_\_\_\_  
**Course** \_\_\_\_\_ **Course Record** \_\_\_\_\_  
**Final Scores** \_\_\_\_\_ **1-5 Split** **54sec** **1-7 Split** **1:30**

2013 Big North Opening Day - 9/7/2013 Morning Session Darlington  
 Rankings

Mixed 3200 Meter Dash CC Freshman Com

Comp#	Name	School	Time	Points
19	289 North, Melina	WFR Northern Highlands	10:40	
27	298 Sobel, Haley	WFR Northern Highlands	11:00	
30	623 Sheehy, Sophia	W9 Ridgewood	11:09	
31	275 Goldstein, Evan	WFR Northern Highlands	11:10	
32	187 Daly, Madeleine	W Indian Hills	11:10	
39	618 Pagano, Lauren	W9 Ridgewood	11:39	
40	276 Healy, Julia	WFR Northern Highlands	11:40	
41	294 Powers, Mary	WFR Northern Highlands	11:41	
42	604 Keating, Catie	W9 Ridgewood	11:49	
44	572 Amoruso, Kaitlyn	W9 Ridgewood	11:49	
45	189 Farcas, Alexandra	W Indian Hills	11:52	
47	355 Coccaro, Shannon	WFR Paramus	11:57	
49	614 Moras, Madison	W9 Ridgewood	12:03	
50	196 Taylor, Grace	W Indian Hills	12:07	
51	358 Gjini, Rebecca	WFR Paramus	12:08	
55	578 Catalano, Sarah	W9 Ridgewood	12:13	
56	368 Portes, Brittany	WFR Paramus	12:13	
58	245 Ervin, Valerie	WFR Mahwah	12:17	
67	611 McDade, Ally	W9 Ridgewood	12:39	
68	194 O'Leary, Jessica	W Indian Hills	12:40	
69	297 Sirubi, Alexa	WFR Northern Highlands	12:41	
71	610 ??, ??	W9 Ridgewood	12:48	
76	293 Paulius, Vilija	WFR Northern Highlands	13:01	
77	597 Heibel, Madi	W9 Ridgewood	13:06	
78	282 Kudelka, Nicole	WFR Northern Highlands	13:08	
79	603 Kearney, Kathryn	W9 Ridgewood	13:20	
80	588 Farley, Cara	W9 Ridgewood	13:24	
81	599 Herzberg, Emma	W9 Ridgewood	13:24	
82	626 Skrzypczak, Mary	W9 Ridgewood	13:35	
84	192 Kristofick, Anna	W Indian Hills	13:55	
87	250 Matos, Giana	WFR Mahwah	15:13	
88	291 O'Neil, Sarah	WFR Northern Highlands	15:26	
90	188 Eisenberg, Jessica	W Indian Hills	15:44	



# Ridgewood Cross Country Dual Meet Summary

Ridgewood vs Paramus Date \_\_\_\_\_ Weather Sun!!

Course \_\_\_\_\_ Course Record \_\_\_\_\_

Final Scores 15-50 1-5 Split 1:54 1-7 Split \_\_\_\_\_

Big North Dual Meets Week 2 - 9/9/2013 Event 2 Mixed 5k Dash CC 430pm

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Name	Year	School	Avg Mile	Finals	Points
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Results - Women 5000 Dash

1	#249	Jeffers, Carleen	W10	Ridgewood	6:27	20:01	1
2	#273	Reis, Vanessa	W10	Ridgewood	6:36	20:29	2
3	#274	Rosenfield, Leah	W10	Ridgewood	6:56	21:30	3
4	#244	Felsenstein, Genevi	W11	Ridgewood	7:03	21:54	4
5	#245	Fishbein, Emily	W12	Ridgewood	7:04	21:55	5
6	#289	Weisberger, Laura	W12	Ridgewood	7:05	21:59	6
7	#250	Hasbrouk, Ari	W11	Ridgewood	7:07	22:07	7
8	#234	Cirillo, Tara	W11	Ridgewood	7:10	22:14	
9	#279	Simpson, Kylie	W12	Ridgewood	7:19	22:43	
10	#227	Taylor, Abby	W11	Ridgewood	7:20	22:44	
11	#229	Brodkin, Emily	W12	Ridgewood	7:20	22:45	
12	#236	Cumbo, Emily	W11	Ridgewood	7:28	23:10	
13	#160	Mihalik, Lauren	WSR	Paramus	7:29	23:13	8
14	#157	Lee, Eunice	WSR	Paramus	7:32	23:24	9
15	#233	Cirillo, Katherine	W11	Ridgewood	7:33	23:27	
16	#267	Merck, Margaret	W12	Ridgewood	7:34	23:30	
17	#276	Schmidt, Sara	W10	Ridgewood	7:35	23:33	
18	#283	Stern, Emily	W10	Ridgewood	7:37	23:38	
19	#239	Dwyer, Erin	W10	Ridgewood	7:43	23:58	
20	#247	Haas, Lindsay	W10	Ridgewood	7:50	24:21	
21	#284	Stern, Izzy	W10	Ridgewood	7:53	24:29	
22	#278	Sherman, Anya	W10	Ridgewood	7:56	24:37	
23	#270	Mudry, Vera	W10	Ridgewood	7:57	24:41	
24	#271	Mullen, Bridget	W11	Ridgewood	8:00	24:50	
25	#241	Earl, Baker	W11	Ridgewood	8:00	24:50	
26	#281	Soriano, Diana	W10	Ridgewood	8:00	24:51	
27	#163	Pineda, Jasmine	WJR	Paramus	8:04	25:03	10
28	#237	Daniels, Kylie	W11	Ridgewood	8:07	25:13	
29	#166	Stutz, Amanda	WJR	Paramus	8:25	26:08	11
30	#282	Stern, Becca	W12	Ridgewood	8:36	26:42	
31	#228	Broatch, Mackenzie	W12	Ridgewood	8:37	26:44	
32	#231	Carle, Kristen	W12	Ridgewood	8:37	26:45	
33	#230	Caliguire, Sarah-Ka	W11	Ridgewood	8:38	26:48	
34	#275	Sandler, Sarah	W12	Ridgewood	8:40	26:54	
35	#256	Jahanbin, Maryam	W12	Ridgewood	8:42	27:00	
36	#240	Dwyer, Kelly	W10	Ridgewood	8:49	27:24	
37	#165	Reyes, Elizabeth	WJR	Paramus	8:50	27:24	12
38	#152	Eisler, Brielle	WFR	Paramus	8:59	27:54	13
39	#162	Perez, Melissa	WSR	Paramus	9:03	28:06	14
40	#261	Kopec, Elizabeth	W12	Ridgewood	9:05	28:13	
41	#285	Szymanski, Emma	W11	Ridgewood	9:32	29:37	
42	#255	Jahanbin, Allia	W10	Ridgewood	10:09	31:31	
43	#263	Barclay, Sophia	W10	Ridgewood	10:10	31:34	
44	#156	Kuriki, Kasumi	WJR	Paramus	10:26	32:23	



Team Scores

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Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
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Results - Women 5000 Dash

1	Ridgewood	15	1	2	3	4	5	6	7	
	Total Time:	1:45:49.00	Average:		21:09.80					
2	Paramus	50	8	9	10	11	12	13	14	
	Total Time:	2:05:12.00	Average:		25:02.40					

**Comment: Much Improved today!!**

# Ridgewood Cross Country Dual Meet Summary

Ridgewood vs Big North Date 9/9 Weather Sun!!!  
 Course Darlington Frosh Course Record \_\_\_\_\_  
 Final Scores \_\_\_\_\_ 1-5 Split \_\_\_\_\_ 1-7 Split \_\_\_\_\_

Big North Dual Meets Week 2 - 9/9/2013  
 9/9/2013  
 Rankings

Mixed 3200 Meter Dash CC Freshmen Com	Comp#	Name	School	Time	Points
	22	277 Sheehy, Sophia	W9 Ridgewood	11:13	
	23	11 Daly, Madeleine	W Indian Hills	11:16	
	27	13 Farcas, Alexandra	W Indian Hills	11:24	
	28	334 Perlman, Connor	M9 Ridgewood	11:31	
	29	272 Pagano, Lauren	W9 Ridgewood	11:32	
	32	258 Keating, Catie	W9 Ridgewood	11:49	
	33	226 Amoruso, Kaitlyn	W9 Ridgewood	11:53	
	34	20 Taylor, Grace	W Indian Hills	11:55	
	35	154 Gjini, Rebecca	WFR Paramus	12:01	
	36	151 Coccaro, Shannon	WFR Paramus	12:08	
	38	268 Moras, Madison	W9 Ridgewood	12:18	
	40	242 Farley, Cara	W9 Ridgewood	12:25	
	42	232 Catalano, Sarah	W9 Ridgewood	12:27	
	43	18 O'Leary, Jessica	W Indian Hills	12:29	
	45	164 Portes, Brittany	WFR Paramus	12:32	
	46	265 McDade, Ally	W9 Ridgewood	12:37	
	50	264 Keeney, Emily	W9 Ridgewood	12:49	
	54	257 Kearney, Kathryn	W9 Ridgewood	13:02	
	55	16 Kristofick, Anna	W Indian Hills	13:22	
	56	253 Herzberg, Emma	W9 Ridgewood	13:36	
	57	280 Skrzypczak, Mary	W9 Ridgewood	13:36	
	59	12 Eisenberg, Jessica	W Indian Hills	16:06	
	61	159 Merlino, Christina	W9 Paramus	17:46	



# Ridgewood Cross Country Meet Summary

Meet: Season Opener Course: \_\_\_\_\_  
Division: JV Course Record: \_\_\_\_\_  
Date: \_\_\_\_\_ Ridgewood Record: \_\_\_\_\_  
Weather: Thunder Storms! Type of Course: \_\_\_\_\_  
Team Total: \_\_\_\_\_ Team Place: 2nd 1-5 Split: 1:14 1-7 split: \_\_\_\_\_

2013 Bergen County Season Opener - 9/12/2013 to 9/14/2013  
Darlington Park

Girls 5k Run CC JV Girl LG		School		Time Points
Comp#	Name			
6	1316 Schmidt, Sara	10	Ridgewood	22:41
9	1279 Dwyer, Erin	10	Ridgewood	22:57
11	1276 Cumbo, Emily	11	Ridgewood	23:13
16	1323 Stern, Emily	10	Ridgewood	23:55
17	1318 Sherman, Anya	10	Ridgewood	23:55
31	1324 Stern, Izzy	10	Ridgewood	24:44

(80 finishers - Margaret Merck-DNF)

**Comment:** Good Job on This Stormy Day! We finished 2nd to IHA's "A" team. That means we should match up well when we are running at full strength. The meet was suspended due to thunder and lightning after our race and the Varsity did not get to run.

# Ridgewood Cross Country Dual Meet Summary

**Ridgewood vs Rampo**      **Date 9/16 Weather \_\_\_\_\_**  
**Course Garret Mountain**      **Course Record \_\_\_\_\_**  
**Final Scores \_\_\_\_\_**      **1-5 Split 1:09 1-7 Split \_\_\_\_\_**

Big North Week Garret Monday - 9/16/2013  
 5k Run CC Race 4 5:15

Garret Mountain

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Name	Year	School	Avg Mile	Finals	Points
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Results - Women 5000 Run

1	#291	DiLandro, Deanna	W Ramapo	6:34	20:24	1
2	#362	Jeffers, Carleen	W Ridgewood	6:43	20:52	2
3	#380	Reis, Vanessa	W Ridgewood	6:47	21:02	3
4	#339	Cleary, Kelly	W Ridgewood	7:03	21:54	4
5	#352	Halvorsen, Sam	W Ridgewood	7:03	21:54	5
6	#381	Rosenfeld, Leah	W Ridgewood	7:05	22:01	6
7	#293	Harris, Alexandra	W Ramapo	7:10	22:15	7
8	#348	Felsenstein, Genevi	W Ridgewood	7:10	22:16	8
9	#349	Fishbein, Emily	W Ridgewood	7:11	22:19	9
10	#398	Weisberger, Laura	W Ridgewood	7:16	22:32	
11	#289	Abribat, Suzanne	W Ramapo	7:16	22:33	10
12	#330	Hasbrouck, Ariane	W Ridgewood	7:18	22:41	
13	#395	Taylor, Abby	W Ridgewood	7:23	22:55	
14	#342	Davis, Sarah	W Ridgewood	7:26	23:05	
15	#294	Intriago, Melanie	W Ramapo	7:32	23:24	11
16	#387	Simpson, Kylie	W Ridgewood	7:38	23:43	
17	#333	Brodkin, Emily	W Ridgewood	7:38	23:43	
18	#394	Tai, Tayler	W Ridgewood	7:43	23:57	
19	#297	McCauley, Kelly	W Ramapo	7:44	24:00	12
20	#295	Liquori, Michele	W Ramapo	7:45	24:03	13
21	#384	Schmidt, Sara	W Ridgewood	7:53	24:30	
22	#302	Wilson, Elizabeth	W Ramapo	7:55	24:34	14
23	#374	Merck, Margaret	W Ridgewood	7:56	24:39	
24	#391	Stern, Emily	W Ridgewood	7:57	24:42	
25	#377	Mudry, Vera	W Ridgewood	7:58	24:45	
26	#392	Stern, Izzy	W Ridgewood	8:04	25:02	
27	#343	Dwyer, Erin	W Ridgewood	8:05	25:05	
28	#292	Guadara, Gianna	W Ramapo	8:10	25:21	
29	#386	Sherman, Anya	W Ridgewood	8:12	25:26	
30	#299	Parker, Maya	W Ramapo	8:16	25:41	
31	#341	Daniels, Kylie	W Ridgewood	8:18	25:45	
32	#399	Whittaker, Cayla	W Ridgewood	8:22	26:00	
33	#351	Haas, Lindsay	W Ridgewood	8:28	26:18	
34	#335	Carle, Kristen	W Ridgewood	8:48	27:20	
35	#332	Broatch, Mackenzie	W Ridgewood	8:48	27:20	
36	#390	Stern, Becca	W Ridgewood	8:48	27:21	
37	#334	Caliguire, Sarah-Ka	W Ridgewood	8:53	27:34	
38	#350	Garrity, Isabelle	W Ridgewood	8:56	27:45	
39	#373	Mehos, Tatiana	W Ridgewood	9:09	28:25	
40	#344	Dwyer, Kelly	W Ridgewood	9:09	28:26	
41	#368	Kopec, Elizabeth	W Ridgewood	9:44	30:13	
42	#329	Barclay, Sophia	W Ridgewood	10:02	31:08	

