



**RIDGEWOOD  
CROSS  
COUNTRY**

**1974**

**SEASON  
SUMMARY**

Girls Cross Country Fall 1974

Kandie Latham	12	C	444-7597
Jean Leach	12	B	652-8420
Gabriela Stauber	12	A	
Lucy Calderwood	11	B	445-9862
Bonnie Fendrock	11	A	444-5881
Heather Kornahraus	11	B	445-6411
Karen Volkert	11	C	444-8277
Nancy Wise	11		444-2357
Bonnie Campbell	10	A	652-4790
Deirdre Doyle	10	A	444-9450
Alice Fowler	10	B	445-3933
Mary Anne Manley	10	B	652-2698
Samera Nazi	10	C	445-0127
Cathy Carley	10	B	
Karen Perkins	10		652-9089
Virginia Sayers	10	C	652-5086
Margaret Vanderways	10	C	
Brenda Vincent	10	C	652-8076

CROSS COUNTRY - GIRLS 1974

Head Coach - Jacob Brown

DUEL MEETS      4 WINS    2 LOSES

8 October    Saddle Brook H.S.      36-19  
17 October    Paramus Catholic H.S.    25-30  
22 October    Pascack Hills H.S.      22-33  
29 October    Pascack Hills H.S.      20-39  
4 November    Du Paul H.S.            18-41  
11 November    Dover H.S.              30-27

INVITATIONAL MEETS

5 Oct        Sketters Invitational    182 points  
12 Oct        Bernardville Invitational 352 points  
2 November    Bergen County Championships    50 points    2<sup>ND</sup> place  
16 November    North Sectional Championships    320 points    7<sup>TH</sup> place

LETTER WINNERS

JEAN LEACH  
KANDIE LATHAM  
LUCY CALDERWOOD  
MARGARET VANDERMAYS  
BONNIE CAMPBELL

OTHER TEAM MEMBERS

ALICE FOWLER  
NANCY WISE  
GINNY SAYERS  
MARY MANLEY  
GABRIELA STAUBER  
BONNIE FENDROCK

# CROSS COUNTRY

DATE: 8 Oct 1974

TEAM RECORDS: R. 0-1  
S.B. 3-0

RIDGEWOOD vs. Saddle Brook

COURSE: \_\_\_\_\_ RECORD: 11:37

DISTANCE: 1.9 (or so)

WEATHER: Beautiful - Sunny + Warm

	NAME	SCHOOL	TIME	SCORE	SCORE
1	Jean Chodnicki	S.B.	11:37	RIDGEWOOD	Saddle Brook
2	Teresa Vaccarella	S.B.	11:40	3	1
3	Kandie Latham	Ridgewood	12:00	6	2
4	Pebbie Mae Rae	S.B.	12:11	8	4
5	Cindy Marchese	S.B.	12:18	9	5
6	Jean Leach	Ridgewood	12:22	10	7
7	Joyce O'Rourke	S.B.	12:33	36	19
8	Luey Calderwood	Ridgewood	13:20		
9	Bonnie Campbell	Ridgewood	13:25		
10	Margaret Vandermeyp	Ridgewood	13:28		
11	Nancy Wise	Ridgewood	14:49		
12	Kathy Cuchio	S.B.	14:51		
13	Leslie <del>Datta</del> Glave	S.B.	15:03		
14	Alice Fowler	Ridgewood	15:05		
15	Lathy Carley	Ridgewood	15:59		
16	Mary Manley	Ridgewood	16:57		
17	Ginny Sayers	Ridgewood	17:28		
18	<small>Karin</small> Bonnie Fendrock	S.B.	18:29		
19	Bonnie Fendrock	Ridgewood	20:04		