Team Scores

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Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
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Results - Women 5000 Run

1	Ridgewood	20	2	3	4	5	6	8	9
	Total Time:	1:47:43.00							
	Average:	21:32.60							
2	Ramapo	41	1	7	10	11	12	13	14
	Total Time:	1:52:36.00							
	Average:	22:31.20							

**Comment: We need to get our 1-5 split under a minute.**

# Ridgewood Cross Country Meet Summary

**Meet:** Big North Series      **Course:** \_\_\_\_\_  
**Division:** Frosh      **Course Record:** \_\_\_\_\_  
**Date:** \_\_\_\_\_      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** \_\_\_\_\_      **Type of Course:** \_\_\_\_\_  
**Team Total:** \_\_\_\_\_ **Team Place:** \_\_\_\_\_ **1-5 Split:** \_\_\_\_\_ **1-7 split:** \_\_\_\_\_

Big North Week Garret Monday - 9/16/2013  
Garret Mountain

Mixed 3200 Meter Run CC Frosh Mixed					
Comp#	Name	School		Time	Points
18	371	Martin, Olympia	W	Ridgewood	13:40
31	385	Sheehy, Sophia	W	Ridgewood	14:50
36	379	Pagano, Lauren	W	Ridgewood	15:05
37	328	Amoruso, Kaitlyn	W	Ridgewood	15:30
39	364	Keating, Catie	W	Ridgewood	15:36
46	336	Catalano, Sarah	W	Ridgewood	16:11
47	358	Herzberg, Emma	W	Ridgewood	16:24
48	375	Moras, Madison	W	Ridgewood	16:24
49	346	Farley, Cara	W	Ridgewood	16:27
52	356	Heibel, Madi	W	Ridgewood	16:40
54	363	Kearney, Kathryn	W	Ridgewood	17:15
57	365	Keeney, Emily	W	Ridgewood	17:28
58	359	Huh, Priscilla	W	Ridgewood	18:15
60	388	Skrzypczak, Mary	W	Ridgewood	19:10
61	400	Zulauf, Avery	W	Ridgewood	19:11

(63 finishers)

# Ridgewood Cross Country Meet Summary

**Meet:** Maroon Invitational      **Course:** Garret Mountain  
**Division:** Varsity 3-4      **Course Record:** \_\_\_\_\_  
**Date:** \_\_\_\_\_      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** Really Nice!!      **Type of Course:** \_\_\_\_\_  
**Team Total:** 78      **Team Place:** 1st      **1-5 Split:** 1:03      **1-7 split:** 1:19

2013 Maroon Invitational - 9/20/2013  
 Event 4 Girls 5k Run CC Var Girl 3-4

Name	Year	School	Avg Mile	Finals	Points
5 #1691 Jeffers, Carleen	11	Ridgewood	6:41	20:44	5
12 #1709 Reis, Vanessa	10	Ridgewood	6:46	21:00	12
16 #1681 Halvorsen, Sam	10	Ridgewood	6:50	21:12	16
20 #1710 Rosenfeld, Leah	10	Ridgewood	6:54	21:27	20
25 #1678 Fishbein, Emily	12	Ridgewood	7:01	21:47	25
26 #1668 Cleary, Kelly	11	Ridgewood	7:02	21:51	26
29 #1677 Felsenstein, Genev	11	Ridgewood	7:06	22:03	29

(104 Finishers)

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood	78	5	12	16	20	25	26	29		
	Total Time: 1:46:10.00		Average:		21:14.00						
2	Acad O/T Holy Angels	87	3	11	18	24	31	43	45		
3	Randolph	130	4	10	19	48	49				
4	Montclair	143	13	14	32	40	44	53	68		
5	Kearny	163	7	15	36	50	55	56			
6	Indian Hills	175	2	17	33	34	89				
7	Sparta	196	8	30	39	58	61	62			
8	Immaculate Heart	216	28	38	41	52	57	59	82		
9	Tenafly	222	1	6	47	80	88				
10	Clifton	251	35	37	46	54	79	87	93		
11	Wayne Valley	267	9	22	73	77	86	90			
12	Clarkstown North	279	21	23	69	72	94				
13	Fair Lawn	286	42	51	60	66	67	83	91		
14	Hackensack	307	27	65	70	71	74	75	81		
15	North Bergen	365	63	64	76	78	84	85	92		

**Comment:**

**Excellent win over a very good HA Team!!**



# Ridgewood Cross Country Meet Summary

**Meet:** Maroon **Course:** \_\_\_\_\_  
**Division:** JV **Course Record:** \_\_\_\_\_  
**Date:** \_\_\_\_\_ **Ridgewood Record:** \_\_\_\_\_  
**Weather:** \_\_\_\_\_ **Type of Course:** \_\_\_\_\_  
**Team Total:** 28 **Team Place:** 1st **1-5 Split:** 1:28 **1-7 split:** \_\_\_\_\_

2013 Maroon Invitational - 9/20/2013 to 9/28/2013  
 Event 6 Girls 5k Run CC JV Girl 3-4

Name	Year	School	Avg Mile	Finals	Points
1 #1727 Weisberger, Laura	12	Ridgewood	7:03	21:52	1
3 #1667 Cirillo, Tara	11	Ridgewood	7:19	22:43	3
6 #1684 Hasbrouk, Ari	11	Ridgewood	7:24	22:57	6
9 #1724 Taylor, Abby	11	Ridgewood	7:30	23:16	8
11 #1723 Tai, Tayler	11	Ridgewood	7:31	23:20	10
14 #1716 Simpson, Kylie	12	Ridgewood	7:33	23:27	13
15 #1662 Brodtkin, Emily	12	Ridgewood	7:35	23:32	14
17 #1671 Davis, Sarah	12	Ridgewood	7:37	23:40	
19 #1669 Cumbo, Emily	11	Ridgewood	7:39	23:47	
23 #1666 Cirillo, Katherine	11	Ridgewood	7:47	24:09	
25 #1672 Dwyer, Erin	10	Ridgewood	7:49	24:15	
27 #1720 Stern, Emily	10	Ridgewood	7:50	24:20	
29 #1703 Merck, Margaret	12	Ridgewood	7:51	24:22	
30 #1705 Muccio, Amanda	12	Ridgewood	7:53	24:28	
33 #1713 Schmidt, Sara	10	Ridgewood	7:54	24:33	
36 #1706 Mudry, Vera	10	Ridgewood	7:57	24:42	
49 #1721 Stern, Izzy	10	Ridgewood	8:10	25:21	
51 #1715 Sherman, Anya	10	Ridgewood	8:10	25:21	
52 #1728 Whittaker, Cayla	10	Ridgewood	8:10	25:22	
71 #1680 Haas, Lindsay	10	Ridgewood	8:23	26:01	
80 #1707 Mullen, Bridget	11	Ridgewood	8:34	26:35	
81 #1661 Broatch, Mackenzie	12	Ridgewood	8:34	26:37	
83 #1670 Daniels, Kylie	11	Ridgewood	8:37	26:45	
96 #1712 Sandler, Sarah	12	Ridgewood	8:45	27:11	
97 #1719 Stern, Becca	12	Ridgewood	8:46	27:12	
107 #1673 Dwyer, Kelly	10	Ridgewood	8:58	27:49	
114 #1697 Kopec, Elizabeth	12	Ridgewood	9:06	28:16	
118 #1663 Caliguire, Sarah-K	11	Ridgewood	9:09	28:24	
135 #1696 Knee, Mollie	10	Ridgewood	9:37	29:52	
151 #1689 Jahanbin, Allia	10	Ridgewood	10:59	34:06	
155 #1725 Tulsyani, Sonal	10	Ridgewood	12:19	38:14	
(156 Finishers)					

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood	28	1	3	6	8	10	13	14		
	Total Time: 1:54:08.00		Average:		22:49.60						
2	Randolph	76	7	9	11	21	28	33	40		
3	Acad O/T Holy Angels	88	5	12	15	24	32	39	45		
4	Immaculate Heart	92	16	17	18	19	22	29	31		
5	Montclair	121	20	23	25	26	27	37	43		
6	Passaic	149	2	4	41	48	54	59	60		
7	Kearny	207	30	34	42	50	51	65	66		
8	Wayne Valley	237	36	47	49	52	53	56	64		
9	Fair Lawn	237	35	44	46	55	57	58	63		
10	Paramus Catholic	296	38	61	62	67	68	69			



**Comment:** We dominated this race. Laura ran a varsity time.



# Ridgewood Cross Country Meet Summary

**Meet:** Maroon                      **Course:** Garret Mountain  
**Division:** Frosh 3-4                **Course Record:** \_\_\_\_\_  
**Date:** \_\_\_\_\_                      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** \_\_\_\_\_                **Type of Course:** \_\_\_\_\_  
**Team Total:** 51    **Team Place:** 2nd    **1-5 Split:** 2:14    **1-7 split:** \_\_\_\_\_

2013 Maroon Invitational - 9/20/2013  
 Event 2 Girls 3200 Meter Run CC Fr Girl 3-4

Name	Year	School	Avg Mile	Finals	Points
1 #1700 Martin, Olympia	9	Ridgewood	6:53	13:41	1
2 #1714 Sheehy, Sophia	9	Ridgewood	6:59	13:52	2
15 #1708 Pagano, Lauren	9	Ridgewood	7:45	15:24	13
17 #1693 Keating, Catie	9	Ridgewood	7:46	15:26	15
24 #1657 Amoruso, Kaitlyn	9	Ridgewood	8:00	15:55	20
31 #1665 Catalano, Sarah	9	Ridgewood	8:15	16:23	24
35 #1704 Moras, Madison	9	Ridgewood	8:26	16:46	27
39 #1692 Kearney, Kathryn	9	Ridgewood	8:38	17:09	
73 #1688 Huh, Priscilla	9	Ridgewood	10:31	20:54	
(75 finishers)					

Team Scores											
Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Immaculate Heart	42	5	6	8	11	12	14	16		
	Total Time: 1:14:03.00		Average:		14:48.60						
2	Ridgewood	51	1	2	13	15	20	24	27		
	Total Time: 1:14:18.00		Average:		14:51.60						
3	Indian Hills	86	7	9	17	19	34	44			
4	Wayne Valley	95	4	10	22	26	33	43			
5	Montclair	123	3	28	29	31	32	39	42		
6	North Bergen	139	18	21	25	35	40	41			
7	Clarkstown North	164	23	30	36	37	38				



# Ridgewood Cross Country Meet Summary

**Meet:** Passaic Coaches Invite      **Course:** Garret  
**Division:** Frosh 3-4                      **Course Record:** \_\_\_\_\_  
**Date:** \_\_\_\_\_                              **Ridgewood Record:** \_\_\_\_\_  
**Weather:** \_\_\_\_\_                        **Type of Course:** \_\_\_\_\_  
**Team Total:** 60      **Team Place:** 1st    **1-5 Split:** 1:26    **1-7 split:** \_\_\_\_\_

## 2013 PASSAIC COUNTY COACHES XC INVITATIONAL - 9/28/2013 Garret Mountain

### Event 21 Girls CC FR Girl 3-4

Name	Year	School	Finals	Points
9 Pagano, Lauren	9	Ridgewood	14:24.60	5
19 Amoruso, Kaitlyn	9	Ridgewood	15:01.56	9
23 Catalano, Sarah	9	Ridgewood	15:28.41	13
27 Kearney, Kathryn	9	Ridgewood	15:43.76	16
28 Keating, Catie	9	Ridgewood	15:50.44	17
29 Keeney, Emily	9	Ridgewood	15:52.72	18
30 Heibel, Madi	9	Ridgewood	15:57.47	19
34 Farley, Cara	9	Ridgewood	16:08.61	
45 Herzberg, Emma	9	Ridgewood	16:57.59	
47 McDade, Ally	9	Ridgewood	17:00.48	
54 Moras, Madison	9	Ridgewood	17:25.79	
(72 finishers)				

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood	60	5	9	13	16	17	18	19		
	Total Time:	1:16:28.77									
	Average:	15:17.76									
2	Wayne Valley	62	2	3	8	22	27	28	30		
	Total Time:	1:16:32.76									
	Average:	15:18.56									
3	Princeton	67	4	6	11	21	25				
	Total Time:	1:17:54.53									
	Average:	15:34.91									
4	Middletown South	69	1	7	14	23	24	31	33		
	Total Time:	1:17:15.52									
	Average:	15:27.11									
5	Wayne Hills	83	10	12	15	20	26	29	32		
	Total Time:	1:19:15.17									
	Average:	15:51.04									

### Comment from Coach Saladino:

**The Pack is Back!! Without a front runner every point mattered and with a team full of personal records the girls won their first invitational of the season!**



Photo by Mr. Kearny

# Frosh Winners at Passaic Coaches

# Ridgewood Cross Country Dual Meet Summary

Ridgewood vs IHA & NH Date \_\_\_\_\_ Weather \_\_\_\_\_

Course \_\_\_\_\_ Course Record \_\_\_\_\_

Final Scores 24-32 & 20-42 1-5 Split 17sec! 1-7 Split 41sec!