# CROSS COUNTRY

DATE: 17 October 1974

TEAM RECORDS: R. Land 1  
P.C. Land 2

RIDGEWOOD vs. Paramus Catholic

COURSE: ~~Home~~ RECORD: 12:58

DISTANCE: 2.0 miles

WEATHER: Nice - Sunny, Cool  
Parts of course was soggy  
from rain

NAME	SCHOOL	TIME	SCORE
Megan Sexton	Paramus Catholic	12:58	RIDGEWOOD Paramus Catholic
Kandie Latham	Ridgewood H.S.	13:03	2
Jean Leach	Ridgewood H.S.	13:09	3
Lucy Calderwood	R.H.S.	13:26	4
Michele Guido	P.C.	13:30	6
Margaret Vandermaay	R.H.S.	13:49	10
Ida Meehan	P.C.	14:00	25
Margaret O'Connor	P.C.	14:10	
Michele Wilson	P.C.	14:20	
Bonnie Campbell	R.H.S.	14:29	1 min 26 sec. Spread between
Diane MacPhee	P.C.	14:55	#1 and #5.
Nancy Wise	R.H.S.	15:32	
Mary Dobby	P.C.	15:35	
Cathy Carby	R.H.S.	15:49	
Mary Ann Lee	P.C.	15:52	
Alice Fowler	R.H.S.	15:53	20. ————— 16:01
Mary Ann Lee	P.C.	15:55	21. Ginny Sayers <sup>R.H.S.</sup> 17:21
Irene McGovern	P.C.	15:59	22. Liz Matray P.C. 18:21
Anna Cline	P.C.	16:00	

# CROSS COUNTRY

DATE: 27 OCTOBER

TEAM RECORDS: R. 2-1  
P.H. 0-1

Call About Trophy for Country Meet

# RIDGEWOOD vs. PASCACK HILLS

COURSE: AWAY RECORD: 11:57

DISTANCE: 1.85

WEATHER: NICE Sunny, Mild, Dry.

	NAME	SCHOOL	TIME	SCORE
1	Ann Boyes	PASCACK HILLS	11:57	RIDGEWOOD
2	Jean Leach	RIDGEWOOD	12:08	2
3	Kandie Latham	R.H.S.	12:10	3
4	Lvey Calderwood	R.H.S.	12:20	4
5	Linda Hangeji	PH	12:32	6
6	Margaret Vandermeys	R.H.S.	12:39	7
7	Bonnie Campbell	R.H.S.	13:07	77
8	Lauri Muhlhahn	PH	13:27	(13:12)
9	Lauri Porcaro	PH	14:06	
10	Kathy Messner	PH	14:28	
11	Alice Fowler	R.H.S.	14:47	
12	Kathy Carley	R.H.S.	15:13	
13	Teri Santoli	PH	15:28	
14	Ginny Sayers	R.H.S.	15:44	
15				
16				
17				
18				
19				

# CROSS COUNTRY

DATE: 29 Oct 1974

TEAM RECORDS: R. \_\_\_\_\_

# RIDGEWOOD VS. PASLACK HILLS

COURSE: \_\_\_\_\_ RECORD: 12:58

DISTANCE: 2.0

WEATHER: WARM HUMID

Megan  
Sexton  
P.C.

	NAME	SCHOOL	TIME	SCORE
1	Kandie Latham	Ridgewood H.S.	12:49 <sup>NEW RECORD</sup>	1
2	Anne Boyes	Paslack Hills	12:57	2
3	Jean Leach	R. H. S.	12:58	3
4	Lucy Calderwood	R. H. S.	13:37	4
5	Margaret Vandermeys	R. H. S.	13:41	5
6	Linda Haenggi	P. H.	14:05	7
7	Bonnie Campbell	R. H. S.	14:12	20
8	Laura Muhlhahn	P. H.	14:13	39
9	Laurie Porcaro	P. H.	15:00	1 min 23 sec spread
10	Nancy Wise	R. H. S.	15:23	between girls 1 and 5
11	Alice Fowler	R. H. S.	15:30	
12	Cathy Carley	R. H. S.	15:39	
13	Cathy Messher	P. H.	16:01	
14	Cathy Sheeler	P. H.	16:02	
15	Theresa Santoli	P. H.	16:30	
16	Gunny Sayers	R. H. S.	16:41	
17				
18				
19				

# CROSS COUNTRY

DATE: 2 Nov. 1974

TEAM RECORDS: R. \_\_\_\_\_

Bergen County Championship.  
Garrett Mt.

RIDGEWOOD 13.

COURSE: Garrett Mt. RECORD: (12:32.5 ?)