Big North Week 5 9/30/13

Darlington

Comp#	Name	School	Time	Points
26	569 Jeffers, Carleen	W Ridgewood	19:38.95	
27	587 Reis, Vanessa	W Ridgewood	19:39.72	
28	559 Halvorsen, Sam	W Ridgewood	19:45.61	
32	578 Martin, Olympia	W Ridgewood	19:54.48	
33	546 Cleary, Kelly	W Ridgewood	19:55.01	
37	588 Rosenfeld, Leah	W Ridgewood	20:13.17	
40	556 Fishbein, Emily	W Ridgewood	20:19.89	
45	545 Cirillo, Tara	W Ridgewood	20:37.78	
49	555 Felsenstein, Genevieve	W Ridgewood	20:52.72	
66	562 Hasbrouk, Ari	W Ridgewood	21:36.23	
68	544 Cirillo, Katherine	W Ridgewood	21:42.68	
72	549 Davis, Sarah	W Ridgewood	21:50.24	
73	602 Taylor, Abby	W Ridgewood	21:52.33	
79	601 Tai, Tayler	W Ridgewood	22:07.62	
82	540 Brodtkin, Emily	W Ridgewood	22:19.09	
86	598 Stern, Emily	W Ridgewood	22:40.94	
87	550 Dwyer, Erin	W Ridgewood	22:41.11	
91	591 Schmidt, Sara	W Ridgewood	22:49.57	
101	581 Merck, Margaret	W Ridgewood	23:33.94	
102	547 Cumbo, Emily	W Ridgewood	23:34.34	
103	592 Sheehy, Sophia	W Ridgewood	23:34.74	
106	584 Mudry, Vera	W Ridgewood	23:48.73	
109	571 Keating, Catie	W Ridgewood	23:56.92	
111	548 Daniels, Kylie	W Ridgewood	23:59.72	
113	593 Sherman, Anya	W Ridgewood	24:00.93	
115	558 Haas, Lindsay	W Ridgewood	24:07.60	
116	599 Stern, Izzy	W Ridgewood	24:12.37	
118	606 Whittaker, Cayla	W Ridgewood	24:29.04	
123	586 Pagano, Lauren	W Ridgewood	24:37.77	
124	535 Amoruso, Kaitlyn	W Ridgewood	24:37.98	
137	580 Mehos, Tatiana	W Ridgewood	25:47.32	
138	561 Harris, Grace	W Ridgewood	25:51.33	
140	543 Catalano, Sarah	W Ridgewood	25:55.65	
141	541 Caliguire, Sarah-Kate	W Ridgewood	26:19.29	
142	551 Dwyer, Kelly	W Ridgewood	26:24.20	
144	597 Stern, Becca	W Ridgewood	26:48.28	
145	539 Broatch, Mackenzie	W Ridgewood	26:49.14	
146	573 Kelley, Claire	W Ridgewood	26:49.57	
147	542 Carle, Kristen	W Ridgewood	26:50.82	
148	575 Kopec, Elizabeth	W Ridgewood	27:01.86	
151	570 Kearney, Kathryn	W Ridgewood	27:25.67	
157	565 Herzberg, Emma	W Ridgewood	30:03.88	
158	607 Zulauf, Avery	W Ridgewood	30:09.55	
159	595 Skrzypczak, Mary	W Ridgewood	30:10.28	
160	567 Jahanbin, Allia	W Ridgewood	30:23.08	



Girls 5k Run CC

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
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Immaculate Heart vs Northern Highlands 5000 Run

1	Immaculate Heart	19	1	3	4	5	6	8	9
2	Northern Highlands	42	2	7	10	11	12	13	14

Immaculate Heart vs Ridgewood 5000 Run

1	Ridgewood	24	2	3	4	7	8	10	12	
		Total Time: 1:38:53.77	Average:		19:46.76					
2	Immaculate Heart	32	1	5	6	9	11	13	14	
		Total Time: 1:39:11.65	Average:		19:50.33					

Northern Highlands vs Ridgewood 5000 Run

1	Ridgewood	20	2	3	4	5	6	7	8
2	Northern Highlands	43	1	9	10	11	12	13	14

# Ridgewood Cross Country Meet Summary

**Meet:** Brett Taylor **Course:** Darlington  
**Division:** JV-A **Course Record:** \_\_\_\_\_  
**Date:** \_\_\_\_\_ **Ridgewood Record:** \_\_\_\_\_  
**Weather:** \_\_\_\_\_ **Type of Course:** \_\_\_\_\_  
**Team Total:** 25 **Team Place:** 1st **1-5 Split:** 1:19 **1-7 split:** \_\_\_\_\_

2013 Brett Taylor Invitational - 10/5/2013 to 10/6/2013  
Darlington Park

Event 9 Girls 5k Run CC JV Girls A

Name	Year	School	Avg Mile	Finals	Points
1 #1275 Dwyer, Erin	10	Ridgewood	7:09	22:12	1
5 #1328 Merck, Margaret	12	Ridgewood	7:26	23:04	4
6 #1332 Mudry, Vera	10	Ridgewood	7:26	23:06	5
8 #1348 Schmidt, Sara	10	Ridgewood	7:34	23:28	7
9 #1291 Haas, Lindsay	10	Ridgewood	7:34	23:31	8
13 #1359 Stern, Izzy	10	Ridgewood	7:37	23:40	10
17 #1352 Sherman, Anya	10	Ridgewood	7:38	23:43	14
23 #1373 Whittaker, Cayla	10	Ridgewood	7:41	23:51	
36 #1326 Mehos, Tatiana	10	Ridgewood	8:08	25:15	
38 #1311 Kelley, Claire	10	Ridgewood	8:11	25:24	
39 #1276 Dwyer, Kelly	10	Ridgewood	8:12	25:26	
54 #1313 Knee, Mollie	10	Ridgewood	8:53	27:34	
76 #1302 Jahanbin, Allia	10	Ridgewood	9:50	30:31	
78 #1368 Tulsyani, Sonal	10	Ridgewood	10:33	32:45	

(79 finishers)

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood	25	1	4	5	7	8	10	14		
	Total Time:	1:55:21.00									
	Average:	23:04.20									
2	North Bergen	83	6	11	15	17	34				
	Total Time:	2:01:45.00									
	Average:	24:21.00									
3	Bergen Cty VT	90	2	20	21	22	25	30	41		
	Total Time:	2:01:27.00									
	Average:	24:17.40									
4	Passaic	95	12	13	16	26	28	39	40		
	Total Time:	2:01:30.00									
	Average:	24:18.00									
5	Clifton	129	9	18	31	33	38	46	50		
	Total Time:	2:08:45.00									
	Average:	25:45.00									
6	Fair Lawn	144	19	23	27	32	43	44	49		
	Total Time:	2:08:52.00									
	Average:	25:46.40									
7	William L Dickinson	148	3	24	29	45	47				
	Total Time:	2:10:56.00									
	Average:	26:11.20									
8	Memorial	198	35	36	37	42	48				
	Total Time:	2:19:17.00									
	Average:	27:51.40									





# Ridgewood Cross Country Meet Summary

**Meet:** Shore Coaches      **Course:** \_\_\_\_\_  
**Division:** Varsity A      **Course Record:** \_\_\_\_\_  
**Date:** \_\_\_\_\_      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** \_\_\_\_\_      **Type of Course:** \_\_\_\_\_  
**Team Total:** 134    **Team Place:** 4th    **1-5 Split:** 1:14    **1-7 split:** \_\_\_\_\_

The 2013 Shore Coaches Invitational - 10/6/2013  
 Sponsored by Adidas  
 Holmdel Park New Jersey

Event 24 Girls 5k Run CC GIRL VAR A

Name	Year	School	Avg Mile	Finals	Points
19 #5871 Halvorsen, Sam	10	Ridgewood	6:45	20:56	16
23 #5899 Reis, Vanessa	10	Ridgewood	6:48	21:05	19
24 #5890 Martin, Olympia	9	Ridgewood	6:48	21:06	20
34 #5900 Rosenfeld, Leah	10	Ridgewood	6:56	21:32	29
57 #5857 Cirillo, Tara	11	Ridgewood	7:09	22:10	50
61 #5868 Fishbein, Emily	12	Ridgewood	7:11	22:18	54
89 #5858 Cleary, Kelly	11	Ridgewood	7:26	23:06	82

(149 finishers)

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Hillsborough	72	1	4	6	23	38	55	57		
	Average:	20:34.60									
2	Toms River North	77	2	13	14	15	33	48	80		
	Average:	20:51.40									
3	Southern	98	5	11	17	25	40	60			
	Average:	21:01.00									
4	Ridgewood	134	16	19	20	29	50	54	82		
	Average:	21:21.80									
5	Watchung	169	21	30	31	34	53	88	97		
6	Phillipsburg	209	7	18	32	75	77	94	109		
7	Hunterdon Central	223	24	26	49	58	66	71	99		
8	Comack	246	3	35	44	72	92	105	112		
9	Howell	261	8	22	61	84	86	103	113		
10	Eastern	274	36	43	62	65	68	101	111		
11	Old Bridge	290	9	56	67	73	85	89			
12	East Brunswick	312	27	52	74	78	81	83	122		
13	Montgomery	329	37	59	64	69	100	108	128		
14	J.P. Stevens	330	39	46	63	87	95	96	123		
15	W. Windsor-Pboro N	339	12	41	79	91	116	117			
16	Bridgewater-Raritan	343	28	45	76	90	104	114	118		
17	North Brunswick	399	10	70	93	107	119	126	130		
18	Clearview	474	47	51	124	125	127				
19	Columbia	475	42	102	106	110	115	120	121		
20	Trenton Central	623	98	129	131	132	133				

**Comment:** 4th in A race, 20th overall on the day based on time. 174 Schools entered and 108 had team scores. We were short handed and made some tactical mistakes. That said we can build on this experience and point to the Group 4 champs in November.



# Ridgewood Cross Country Meet Summary

**Meet:** Shore Coaches      **Course:** \_\_\_\_\_  
**Division:** JV-A      **Course Record:** \_\_\_\_\_  
**Date:** \_\_\_\_\_      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** \_\_\_\_\_      **Type of Course:** \_\_\_\_\_  
**Team Total:** 135    **Team Place:** 4th    **1-5 Split:** 1:41    **1-7 split:** \_\_\_\_\_

The 2013 Shore Coaches Invitational - 10/6/2013  
 Sponsored by Adidas  
 Holmdel Park New Jersey

Event 13 Girls 5k Run CC GIRL JV A

Name	Year	School	Avg Mile	Finals	Points
6 #5867 Felsenstein, Genev	11	Ridgewood	6:59	21:40	6
7 #5874 Hasbrouk, Ari	11	Ridgewood	7:00	21:43	7
27 #5914 Taylor, Abby	11	Ridgewood	7:21	22:49	26
48 #5913 Tai, Tayler	11	Ridgewood	7:29	23:13	45
54 #5917 Weisberger, Laura	12	Ridgewood	7:31	23:21	51
55 #5856 Cirillo, Katherine	11	Ridgewood	7:32	23:22	52
61 #5910 Stern, Emily	10	Ridgewood	7:35	23:34	57

(208 finishers)

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Westfield	65	1	3	8	18	35	37	41		
	Average:	21:59.40									
2	Haddonfield	71	2	4	5	13	47				
	Average:	22:01.40									
3	Ridge	133	9	17	27	38	42	44	63		
	Average:	22:39.40									
4	Ridgewood	135	6	7	26	45	51	52	57		
	Average:	22:33.20									
5	Hillsborough	138	11	16	24	34	53	79	103		
6	North Hunterdon	150	14	21	30	39	46	65	68		
7	Toms River North	193	23	31	40	49	50	100			
8	Princeton	203	10	22	29	70	72	73	74		
9	Red Bank Catholic	220	20	28	33	64	75	90	92		
10	Hunterdon Central	285	19	58	62	69	77	95	122		
11	Southern	288	32	48	54	71	83	87	88		
12	Moorestown	346	25	55	56	98	112	116	118		
13	Seneca	352	12	43	89	99	109				
14	Vineland	379	15	67	94	101	102	113	123		
15	Monroe Township	390	59	60	82	85	104	107	114		
16	Old Bridge	428	36	66	78	121	127	131			
17	Comack	460	80	86	91	97	106	110	120		
18	W.Windsor Pboro. S	461	61	76	96	111	117	119	129		
19	Wayne Valley	471	81	84	93	105	108				
20	Union City	618	115	124	125	126	128	130			

**Comment:** We were 5th ranked by time overall on the day. 123 schools entered and 44 scored a team.







# Ridgewood Cross Country Meet Summary

**Meet:** Big North Champs      **Course:** Garret Mt.  
**Division:** Freedom      **Course Record:** \_\_\_\_\_  
**Date:** 10/18/2013      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** Sun & Warm      **Type of Course:** \_\_\_\_\_  
**Team Total:** 27      **Team Place:** 1st      **1-5 Split:** 54sec      **1-7 split:** \_\_\_\_\_

2013 Big North Cross Country Championship - 10/18/2013

Freedom/National Divisions

Garret Mountain

Girls 5k Run CC Varsity Girl FREEDOM

Name	Year	School	Finals	Points
3 Jeffers, Carleen	11	Ridgewood	19:52.49	3
4 Halvorsen, Sam	10	Ridgewood	20:08.29	4
5 Reis, Vanessa	10	Ridgewood	20:20.88	5
7 Cleary, Kelly	11	Ridgewood	20:40.18	7
8 Martin, Olympia	9	Ridgewood	20:46.66	8
9 Rosenfeld, Leah	10	Ridgewood	20:48.68	9
24 Fishbein, Emily	12	Ridgewood	22:42.83	24
(40 finishers)				

## Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Ridgewood	27	3	4	5	7	8	9	24		
	Average:	20:21.70									
2	Northern Highlands	61	6	10	12	13	20	22	25		
	Average:	21:15.76									
3	Indian Hills	83	1	15	18	21	28	31			
	Average:	21:36.40									
4	Ramapo	102	2	16	19	30	35	39	40		
	Average:	22:05.80									
5	Hackensack	119	14	17	26	29	33	37			
	Average:	22:38.61									
6	Paramus	127	11	23	27	32	34	36	38		
	Average:	22:53.49									



# Ridgewood Cross Country Meet Summary

**Meet:** Big North Champs      **Course:** Garret  
**Division:** JV      **Course Record:** \_\_\_\_\_  
**Date:** 10/18/2013      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** \_\_\_\_\_      **Type of Course:** \_\_\_\_\_  
**Team Total:** 15    **Team Place:** 1st    **1-5 Split:** 1:19    **1-7 split:** \_\_\_\_\_

## 2013 Big North Cross Country Championships - 10/18/2013

Freedom/National Divisions  
 Garret Mountain  
 5k Run CC JV Girls

Comp#	Name	School	Time	Points
1	502 Felsenstein, Genevieve	11 Ridgewood	21:13.01	
2	492 Cirillo, Tara	11 Ridgewood	21:50.80	
3	509 Hasbrouk, Ari	11 Ridgewood	21:53.29	
4	549 Taylor, Abby	11 Ridgewood	22:15.24	
5	496 Davis, Sarah	12 Ridgewood	22:32.54	
6	548 Tai, Tayler	11 Ridgewood	22:34.51	
7	545 Stern, Emily	10 Ridgewood	22:58.57	
8	491 Cirillo, Katherine	11 Ridgewood	23:10.64	
11	541 Simpson, Kylie	12 Ridgewood	23:47.66	
12	497 Dwyer, Erin	10 Ridgewood	24:08.41	
13	528 Merck, Margaret	12 Ridgewood	24:13.19	
14	484 Barrales, Cristina	11 Ridgewood	24:17.73	
17	531 Mudry, Vera	10 Ridgewood	24:23.08	
18	538 Schmidt, Sara	10 Ridgewood	24:46.33	
19	540 Sherman, Anya	10 Ridgewood	24:55.75	
21	546 Stern, Izzy	10 Ridgewood	25:07.68	
23	505 Haas, Lindsay	10 Ridgewood	25:11.80	
25	553 Whittaker, Cayla	10 Ridgewood	25:32.96	
27	499 Earl, Baker	11 Ridgewood	25:48.59	
28	532 Mullen, Bridget	11 Ridgewood	25:48.94	
36	524 Csorba, Julcsi	10 Ridgewood	26:12.21	
40	486 Broatch, Mackenzie	12 Ridgewood	26:38.92	
41	494 Cumbo, Emily	11 Ridgewood	26:39.83	
42	544 Stern, Becca	12 Ridgewood	26:40.45	
43	522 ??, ??	?? Ridgewood	26:44.43	
45	543 Soriano, Diana	10 Ridgewood	27:01.52	
46	527 Mehos, Tatiana	10 Ridgewood	27:04.24	
50	495 Daniels, Kylie	11 Ridgewood	27:43.61	
55	515 Jahanbin, Maryam	12 Ridgewood	28:32.07	
60	520 Kelley, Claire	10 Ridgewood	29:22.44	
73	514 Jahanbin, Allia	10 Ridgewood	32:58.82	

(74 finishers)



# Ridgewood Cross Country Meet Summary

**Meet:** Big North Champs      **Course:** \_\_\_\_\_  
**Division:** Frosh                      **Course Record:** \_\_\_\_\_  
**Date:** \_\_\_\_\_                      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** \_\_\_\_\_                      **Type of Course:** \_\_\_\_\_  
**Team Total:** 39    **Team Place:** 1st    **1-5 Split:** 1:44    **1-7 split:** \_\_\_\_\_

## 2013 Big North Cross Country Championhsips - 10/18/2013

Freedom/National Divisions  
Garret Mountain

Girls	CC	Freshman	Comp#	Name	School	Time	Points
3	539	Sheehy, Sophia	9	Ridgewood	13:52.44		
6	533	Pagano, Lauren	9	Ridgewood	14:43.70		
8	482	Amoruso, Kaitlyn	9	Ridgewood	14:53.86		
9	490	Catalano, Sarah	9	Ridgewood	14:56.29		
13	500	Farley, Cara	9	Ridgewood	15:36.74		
15	519	Keeney, Emily	9	Ridgewood	15:55.49		
16	510	Heibel, Madi	9	Ridgewood	16:01.86		
18	518	Keating, Catie	9	Ridgewood	16:16.84		
20	526	McDade, Ally	9	Ridgewood	16:23.07		
26	512	Herzberg, Emma	9	Ridgewood	17:04.43		
32	513	Huh, Priscilla	9	Ridgewood	18:01.32		
(38 finishers)							



**BOYS CROSS-  
COUNTRY TOP 25**

1. Don Bosco
2. Indian Hills
3. Ridgewood
4. Old Tappan
5. Wayne Valley
6. Bergen Catholic
7. Cliffside Park
8. Hackensack
9. Demarest
10. Ramsey
11. River Dell
12. Clifton
13. Wayne Hills
14. Westwood
15. Tenafly
16. Cresskill
17. Paramus
18. Teaneck
19. Dwight-Englewood
20. Bogota
21. Passaic
22. Passaic Tech
23. Lyndhurst
24. Hasbrouck Heights
25. Pascack Hills

**GIRLS CROSS-  
COUNTRY TOP 25**

1. Ridgewood
2. Holy Angels
3. IHA
4. Wayne Hills
5. Northern Highlands
6. Indian Hills
7. Old Tappan
8. Tenafly
9. Ramsey
10. Rutherford
11. Ramapo
12. Demarest
13. Wayne Valley
14. Cresskill
15. Eastern Christian
16. Fair Lawn
17. Bogota
18. Hackensack
19. Hasbrouck Heights
20. Clifton
21. Bergen Tech
22. Secaucus
23. Paramus
24. Cliffside Park
25. Fort Lee











5	Passaic	193	28	32	33	37	63	70	74
	Total Time:	1:58:03.20							
	Average:	23:36.64							
6	Wayne Valley	203	23	40	45	47	48	62	79
	Total Time:	1:57:18.17							
	Average:	23:27.64							
7	Ramsey	209	24	26	46	49	64	65	91
	Total Time:	1:58:06.28							
	Average:	23:37.26							
8	Fair Lawn	246	36	42	51	57	60	73	90
	Total Time:	1:59:37.70							
	Average:	23:55.54							
9	Paramus Catholic	252	12	29	38	86	87	88	102
	Total Time:	1:59:41.12							
	Average:	23:56.23							
10	Glen Rock	264	43	52	53	55	61	99	104
	Total Time:	2:00:10.66							
	Average:	24:02.14							
11	Memorial	310	41	54	67	71	77	97	100
	Total Time:	2:02:40.51							
	Average:	24:32.11							
12	Cliffside Park	319	44	56	66	75	78	82	
	Total Time:	2:03:10.56							
	Average:	24:38.12							
13	Tenafly	329	31	69	72	76	81	83	
	Total Time:	2:04:08.55							
	Average:	24:49.71							
14	Garfield High School	375	50	68	80	85	92	93	96
	Total Time:	2:05:43.95							
	Average:	25:08.79							
15	Fort Lee	437	58	84	94	95	106		
	Total Time:	2:13:12.40							
	Average:	26:38.48							
16	Paterson Charter School	496	89	98	101	103	105		
	Total Time:	2:19:12.11							
	Average:	27:50.42							







# MOC CROSS COUNTRY CHAMPIONSHIP NOVEMBER 2, 2013 DARLINGTON PARK MAHWAH, NEW JERSEY

Girls Frosh:

**TEAM SCORES:** 1-New Milford-15.

## **INDIVIDUALS:**

1. Haley McAveney, New Milford, 10:12.9
2. Olivia Randolph, Teaneck, 10:18.5
3. Nikki Crissuolo, Pascack Valley, 10:23
4. Jessica O'Leary, Indian Hills, 10:53
5. Khalil Ramirez, New Milford, 10:58
6. Khalil Ramirez, NM, 10:58
7. Brittany Fortes, Paramus, 11:12
8. Samantha Koch, Crewkill, 11:28
9. Rebecca Gjini, Paramus, 11:36
10. Marisa Tormo, New Milford, 11:40
11. Caitlyn Magala, NM, 11:49
- 12. Cara Farley, Ridgewood, 11:50**
- 13. Sarah Catalano, Ridgewood, 11:50**
14. Pia Gonzales, New Milford, 11:53
15. Grace Taylor, Indian Hills, 12:02
16. Kayla Vestasaard, Cresskill, 12:05
17. Alexa Malegiannakis, Hasbrouck Hts, 12:05
18. Emma Botjer, HH, 12:07
19. Marie Sedimeir, HH, 12:19
20. Hatti Trimm, Pascack Valley, 12:24
21. Anna Kristofick, Indian Hills, 12:29
22. Josephine Wang, FortLee, 12:32
- 23. Emma Herzberg, Ridgewood, 13:03**
24. Lily Balto, Ridgefield Park, 13:18
25. Aolani Cruz, JFK, 13:21
26. Kayla Carmichael, JFK, 13:25
27. DiSilva, Fort Lee, 14:25
28. Andrea DeSilva, Leonia, 14:28
29. Calista Lozano, Ridgefield Park, 14:57
30. Jessica Eisenberg, IH, 15:00
31. Christina Merlino, Paramus, 16:31
32. Maria Beano, Ridgefield Park, 17:27
33. Sanjeda Miah, JFK, 17:43
34. Youstina Khalil, Hasbrouck Hts,

**Comment:** Ridgewood girl's frosh did not field a team and had only 3 finishers.

By Jim Lambert/For The Star-Ledger  
on November 08, 2013 5:30 p.m.

# GIRLS CROSS-COUNTRY ESSENTIALS

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**Millburn** and **Ridgewood** moved up in The Star-Ledger Top 20 after impressive county championship victories.

Millburn climbed three spots to No. 17 after knocking off heavily favored **Mount St. Dominic**, then No. 10, to win its first Essex County Championships title Nov. 1 at Brookdale Park in Bloomfield.

Ridgewood, after rolling to its third straight title at the Bergen County Meet of Championships last Saturday at Darlington Park in Mahwah, moved up two spots to No. 16.

**Red Bank Catholic**, idle this past week, remains No. 1.

Friday's sectional championships could bring a major shake-up to the rankings, with several Top 20 teams squaring off.

## **GIRLS CROSS-COUNTRY TOP 20**

- 1-Red Bank Catholic
- 2-Randolph
- 3-Rumson
- 4-Haddonfield
- 5-Shawnee
- 6-Westfield
- 7-Hillsborough
- 8-West Windsor South
- 9-North Hunterdon
- 10-Mount Olive
- 11-West Morris
- 12-Ridge
- 13-Middletown South
- 14-Freehold Twp.
- 15-Seneca
- 16-Ridgewood**
- 17-Millburn
- 18-Mount St. Dominic
- 19-Mendham
- 20-Jackson

# Ridgewood Cross Country Meet Summary

**Meet:** NJ F/N Champs      **Course:** Thompson Park  
**Division:** JV      **Course Record:** \_\_\_\_\_  
**Date:** 11/06/13      **Ridgewood Record:** \_\_\_\_\_  
**Weather:** cool but nice      **Type of Course:** \_\_\_\_\_  
**Team Total:** 93      **Team Place:** 3rd      **1-5 Split:** 1:13      **1-7 split:** \_\_\_\_\_

## 2013 New Jersey Frosh Novice Championships - 11/6/2013

Event 3 Girls 5k Run CC JV Girls

Name	Year	School	Avg Mile	Finals	Points
3 #1773 Hasbrouk, Ari		Ridgewood	6:38	20:36	3
6 #1767 Fishbein, Emily		Ridgewood	6:42	20:49	6
21 #1813 Taylor, Abby		Ridgewood	6:57	21:33	21
31 #1760 Davis, Sarah		Ridgewood	7:01	21:48	31
32 #1809 Stern, Emily		Ridgewood	7:02	21:49	32
34 #1756 Cirillo, Tara		Ridgewood	7:02	21:51	34
64 #1812 Tai, Tayler		Ridgewood	7:13	22:24	54
(228 finishers)					

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Westfield	37	4	5	8	9	11	19	29		
	Average:	20:51.60									
2	Ridge High School	47	1	2	12	15	17	25	27		
	Average:	20:54.60									
3	Ridgewood	93	3	6	21	31	32	34	54	3rd JV in NJ!	
	Average:	21:19.00									
4	North Hunterdon	114	7	14	20	33	40	41	64		
	Average:	21:29.40									
5	Summit	141	16	23	24	36	42	45	47		
	Average:	21:40.80									
6	Hillsborough	145	10	18	35	38	44	48	50		
	Average:	21:40.00									
7	Immaculate Heart	168	13	26	37	43	49	53	55		
	Average:	21:48.60									
8	Princeton	237	22	39	56	57	63	66	89		
	Average:	22:21.40									
9	Colts Neck	310	30	46	59	82	93	102	119		
	Average:	23:01.80									
10	Kingsway	357	28	73	79	83	94	128			
	Average:	23:33.60									
	(20 complete teams scored)										



# Ridgewood Cross Country Meet Summary

**Meet:** North 1 Sectional      **Course:** Garret Mountain  
**Division:** Group 4      **Course Record:** 17:58 Christi Constantin 1987  
**Date:** \_\_\_\_\_      **Ridgewood Record:** 18:15 Patti Mileski 1982  
**Weather:** Cold! - 40 degrees      **Type of Course:** \_\_\_\_\_  
**Team Total:** 46      **Team Place:** 2nd      **1-5 Split:** 1:16      **1-7 split:** \_\_\_\_\_

**2013 NJSIAA/Star-Ledger/M-F Athletics - 11/9/2013**  
**Cross-Country Sectional Championships**  
**Garret Mountain - Lou Fraulo, Meet Director**

Event 2 Girls 5k Run CC Group IV

Name	Year	School	Avg Mile	Finals	Points
Group 4 Results 5000 Run					
3 #563 Halvorsen, Sam	10	Ridgewood	6:14	19:21	3
4 #565 Jeffers, Carleen	11	Ridgewood	6:14	19:22	4
6 #567 Reis, Vanessa	10	Ridgewood	6:21	19:43	6
16 #560 Cleary, Kelly	11	Ridgewood	6:37	20:32	16
17 #568 Rosenfeld, Leah	10	Ridgewood	6:39	20:37	17
20 #566 Martin, Olympia	9	Ridgewood	6:43	20:51	20
22 #561 Felsenstein, Genev	11	Ridgewood	6:52	21:19	21
(107 finishers)					

Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
Group 4 Results 5000 Run											
1	Randolph	28	1	2	5	8	12	27	28		
	Average:	19:28.60									
2	Ridgewood	46	3	4	6	16	17	20	21		
	Average:	19:55.00									
3	Montclair	116	11	14	24	26	41	48	76		
	Average:	21:04.60									
4	Kearny	137	9	10	32	35	51	58	91		
	Average:	21:21.20									
5	Morris Knolls	167	7	13	15	64	68	69	85		
	Average:	21:27.60									
6	Hackensack	190	18	22	37	47	66	82	83		
7	Clifton	199	31	34	38	42	54	59	62		
8	Fair Lawn	212	33	39	43	44	53	71	78		
9	Bergen Cty VT	242	40	45	49	52	56	63	65		
10	Union City	258	30	36	57	61	74	77			
11	Passaic	267	19	25	67	72	84	86	89		
12	Livingston	287	23	29	50	92	93				
13	North Bergen	330	46	60	70	75	79	80	81		
14	Belleville	393	55	73	87	88	90				

**Comment:** We ran a great race against the #2 ranked team in New Jersey. Sam and Carleen's times get them into the top 100 all time for this course.





# Ridgewood Cross Country Meet Summary

**Meet:** NJ Group Champs      **Course:** Holmdel  
**Division:** Group 4      **Course Record:** \_\_\_\_\_  
**Date:** \_\_\_\_\_      **Ridgewood Record:** 18:29 Pattie Mileski 1982  
**Weather:** Warm - Mid 50s      **Type of Course:** \_\_\_\_\_  
**Team Total:** 133      **Team Place:** 3rd      **1-5 Split:** 1:16      **1-7 split:** \_\_\_\_\_

## 2013 NJSIAA/Star-Ledger/M-F Athletics - 11/16/2013

Event 9 Girls 5k Run CC Group IV

Name	Year	School	Avg Mile	Finals	Points
Group 4 Results 5000 Run					
6 #987 Halvorsen, Sam	10	Ridgewood	(6th ATL RHS) 6:10	19:10	6
7 #989 Jeffers, Carleen	11	Ridgewood	(8th ATL RHS) 6:11	19:12	7
35 #991 Reis, Vanessa	10	Ridgewood	6:29	20:08	32
42 #990 Martin, Olympia	9	Ridgewood	6:30	20:12	38
54 #984 Cleary, Kelly	11	Ridgewood	6:35	20:26	50
70 #985 Felsenstein, Genev	11	Ridgewood	6:41	20:46	64
101 #992 Rosenfeld, Leah	10	Ridgewood	6:57	21:35	94
(146 finishers)					

### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
Group 4 Results 5000 Run											
1	West Win Plains South	87	3	11	14	26	33	91	113		
2	Randolph	107	1	8	15	16	67	104	130		
3	Ridgewood	133	6	7	32	38	50	64	94		
	Average:	19:49.60	(2nd ATL RHS)								
4	Shawnee	165	10	22	23	39	71	97	101		
5	Westfield	190	17	25	47	48	53	65	107		
6	Millburn	191	5	12	30	54	90	111	117		
7	Freehold Township	203	18	24	43	49	69	88	115		
8	Hillsborough	227	21	34	41	55	76	96	110		
9	Ridge	242	20	42	59	60	61	62	83		
10	North Hunterdon	243	2	4	46	93	98	112	123		
11	Jackson Memorial	249	13	36	56	63	81	105	135		
12	Toms River North	268	27	29	58	75	79	82	103		
13	Old Bridge	317	9	40	73	95	100	108	131		
14	Kingsway	342	37	70	77	78	80	85	118		
15	Southern Regional	376	19	57	84	92	124	129			
16	Morris Knolls	406	31	35	74	132	134	137	138		
17	Watchung Hills	413	66	72	86	87	102	114	116		
18	Montclair	417	51	52	99	106	109	119	127		
19	Kearny	439	28	44	120	122	125	126	139		
20	Cherry Hill East	451	45	68	89	121	128	133	136		

**Comment:** This was a big race for us! We ran the plan perfectly!! (Run that 2nd Mile!!) Sam and Carleen ran state break-thru times and our team is qualified for SMOC with the third fastest team time on the day!! We all should feel a great deal of pride.



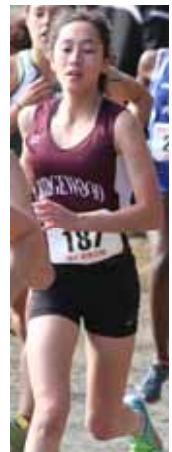
# Ridgewood Cross Country Meet Summary

**Meet:** SMOC **Course:** Holmdel Park  
**Division:** \_\_\_\_\_ **Course Record:** 17:28.0  
**Date:** 11/32/2013 **Ridgewood Record:** 18:29  
**Weather:** Sun - Cold - 45° **Type of Course:** \_\_\_\_\_  
**Team Total:** 166 **Team Place:** 6th **1-5 Split:** 1:17 **1-7 split:** 2:09

**2013 NJSIAA/Star-Ledger/M-F Athletics - 11/23/2013**  
**Cross-Country State Championships - Holmdel Park**  
**Don Danser, Meet Director**

Event 1 Girls 5k Run CC

Name	Year	School	Avg Mile	Finals	Points
28 #187 Jeffers, Carleen	11	Ridgewood	6:10	19:09	11
29 #185 Halvorsen, Sam	10	Ridgewood	6:11	19:11	12
79 #189 Reis, Vanessa	10	Ridgewood	6:27	20:02	41
83 #188 Martin, Olympia	9	Ridgewood	6:28	20:06	44
101 #182 Cleary, Kelly	11	Ridgewood	6:35	20:26	58
111 #183 Felsenstein, Genevi	11	Ridgewood	6:41	20:45	68
130 #190 Rosenfeld, Leah	10	Ridgewood	6:52	21:18	85
(177 finishers)					



### Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Randolph	106	2	9	13	19	63	97	103	Average:19:20.20	
2	Red Bank Catholic	113	7	17	24	25	40	69	76	Average:19:34.00	
3	Rumson-Fair Haven	140	14	18	22	33	53	66	87	Average:19:42.60	
4	West Win Plains South	159	6	16	31	45	61	79	98	Average:19:44.60	
5	Haddonfield	164	1	20	38	48	57	73	100	Average:19:35.80	
6	<b>Ridgewood</b>	<b>166</b>	<b>11</b>	<b>12</b>	<b>41</b>	<b>44</b>	<b>58</b>	<b>68</b>	<b>85</b>	<b>Average:19:46.80</b>	
7	Shawnee	176	8	27	39	42	60	99	112	Average:19:50.20	
8	Mount Olive	191	10	30	46	50	55	109	110	Average:19:57.40	
9	Voorhees	205	3	15	49	64	74	101	111	Average:19:59.00	
10	Seneca	216	4	32	43	65	72	81	96	Average:20:03.40	
11	Immaculate Heart	250	23	26	34	62	105	116	124	Average:20:19.60	
12	Acad O/T Holy Angels	252	28	35	51	52	86	95	123	Average:20:18.80	
13	Middletown North	259	5	29	67	75	83	84	89	Average:20:17.60	
14	Pitman	352	21	47	71	91	122			Average:21:00.20	
15	North Warren	369	37	70	77	92	93	115	117	Average:20:54.60	
16	Robbinsville	377	54	56	59	94	114			Average:21:00.60	
17	Kent Place	440	36	78	102	106	118	127	128	Average:21:25.60	
18	Pingry	471	82	88	90	104	107	126	129	Average:21:30.40	
19	Villa Walsh	540	80	108	113	119	120	121	125	Average:22:10.20	

**Comment:** This team ran a great race today! Improved our team time from last week under tougher conditions and finished the season 6th in New Jersey!



# Ridgewood News All Suburban 2013

## Girls:

### First Team

Julia Guerra	Indian Hills	Tom Zaccone
Sam Halvorsen	Ridgewood	Jacob Brown
Carleen Jeffers	Ridgewood	Jacob Brown
Vanessa Reis	Ridgewood	Jacob Brown
Deanna DiLandro	Ramapo	Mike Nagle
Giava Tabbachino	IHA	John Downey
Colleen Buckley	IHA	John Downey
Erin Ahearn	IHA	John Downey
Corinne Myers	West wood	George Glover
Anna Richard	Northern Highlands	Frank Gilli

### Second Team

Veronica Mahler	Northern Highlands
Kelly Cleary	Ridgewood
Geneieve Felsenstein	Ridgewood
Leah Rosenfeld	Ridgewood
Lindsey Lucas	Paramus
Kelly Buccisano	Indian Hills
Bessie Zavidow	Pascack Valley
Megan Brockmeir	IHA
Alexandra Harris	Ramapo
Julia Miles	Indian Hills

**Frosh of the Year Olympia Martin Ridgewood**

## ALL-SUBURBAN CROSS-COUNTRY

# Maroon and navy are top colors of 2013

## Indian Hills, Bosco at front of boys pack

BY JIM MCCONVILLE  
Correspondent

RIDGEWOOD — While Don Bosco continues to excel as a boys cross-country power, there is another school that has quietly built a tradition of success. Indian Hills is finding it harder to remain under the radar, as the Braves became North 1, Group 3 sectional champions and nearly earned a spot in the State Meet of Champions (SMOC).

For its efforts, Indian Hills landed three spots on the 2013 All-Suburban first team, mounting a serious challenge to the Ironmen, who topped all schools with four representatives on the 10-man unit. Ridgewood, Mahwah and Paramus each placed one runner on the squad.

Michael Higgins of Don Bosco is the lone three-time selection among the five seniors, four juniors and one sophomore. Bobby Corcoran of Indian Hills earns a second first-team nod, and three additional runners move up from the 2012 second team.

Other repeat honorees include Ridgewood's Ryan Neville (2012 first team, 2013 second team) and David Frering (2012-13 second team), Don Bosco's Bobby Gonzalez ('11 Freshman of the Year, '13 first team) and Ramsey's Patrick Watters ('12-'13 second team).

Tim Holster of Indian Hills is this season's Freshman of the Year.

The individual profiles:  
**JAMES BUSER, Mahwah** — This senior makes the jump from last year's second team after recording six top-10 finishes. He got out of the gate fast, beginning with a third in the Season Opener Invitational and a fifth in the Wild Safari Invitational C race. He won the Brett Taylor Invitational B race, then opened the postseason with third in the Big North Patriot Division.

After winning the Bergen County Group B title, Buser took 24th in the Bergen Meet of Champions (BMOC). He placed sixth at the North 1, Group 2 meet and 34th in the State Group 2 finals to cap his varsity career. He plans to run at the University of Pennsylvania.

**BOBBY CORCORAN, Indian Hills** — This senior from Oakland carried the mantle as the top runner for the Braves, and he didn't let them down, coming up with seven top-10 finishes. His campaign began with a fifth in the Season Opener Invitational and a third in the Wild Safari B race. The repeat first-teamer ran third in the Shore Coaches Invitational C race before starting the postseason with a second in the Big North Freedom Division.

Corcoran ran fourth in the Bergen County Group B meet prior to winning the BMOC. After a third in the North 1, Group 3 meet and a 10th in the State Group 3 finals, he took 48th in the SMOC. His season concluded with an 81st-place outing at Foot Locker Northeast Regionals.

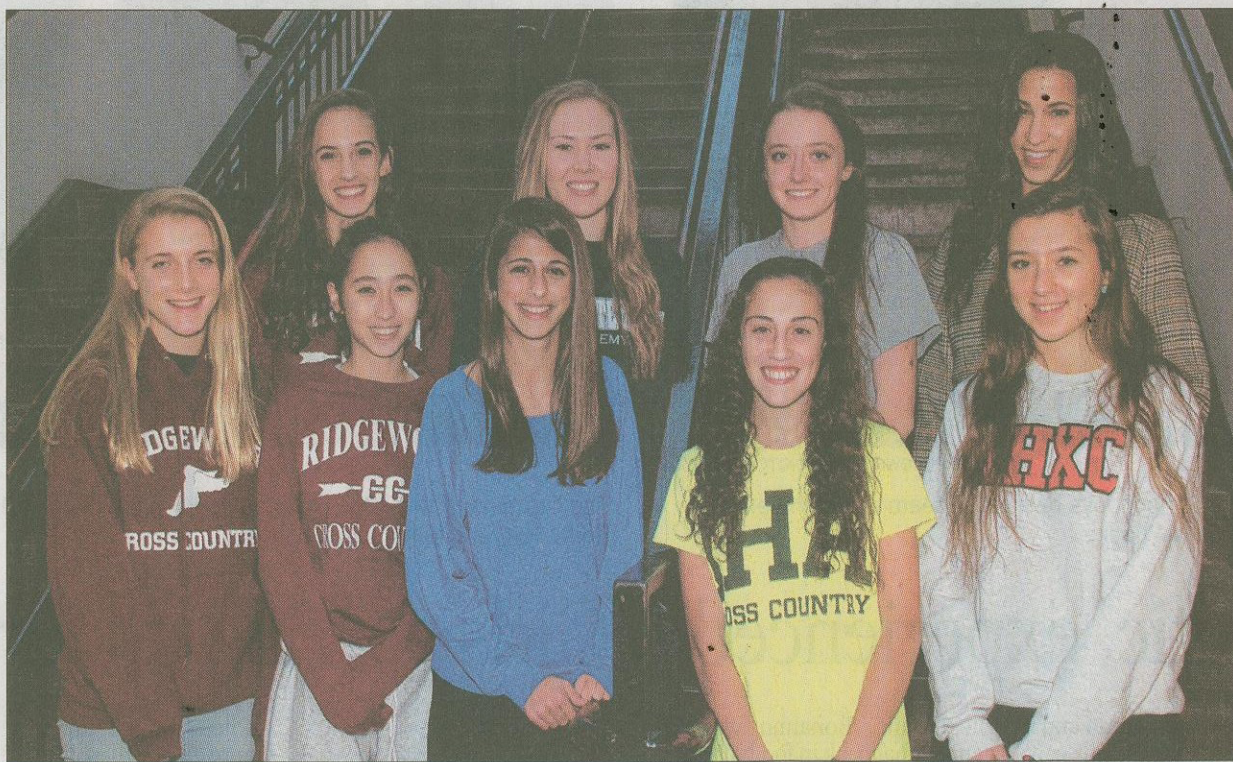
**CHRIS EVANS, Indian Hills** — The key to a solid team is the No. 2 runner, and this senior filled that role admirably for the Braves, scoring four top-10 finishes. A second-team choice in 2012, he was active in the regular-season major meets, including an 11th in the Season Opener Invitational and a fifth in the Wild Safari B race. He was 14th in the Maroon Invitational Groups 3-4 race and 15th in the Shore Invitational C race before opening the postseason with a seventh at the Big North Freedom Division.

Evans added a seventh in the Bergen County Group B meet and a 13th at the BMOC, then placed eighth at the North 1, Group 3 meet and 44th in the State Group 3 finals. His next stop will be Mount St. Mary's University in Emmitsburg, Md.

**BOBBY GONZALEZ, Don Bosco** — The heir apparent to the top spot in next year's lineup, this junior from Mahwah had a wild season. He went out and won the Manhattan Invitational E race, then started the postseason with a third in the Big North United Division. He won the Bergen Group A race in a photo finish but had a disappointing 31st at the BMOC.

Gonzalez rebounded with an 11th at the State Non-Public A meet and ran 21st at the SMOC, where he was the fourth-fastest underclassman. He closed the campaign by finishing 131st in a field of 271 at the Nike Northeast Regionals.

**ERIK HELSTROM, Paramus** — A second-team selection in 2012, this senior moves up on the strength of five top-10 finishes. The senior took 16th at the Wild Safari



MARION BROWN/STAFF PHOTOGRAPHER

These nine runners are all part of the 2013 All-Suburban girls cross-country first team. FRONT ROW, from left: Vanessa Reis, Carleen Jeffers, Julia Guerra, Giavanna Tabbachino and Anna Richard. BACK ROW, from left: Sam Halvorsen, Erin Ahearn, Colleen Buckley and Deanna DiLandro. Not pictured: Corinne Myers.

## Ridgewood, IHA lead star girls squads

BY JIM MCCONVILLE  
Correspondent

RIDGEWOOD — When a team loses three returning All-Suburban cross-country runners (two to injury and a third to transfer), it becomes difficult to put together a representative season. Unless, of course, that team is the Ridgewood High School girls program, which not only stayed off those losses but reloaded quickly and ended up winning its third straight Bergen Meet of Champions (BMOC).

Three Maroon runners have been honored on the 2013 All-Suburban first team, matching the three selections earned by Immaculate Heart. Four other schools each placed one girl on the top squad, which features four seniors, two juniors, three sophomores and a freshman.

Five girls are repeat picks to the elite unit, including Ramapo's Deanna DiLandro, who completed the All-Suburban cycle with a fourth first-team selection. Lindsey Lucas of Paramus is a four-time honoree overall, having been named Freshman of the Year in 2010 before earning three straight second-team bids.

The three-time overall picks are IHA's Erin Ahearn (2010 second team, 2012-13 first team) and Colleen Buckley ('12 second team, '11 and '13 first team) and Ridgewood's Kelly Cleary ('11 Freshman of the Year, '12 first team, '13 second team).

Sam Halvorsen of Ridgewood moves to the first team from the 2012 Freshman of the Year spot, something that the 2013 choice, teammate Olympia Martin, will look to duplicate next year.

The individual profiles:  
**ERIN AHEARN, Immaculate Heart** — A second stint on the first team comes after a senior season in which this Ringwood resident was the top runner for the Blue Eagles. It began with a second-place finish in the Season Opener Invitational and continued with an 11th at the Disney Classic in Kissimmee, Fla.

Ahearn opened the postseason by placing fifth in the Big North United Division and added a third in the Bergen County Group A race. She took 12th in the BMOC, fourth at the NJCTC championships and 13th in the State Non-Public A finals before closing with a 53rd in the State Meet of Champions (SMOC). She plans to run at College of the Holy Cross in Worcester, Mass.

**COLLEEN BUCKLEY, Immaculate Heart** — This junior from River Edge jumped back onto the first team following a season that featured six top-10 finishes. She made her presence felt early, taking third in the Season Opener Invitational and ninth at the Disney Classic.

In the final month, Buckley added a fourth in the Big North United Division and a fourth in the Bergen Group A race. After coming home 10th in the BMOC, she placed second at the NJCTC championships and 9th at the State Non-Public A finals. She was 62nd in the SMOC and concluded the campaign with a 93rd at Nike Northeast Regionals.

**DEANNA DILANDRO, Ramapo** — Injuries have hindered this senior from Oakland over the past two years, but she was able to overcome them long enough to put together a solid season. She ran ninth in the Wild Safari C race before embarking upon the final month with a second in the Big North Freedom Division.

DiLandro took fifth in the Bergen County Group A race and was fifth in the BMOC before placing 12th in the North 1, Group 3 meet, which turned out to be the final race of her stellar varsity career. She has committed to run at Rutgers.

**JULIA GUERRA, Indian Hills** — The Oakland resident followed up a superb freshman campaign with a better sophomore season, which included eight top-10 finishes. She was fantastic in major meets, taking first in the Wild Safari B race, second in Groups 3-4 at the Maroon Invitational and first in the Brett Taylor Invitational B race.

Guerra got her third title of the 2013 by winning the Big North Freedom Division, then ran second in the Bergen Group B meet. After a 23rd at the BMOC, she rebounded with a second in the North 1, Group 3 meet and a fifth in the State Group 3 finals. The repeat first-teamer was ninth in the SMOC, tops among North Jersey runners, and closed with a 34th at Foot Locker Northeast Regionals.

## All-Suburban Boys Cross-Country

### FIRST TEAM

James Buser, Mahwah .....Senior  
Bobby Corcoran, Indian Hills .....Senior  
Chris Evans, Indian Hills .....Senior  
Bobby Gonzalez, Don Bosco .....Junior  
Erik Helstrom, Paramus .....Senior  
Michael Higgins, Don Bosco .....Senior  
Patrick Sullivan, Don Bosco .....Soph.  
Kotaro Tamura, Ridgewood .....Junior  
Matt Tuohy, Indian Hills .....Junior  
Zack Weland, Don Bosco .....Junior

### FRESHMAN OF THE YEAR

Tom Holster, Indian Hills

### SECOND TEAM

Paul Antonick, Westwood .....Senior  
Nick Barnabic, Ridgewood .....Soph.  
Luke Dublirer, Ridgewood .....Senior  
David Frering, Ridgewood .....Senior  
Kenny Marshall, Ridgewood .....Soph.  
Ryan Neville, Ridgewood .....Senior  
Connor Nicholson, Don Bosco .....Soph.  
Luke Novak, Don Bosco .....Soph.  
Michael Sondej, Bergen Catholic .....Junior  
Patrick Watters, Ramsey .....Senior

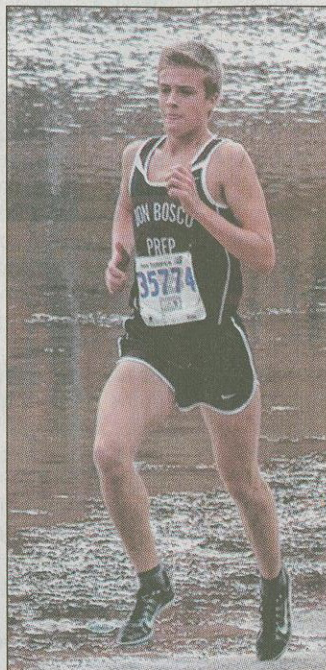


PHOTO COURTESY OF JACOB BROWN

MICHAEL HIGGINS  
Don Bosco

## All-Suburban Girls Cross-Country

### FIRST TEAM

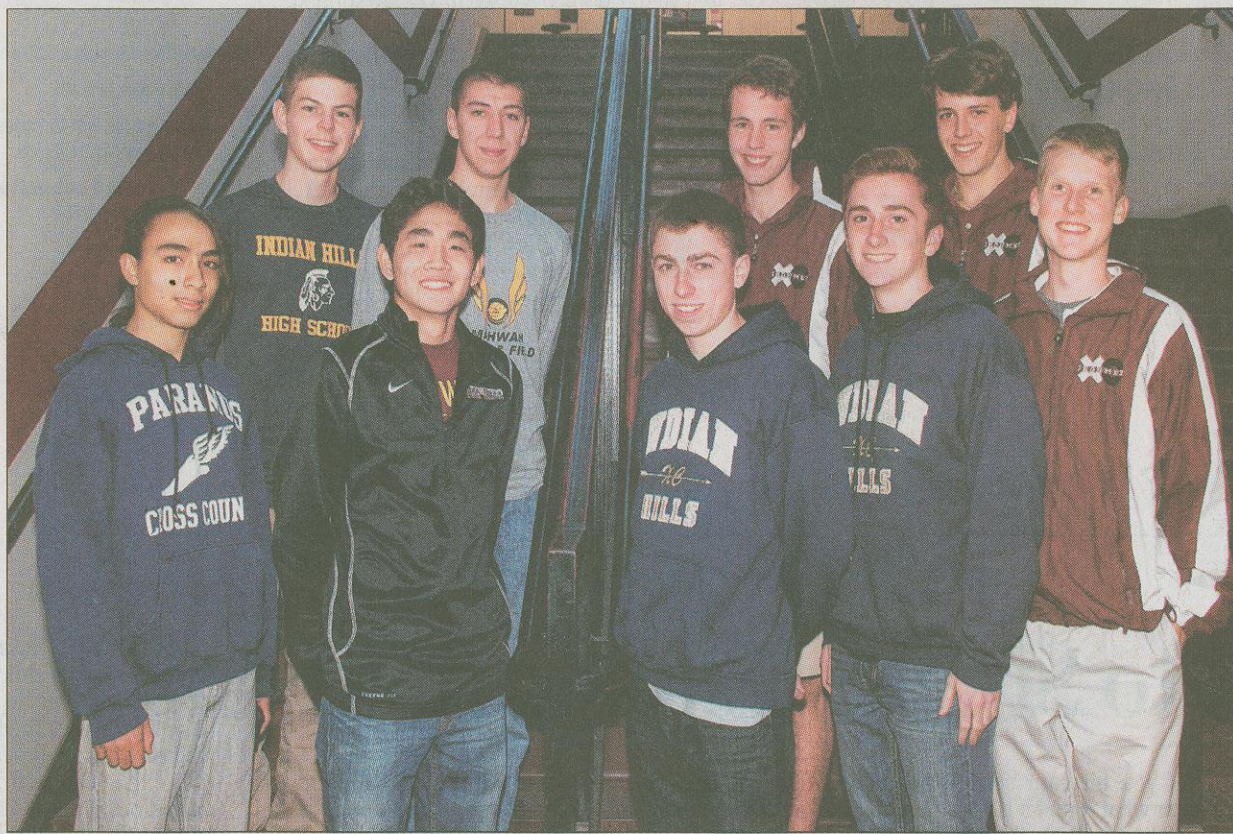
Erin Ahearn, Immaculate Heart .....Senior  
Colleen Buckley, Immaculate Heart .....Junior  
Deanna DiLandro, Ramapo .....Senior  
Julia Guerra, Indian Hills .....Soph.  
Sam Halvorsen, Ridgewood .....Soph.  
Carleen Jeffers, Ridgewood .....Junior  
Corinne Myers, Westwood .....Senior  
Vanessa Reis, Ridgewood .....Soph.  
Anna Richard, Northern Highlands .....Senior  
Giavanna Tabbachino, IHA .....Frosh

### FRESHMAN OF THE YEAR

Olympia Martin, Ridgewood

### SECOND TEAM

Megan Brockmeier, IHA .....Frosh  
Kelly Buccisano, Indian Hills .....Senior  
Kelly Cleary, Ridgewood .....Junior  
Victoria Clinton, Ramsey .....Frosh  
Genevieve Felsenstein, Ridgewood .....Junior  
Alexandra Harris, Ramapo .....Frosh  
Lindsey Lucas, Paramus .....Senior  
Veronica Mahler, Northern Highlands .....Junior  
Julia Miles, Indian Hills .....Soph.  
Leah Rosenfeld, Ridgewood .....Soph.  
Bessie Zavidow, Pascack Valley .....Senior



MARION BROWN/STAFF PHOTOGRAPHER

These nine runners are all part of the 2013 All-Suburban boys cross-country first team. FRONT ROW, from left: Erik Helstrom, Kotaro Tamura, Bobby Corcoran, Matt Tuohy and Patrick Sullivan. BACK ROW, from left: Chris Evans, James Buser, Bobby Gonzalez and Zack Weland. Not pictured: Michael Higgins.

Invitational, then added a fourth at the Thompson Park Class Meet and a 29th in the Shore Invitational C race.

Helstrom opened his final month with a fifth in the Big North Freedom Division and continued with an eighth at the Bergen Group A meet. After coming in seventh at the BMOC, he was sixth at the North 1, Group 3 meet and 27th in the State Group 3 finals to wrap up the season.

**MICHAEL HIGGINS, Don Bosco** — The Ironmen missed his exploits over the first month as he recovered from a fractured foot, but the senior from Montville returned in time to aid their postseason push. He warmed up at the Carlisle (Pa.) Invitational, pacing himself to an 86th-place finish, but he roared back with a second at the Bergen Group A meet in a photo finish with fellow first-teamer

Bobby Gonzalez.

Higgins ran sixth in the BMOC, second at the State Non-Public A meet and sixth at the SMOC, the highest finish of any North Jersey runner. A pileup at Nike Regionals derailed his chance to complete the race, but he will head to the University of North Carolina to continue running.

**PATRICK SULLIVAN, Don Bosco** — The youngest member of the varsity squad, this sophomore from New City, N.Y. performed like a seasoned veteran. He gave an early indication of his talents with a 12th in the Carlisle Invitational, then ripped off consecutive top-10 finishes to open the postseason.

Sullivan was third in the Bergen Group A meet and fifth in the BMOC, prior to taking 19th at the State Non-Public A meet. He placed 75th in the SMOC and

closed the year with a 77th at the Nike Northeast Regionals.

**KOTARO TAMURA, Ridgewood** — It was a fine season for the Maroons, and this junior jumped to the head of the pack for the four-time defending North 1, Group 4 champs. He came up with four top-10 finishes in major races, opening with a fourth in the Maroon Invitational Groups 3-4 race and a 14th in the Shore Invitational B race before embarking upon the postseason with a fourth in the Big North Freedom Division.

Tamura was 10th at the Bergen Group A meet and 18th in the BMOC before taking third at the sectional meet. He finished the season with a 27th-place showing in the State Group 4 finals.

See BOYS XC, page C2

See GIRLS XC, page C3

**BOYS XC from C1**

**MATT TUOHY, Indian Hills** — After missing his entire sophomore season due to injuries, this junior was something of a wild card for the Braves. Ironically, the Oakland resident missed being a wild card entry into the SMOC by a mere one second. His regular season was strong, including a pair of fourth-place showings in the Season Opener and Wild Safari invitationals.

Tuohy was eighth in the Maroon Invitational Groups 3-4 race and ninth in the Shore Invitational C race before opening the postseason by winning the Big North Freedom Division title. A second at the Bergen Group B meet was next, followed by 12th in the BMOC and a second at the North 1, Group 3 meet. He was 16th in the State Group 3 finals and ended the campaign with a 43rd at the Foot Locker Regionals.

**ZACK WELAND, Don Bosco** — All successful teams need point-scoring runners like this junior, who complimented the Ironmen lineup by adding depth behind the top three runners. The Wayne resident earned a

38th-place finish at the Carlisle Invitational and a 50th in the Manhattan Invitational before registering a ninth at the Bergen County Group A meet for his best finish.

Weland was 11th at the BMOC and 24th in the State Non-Public A meet before closing the year with a 71st at the SMOC and a 99th at Nike Northeast Regionals.

**TIM HOLSTER, Indian Hills** — The Braves' decision to keep this talented freshman on the sub-varsity level for the entire season was an indication of just how deep their lineup was. All he did was dominate every major freshman race he ran, beginning with a victory in the Season Opener freshman race.

After a third in the Wild Safari freshman race, Holster ripped off consecutive wins in the Maroon Invitational, Brett Taylor B, Garrett Mountain Invitational, Doc Braver Invitational and Big North freshman races. His season concluded with a 50th in the freshman/sophomore race at Foot Locker Northeast Regionals.

*Jim McConville can be reached at farrellb@northjersey.com*

**GIRLS XC from C1**

**SAM HALVORSEN, Ridgewood** — When it came time to step up for the Maroons, this sophomore answered the call. She had a breakout season, including five top-10 showings, and began with finishes of 16th in the Maroon Invitational Groups 3-4 race and 19th in the Shore Coaches Invitational A race.

Once the postseason began, Halvorsen ramped it up, beginning with a fourth in the Big North Freedom Division. She stormed back to win the Bergen Group A race before taking second in the BMOC, and after a third in the North 1, Group 4 meet, she ran sixth in the State Group 4 finals and 29th in the SMOC.

**CARLEEN JEFFERS, Ridgewood** — It's not often that a junior in her first year of cross-country can make an impact for the Maroons, but that's exactly what happened with her. A neighbor of teammate Sam Halvorsen, she became one of the team leaders and had six top-10 finishes, beginning with a fifth in the Maroon Invitational Groups 3-4 race.

Once into the postseason, Jeffers took third in the Big North Freedom Division and second in the Bergen Group A race, prior to adding a third in the BMOC. She placed fourth in the North 1, Group 4 meet and seventh in the State Group 4 finals before closing with a 28th in the SMOC.

**CORINNE MYERS, Westwood** — A two-time first-team choice, this senior compiled four top-10 finishes to lead the Cardinals, setting a pair of school course records along the way. She put together a strong postseason, beginning with a victory in the Big North Patriot Division race.

Myers took second in the Bergen Group C race and added a seventh at the BMOC, then won the North 1, Group 2 race to become the first sectional champion in program history. Her career concluded with a 17th in the State Group 2 finals, leaving her just short of qualifying for the SMOC.

**VANESSA REIS, Ridgewood** — Part of the Maroons' depth came thanks in part this sophomore, who picked up three top-10 finishes. She started out with a 12th in the Maroon Invitational

Groups 3-4 race and a 25th in the Shore Invitational A race, then moved into the final month with fifth in the Big North Freedom Division.

After a fifth in the Bergen Group A meet, Reis took 11th in the BMOC. Following a sixth in the North 1, Group 4 meet, she finished 35th in the State Group 4 finals and closed with a 79th in the SMOC.

**ANNA RICHARD, Northern Highlands** — This senior from Allendale did not run in any regular-season major races, but she took her role as the top runner for the Highlanders until transfer Catherine Pagano became eligible. She was a big part of the final month, beginning with a sixth in the Big North Freedom Division.

Richard ran 15th in the Bergen Group A race and came home eighth in the BMOC prior to placing 13th in the North 1, Group 3 meet and 46th in the State Group 3 finals.

**GIAVANNA TABBACHINO, Immaculate Heart** — It was quite a debut season for this Blue Eagles freshman, who impressed with five top-10 finishes. The Emerson resident ran fourth at the Season Opener Invitational and eighth at the Disney Classic in the regular season and opened the postseason with a third in the Big North United Division.

Tabbichino placed sixth in the Bergen Group A race, followed by a ninth at the BMOC. She took fifth in the NJCTC championships and 11th in the State Non-Public A finals, then closed

out her season with a 50th at the SMOC and a 65th at Nike Northeast Regionals.

**OLYMPIA MARTIN, Ridgewood** — It took all of one practice for the 2013 Freshman of the Year to be promoted to the varsity roster, and she certainly didn't disappoint. She won the only fresh-

man race she entered at the Maroon Invitational and ran 24th in her varsity debut, the Shore Invitational A race.

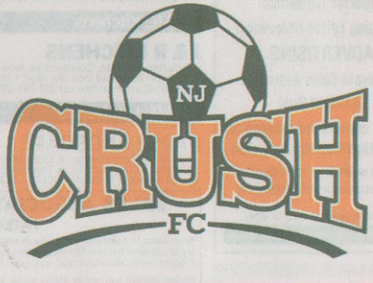
In the postseason, Martin opened with an eighth in the Big North Freedom Division and followed that with a 10th in the Bergen Group A race. She

placed 13th in the BMOC, 20th in the North 1, Group 4 meet and 42nd in the State Group 4 finals before ending her rookie campaign with an 83rd at the SMOC.

*Jim McConville can be reached at farrellb@northjersey.com*



JENNIFER BROWN/SPECIAL TO NJMG  
**CORINNE MYERS**  
Westwood



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## Girls XC All County

### Girls

**Coach:** Mike Pasciuto, Cresskill

**Small** Ramsey

**Large** Ridgewood

### 1st Team

Player	School
Josette Norris	Tenafly
Julia Guerra	Indian Hills
Carleen Jeffers	Ridgewood
Sam Halvorsen	Ridgewood
Lydon Kerstins	Holy Angels
Deanna DiLandro	Ramapo
Katie Sullivan	Rutherford
Mary Watters	Holy Angels
Veronica Rocco	Tenafly

### Grade Coach

12	Bill Schlavis
10	Tom Zaccone
11	Jacob Brown
10	Jacob Brown
12	Howard Schuman
12	Mike Nangle
12	Justin Van Dyke
11	Howard Schuman
11	Bill Schlavis

### 2nd Team

Player	School
Giavanna Tabbachino	IHA
Collen Buckley	IHA
Erin Ahearn	IHA
Vanessa Reis	Ridgewood
Corinne Myers	Westwood
Anna Richards	No. Highlands
Julia Spaar	Holy Angels
Olympia Martin	Ridgewood
Margaret Sheehan	Holy Angels
Victoria Cliton	Ramsey

### Grade

9
11
12
10
12
12
12
9
12
9

### 3rd Team All County

Serena Martinez	Hackensack	10
Veronica Mahler	No. Highlands	11
Arianna Lopez	Pal Park	10
Kelly Cleary	Ridgewood	11
Genenive Felsenstein	Ridgewood	11
Leah Rosenfeld	Ridgewood	11
Hanna Jerome	Dwight Englewood	12
Kelly Mandella	Holy Angels	10

## TEAM OF THE YEAR

### Ridgewood

# Maroons season's biggest surprise

By **PAUL SCHWARTZ**  
STAFF WRITER

It didn't look promising on opening day for the Ridgewood girls cross-country team. The Maroons had already lost 2012 All-North Jersey star Catherine Pagano, who transferred back to her hometown school of Northern Highlands. Then the Maroons lost a dual meet to Indian Hills, 28-29, its first dual loss in four years.

Things didn't look to be getting better as senior stalwarts Emily Fishbein and Laura Weisberger, second team All-North Jersey selections last year, struggled with injuries and eventually were left off the varsity team.

Two months later, all of the early season chaos was long forgotten as the Maroons completed a sensational season with a medal-winning sixth-place finish at the state Meet of Champions, the highest finish for the Maroons since 2004. And with all seven varsity runners returning, along with three solid backup runners and a good freshman class, a third state Meet of Champions title to add to the 1992 and 1999 crowns is not out of the question. That's why Ridgewood is The Record girls cross-country Team of the Year for the third straight year and seventh time in the 10 years that honor has been given.

"I've never had a more surprising season," said Jacob Brown, who has coached every one of Ridgewood's 41 varsity seasons. "And I'm not sure I've ever had a team where all seven of my varsity kids made one of the three All-County teams."

Neighbors Sam Halvorsen, a sophomore, and Carleen Jeffers, a first-year junior, were the team

### Final Top 25 rankings

1. Ridgewood
2. Wayne Hills
3. Holy Angels
4. IHA
5. Northern Highlands
6. Indian Hills
7. Ramsey
8. Eastern Christian
9. Tenafly
10. Old Tappan
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12. Wayne Valley
13. Cresskill
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15. Demarest
16. Hackensack
17. Kinnelon
18. Secaucus
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20. Fair Lawn
21. Cliffside Park
22. Paramus
23. River Dell
24. Hasbrouck Heights
25. Bergen Tech

leaders as Ridgewood won the Big North Freedom, Bergen A and Lou Molino Bergen Meet of Champions crowns handily, were second to state champion Randolph in North 1, Group 4, and third in Group 4 before its sixth-place SMOC finish.

Sophomore Vanessa Reis enjoyed a terrific and consistent year and freshman Olympia Martin moved up from the freshman team after just one day of practice and stayed as the No. 4 runner. Kelly Cleary was never 100 percent due to a combination of summer mononucleosis and a nagging hip injury but still was a solid number five. And junior Genevieve Felsenstein and sophomore Leah Rosenfeld provided great depth.

### THE SUNDAY STAR-LEDGER

#### TOP 20

Read more about No. 1 Randolph's season at [nj.com/hssports](http://nj.com/hssports)

- |                      |                      |
|----------------------|----------------------|
| 1-Randolph           | 11-Westfield         |
| 2-Red Bank Catholic  | 12-Millburn          |
| 3-Rumson             | 13-Immaculate Heart  |
| 4-West Windsor South | 14-Holy Angels       |
| 5-Haddonfield        | 15-Middletown North  |
| 6-Ridgewood          | 16-Freehold Township |
| 7-Shawnee            | 17-Middletown South  |
| 8-Mount Olive        | 18-West Morris       |
| 9-Voorhees           | 19-Hillsborough      |
| 10-Seneca            | 20-Wayne Hills       |

#### ALL-BERGEN

##### FIRST TEAM

Julia Guerra, Indian Hills  
Sam Halvorsen, Ridgewood  
Carleen Jeffers, Ridgewood  
Lydon Kersting, Holy Angels  
Josette Norris, Tenafly  
Veronica Rocco, Tenafly  
Katie Sullivan, Rutherford  
Mary Watters, Holy Angels

##### SECOND TEAM

Erin Ahearn, Immaculate Heart  
Colleen Buckley, Immaculate Heart  
Deanna Dilandro, Ramapo  
Olympia Martin, Ridgewood  
Corinne Myers, Westwood  
Anna Richard, Northern Highlands  
Vanessa Reis, Ridgewood  
Giavanna Tabbachino, Immaculate Heart

##### THIRD TEAM

Victoria Clinton, Ramsey  
Genevieve Felsenstein, Ridgewood  
Veronica Mahler, Northern Highlands  
Kelly Mandella, Holy Angels  
Serena Martinez, Hackensack  
Leah Rosenfeld, Ridgewood  
Maggie Sheehan, Holy Angels  
Julia Spaar, Holy Angels

#### ALL-GROUP 4

##### FIRST TEAM

Vickie Ajimoko, Williamstown  
Rachel Belmont, Old Bridge  
Carole Harsch, Randolph  
Julia DeSpirito, Shawnee  
Eve Glasergreen, North Hunterdon  
Liz Lansing, Randolph  
Christina Rancan, West Windsor South  
Cailyn Lavigne, North Hunterdon

##### SECOND TEAM

Antanina Belzer, Millburn  
Alivia Carlton, Jackson  
Deirdre Casey, West Windsor South  
Edlyn Gulama, West Windsor South  
Sam Halvorsen, Ridgewood  
Carleen Jeffers, Ridgewood  
Margaret Thomson, Randolph  
Corey Weiss, Millburn

##### THIRD TEAM

Camille Franklin, Lenape  
Niamh Hayes, Howell  
Kaitlyn Mooney, Southern Reg.  
Paige Novak, Hillsborough  
Ciara Roche, Freehold Twp.  
Sarah Spring, Ridge  
Gabby Stravach, Westfield  
Liz Wellman, Randolph

# All-North Jersey

## GIRLS CROSS-COUNTRY

# 'Once-in-10-lifetimes' star

By **PAUL SCHWARTZ**  
STAFF WRITER

In the year since Tenafly senior Josette Norris exploded into stardom, thousands of words have been written and she has given dozens of quotes.

With her being the first repeat choice as The Record girls cross-country Runner of the Year, it's time to hear from other people about the North Carolina-bound athlete some have called the best distance runner in North Jersey history.

Ron Miller of Englewood was her first coach. The CYO coach at Mount Carmel in Tenafly since 1994, he coached her for six years.

"She has the most natural talent of anyone I've ever coached. She ran the 400, the 800, the 1,600, the long jump, even the 100," said Miller, whose son Ryan was an All-

### RUNNER OF THE YEAR

#### Josette Norris, Tenafly

Bergen runner at Bergen Catholic over a decade ago. "She always approached races with confidence and had that killer look in her eye."

Bill Schlavis became her head cross-country coach in 2011 after spending her freshman year as an assistant.

"You could see what a talented and special runner she was when we started," said Schlavis. "She was very competitive from the outset, and her times dropped quickly with only a little more training. [Former coach Leigh Barker] and I could see that she might be a once-in-a-lifetime runner."

"The last two seasons have been a two-stage process," he said. "Her conditioning was so much better

last year after she followed the summer program, and then this year the level of her focus and drive is even higher."

"My assistant Tom Hutchison and I now think she's not a once-in-a-lifetime runner — she's a once-in-10-lifetimes runner."

Head track coach Dave Burns has coached Norris for four seasons, including last year's first indoor season after she moved over from basketball and guided her meteoric rise from 5:08 miler to state champion, Bergen County record holder and national runner-up.

"As a person she hasn't changed — she's always had a smile and with her success, she's still a great teammate," said Burns. "After her sec-

ond-place finish at nationals, we came back and she said, 'I've got to get stronger.'

"So thanks to coach [Mike Urso] at River Dell, we got to work in their weight room. So, she'd run from Tenafly to Oradell and lift weights with [800-meter state champ] Madison Holleran of Northern Highlands and Emily Croonquist [of River Dell]. She told me, 'I need to get a better kick.'"

Finally, there's Tenafly junior Veronica Rocco, an All-Bergen runner who runs with Norris every day in practice.

"She challenges me every day and I'd never be where I am without her," said Rocco. "Next year when she's in college, I'm going to miss it a lot."

To view a video on this story visit [northjersey.com](http://northjersey.com)



TYSON TRISH/STAFF PHOTOGRAPHER

Already a standout, Tenafly senior Josette Norris decided to hit the weight room to improve her strength and performances.

### TEAM OF THE YEAR

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### COACH OF THE YEAR

#### Mike Pasciuto, Cresskill

Credit young Anthony Pasciuto in part for his help in creating The Record girls cross-country Coach of the Year. Credit also a pole vaulter, a figure skater and a team manager.

Puzzled? All those diverse and seemingly unrelated parts helped Mike Pasciuto of Cresskill earn the honor.

First — Anthony, now 3½ years old. When he was born, his father, Mike, decided to leave the football staff at Cresskill and took over the vacant cross-country job.

"I thought coaching cross-country would help the girls track team," said Pasciuto, the Cresskill girls coach since 2007. "And cross-country would take up less time coaching than football."

The team grew from 15 boys and girls to more than 50 this year and Cresskill returned four good runners from last year's team in seniors



Julia Barnhart, Danielle Shapiro and Reina Tamura and junior Monae Nazai.

Throw in junior Aerielle Kim (a spring pole vaulter), sophomore Maryam Hassan (a figure skater before high school) and Marissa Kirby (a manager on last year's team) and Pasciuto knew he had a team to give perennial league and county favorite Bogota a run for its money.

A 10-point win over Bogota at the NJIC Patriot meet was the first girls league title since the 2001 BCSL Olympic meet and fifth runner Kirby's at-the-line finish in front of a Bogota runner keyed a tiebreaker win over the Bucs for the Bergen D title, the first county crown since 1982. Cresskill went on to finish sixth in Group 1, its best finish at states in at least 30 years.

— Paul Schwartz

### FIRST TEAM



**STEPHANIE BITCON**  
Wayne Hills, senior

Bitcon just seemed to get better with every race, running the seventh fastest time by a Passaic runner at the state Holmdel Park course in finishing seventh in the loaded Group 3 race and 40th in the state Meet of Champions. She won the Passaic County championship easily and was third in the North 1, Group 3 sectional.



**JULIA GUERRA**  
Indian Hills, sophomore

After a solid freshman year, Guerra was even better as a sophomore. Her only major win came in the Big North Freedom race, and was second at Bergen B and North 1, Group 3, was fifth in Group 3 and a sensational ninth in the state Meet of Champions. She ranks in the top 15 among Bergen runners at Darlington, Holmdel and Garret courses.



**CARLEEN JEFFERS**  
Ridgewood, junior

Jeffers, in her first season of running, was a stunning surprise, taking second in the Bergen Group A, third in the Big North Freedom and Bergen Meet of Champions, fourth in North 1, Group 4 and seventh in state Group 4. She improved every time she ran a course the second time.



**SAM HALVORSEN**  
Ridgewood, sophomore

Halvorsen and Jeffers finished more than two seconds apart from each other in just one of the six championship races as the breakout runners of the year. She won the Bergen A title, was second in the Lou Molino Bergen Meet of Champions, third in the Group 4 sectional, fourth in the Big North Freedom and sixth in state Group 4.



**LYDON KERSTING**  
Holy Angels, senior

Despite an abdominal injury that never really went away, she repeated and led the Angels back to the state Meet of Champions for the first time in four years. Kersting won the Big North United title, was fourth in Bergen Group B and fourth in state Non-Public A.



**JOSETTE NORRIS**  
Tenafly, senior

Her undefeated season ended in the state Meet of Champions loss to Briana Gess of Haddonfield, but even there Norris tied her own North Jersey record at Holmdel Park. Easy wins in the Big North National, Bergen B (in a Darlington course record of 17:36), Bergen Meet of Champions, North 1, Group 3 and state Group 3 races as well as an overwhelming win in the Shore A meet made her season one of the best in state history.



**JILLIAN O'DONOHUE**  
Wayne Hills, senior

Wayne Hills enjoyed a sensational three-year run but it got even better when O'Donohoe joined the team last year. This year she won the Big North Independence title, took second in the Passaic County race, fourth in North 1, Group 3, 15th in state Group 3 and 41st in the state Meet of Champs.



**MARY WATTERS**  
Holy Angels, junior

Watters continued to show the promise she's had since she entered Holy Angels. She was second in the Big North United, took seventh in Bergen B, fourth in the Lou Molino Meet of Champions, fifth in Non-Public A and was 65th in her first state Meet of Champions. Her third-place finish in the Shore E meet led to a Holy Angels win in the meet.

### ALL-NORTH JERSEY SECOND TEAM

- Erin Ahearn, IHA, senior
- Colleen Buckley, IHA, junior
- Deanna DiLandro, Ramapo, senior
- Alyssa Loffredo, Wayne Hills, senior
- Corinne Myers, Westwood, senior
- Vanessa Reis, Ridgewood, sophomore
- Veronica Rocco, Tenafly, junior
- Katie Sullivan, Rutherford, senior
- Giavanna Tabbachino, IHA, freshman

### All-County photos

All-Bergen and All-Passaic photos for first-team football players will be held Thursday from 5:30 to 8:30 p.m. at 1 Garret Mountain Plaza, Woodland Park.

### In Thursday's paper

All-North Jersey boys cross-country

### ALL-BERGEN TEAM

#### FIRST TEAM

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Carleen Jeffers, Ridgewood, junior  
Sam Halvorsen, Ridgewood, soph.  
Lydon Kersting, Holy Angels, senior  
Deanna DiLandro, Ramapo, senior  
Katie Sullivan, Rutherford, senior  
Mary Watters, Holy Angels, junior  
Veronica Rocco, Tenafly, junior  
**Coach of the year:** Mike Pasciuto, Cresskill

#### SECOND TEAM

Giavanna Tabbachino, Immaculate Heart, freshman  
Colleen Buckley, Immaculate Heart, junior  
Erin Ahearn, Immaculate Heart, senior  
Vanessa Reis, Ridgewood, soph.  
Corinne Myers, Westwood, senior  
Anna Richard, Northern Highlands, senior  
Julia Spaar, Holy Angels, senior  
Olympia Martin, Ridgewood, freshman  
Margaret Sheehan, Holy Angels, senior  
Victoria Clinton, Ramsey, freshman



**DEANNA DILANDRO**  
Ramapo, senior



**KATIE SULLIVAN**  
Rutherford, senior



**VERONICA ROCCO**  
Tenafly, junior

#### THIRD TEAM

Serena Martinez, Hackensack, sophomore  
Veronica Mahler, Northern Highlands, junior  
Arianna Lopez, Palisades Park, sophomore  
Kelly Cleary, Ridgewood, junior  
Genevieve Felsenstein, Ridgewood, junior  
Leah Rosenfeld, Ridgewood, junior  
Hanna Jerome, Dwight-Englewood, senior

Kelly Mandella, Holy Angels, sophomore

#### HONORABLE MENTION

Anais Fernandez, Jillian O'Brien, Bogota; Maryem Khanfri, Jennifer Polo, Daniela Rodriguez, Cliffside Park; Aerielle Kim, Reina Tamura, Cresskill; Ileana Armendi, Kelsey Gelsenheimer, Christina Welzer, Demarest; Caitlyn Clausell, Ingrid Faria, Jazmin Habbab, Fair Lawn; Melanie Plattner, Victoria Tam, Fort Lee; Kylie Nugent, Garfield;

Yanibel Pena-DeJesus, Hackensack; Danielle Dallara, Hasbrouck Heights; Brigid Hayes, Ciara Rhodes, Holy Angels; Megan Brockmeier, Gianna Carrino, Danielle Cole, Lauren Martinez and Alexi Mendolia, IHA; Kelly Buccisano, Madeline Daly, Krissy Gaffney and Julia Miles, Indian Hills; Jamie Pacilio, Mikayla Pacilio, Mahwah; Haley McAveney, New Milford; Karina North, Melina North, Catherine Pagano, Rebecca Trattner, Northern Highlands; Tara Bailey, Courtney Brunet, Hannah Pinto, Caitlin Ubl, Old Tappan; Alexandra Lacorazza, Palisades Park; Lindsey Lucas, Lauren Mihalik, Paramus; Christine Kehrl, Park Ridge/Emerson; Keelin Moran, Pascaack Hills; Bessie Zavidow, Pascaack Valley; Alexandra Harris, Ramapo; Abigail Zammitti, Ramsey; Tara Cirillo, Emily Fishbein, Ari Hasbrouck, Ridgewood; Emily Croonquist, River Dell; Rebecca Arnold, Allison Regan, Rutherford; Nicole McVeigh, Saddle Brook.  
**Teams selected by the Bergen County Women's Coaches Association.**





# Seniors 2013





RIDGEWOOD

B

Yellow race bib with a barcode and illegible text.







B

RIDGWOOD

1

FIELD









RIDGEWOOD



B

RIDGEWOOD

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RIDGEWOOD

adidas

5917

SHORE COACHES

Name \_\_\_\_\_  
Last \_\_\_\_\_ First \_\_\_\_\_  
Age \_\_\_\_\_ Sex  Male  Female  
City/State \_\_\_\_\_  
Do Not Put Stain To Y-Strap



No. 5917