DISTANCE: 2 miles

WEATHER: Beautiful  
Sunny + Warm

	NAME	SCHOOL	TIME	SCORE
1	Jean Chodnicki	Saddle Brook	12:32.5	RIDGEWOOD
2	Theresa Vaccarella	Saddle Brook	12:50	
3	Megan Sexton	Paramus Catholic	12:58	
4	Ann Boyes	Pascack Hills	13:05	
5	Michelle Guido	Paramus Catholic	13:09	
6	Jean Leach	Ridgewood	13:10	
7	Kandie Latham	Ridgewood	13:10	
8	Cindy Marchest	Saddle Brook	13:17	Saddle Brook 31
9	Joyce O'Rourke	Saddle Brook	13:17	Ridgewood 50
10	Lucy Calderwood	Ridgewood	13:29	Paramus Catholic 68
11	Debbie MacRae	Saddle Brook	13:29	
12	Margaret Vandermayes	Ridgewood	13:51	
13	Linda Haenggi	Pascack Hills	14:04	
14	Elaine Williams	Rutherford	14:35	
15	Bonnie Campbell	Ridgewood	14:38	
29	Nancy Wise	R.H.S.	~15:45	
31	Alice Fowler	R.H.S.	~15:50	
41	Ginny Sayers	R.H.S.		



CROSS COUNTRYDATE: November 7, 1974TEAM RECORDS: R. 4-1RIDGEWOOD vs. DuPaulCOURSE: Home RECORD: 12:49DISTANCE: 2 milesWEATHER: Windy

	NAME	SCHOOL	TIME	SCORE	
1	Kear Leach	R. HS	13:15	RIDGEWOOD 1	De Paul 4
2	Lucy Calderwood	R. HS.	13:46	2	6
3	Margaret Vandermeys	R. H. S	13:48	3	9
4	Marybeth Knapp	Du Paul	13:57	5	10
5	Bonnie Campbell	R. HS.	14:46	7	12
6	Beth Yallon	Du Paul	15:08	(18)	(41)
7	Nancy Wise	R. H. S.	15:51		
8	Alice Fowler	R. H. S	16:10		
9	Sue Kelleher	Du Paul	16:22		
10	Ange Pook	Du Paul	16:55		
11	Ginny Sayers	R. H. S	17:39		
12	Marcie McKinley	Du Paul	18:14		
13	Beth Eckenrood	Du Paul	19:00		
14	Debbie Ricca	Du Paul	19:21		
15					
16					
17					
18					
19					

# CROSS COUNTRY

DATE: 11/11/74

TEAM RECORDS: R. 4-2

Dover 6-3

Neal Coplan

# RIDGEWOOD VS. Dover

COURSE: Janett Record 12:32.5

DISTANCE: 2 miles

WEATHER: Clear, Brist

	NAME	SCHOOL	TIME	SCORE	SCORE
1	Gail Thomson	DOVER	12:59	RIDGEWOOD	Dover
2	Sean Leach	R.H.S.	13:11	2	1
3	Lucy Calderwood	R.H.S.	13:33	3	5
4	Margaret Vandermays	R.H.S.	13:34	4	6
5	<sup>Wendy Horton</sup> Mary Dunlavy	DOVER	13:43	9	7
6	Sue Mary Dunlavy	DOVER	14:01	<u>12</u>	<u>8</u>
7	Sue Dickerson	DOVER	14:015	30	27
8	Kathy Mollen	DOVER	14:23		
9	Bonnie Campbell	R.H.S.	14:52		
10	Diane Dehn	DOVER	14:55		
11	Soanne Deetz	DOVER	16:11		
12	Cindy Dronhiller	DOVER	17:02		
13	Ginny Sayers	R.H.S.	18:49		
14					
15					
16					
17					
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19					

# NEW JERSEY TRACK

## WELCOME TO THE NJSIAA NORTHERN SECTIONAL GIRLS' CROSS-COUNTRY CHAMPIONSHIPS

For the first time this fall, the rapidly-growing girls' sector of the sport has forced the introduction of sectional meets. And it looks like there may be a further breakdown into groups next year.

NEW JERSEY TRACK welcomes this expansion of competition for what used to be called "the weaker sex." If you will excuse a personal note, your editor was--we won't tell how many years ago--coach of a girls' elementary school team that was the best in the state at that time. As the reverse side of this page will show--through the copy of a page in our latest newsletter--we provide coverage of girls' activities at all levels--junior high school, college and club.

Now for a look at today's action. The top five teams and first 15 individuals in today's race qualify for the all-group meet next Saturday at Buccleuch Park, New Brunswick. Here are the entries:

**FULL TEAMS:** Bayley-Ellard, Caldwell, Delaware Valley, Dover, Franklin Twp, Highland Pk, Hunterdon Central, Jefferson Twp, Montgomery, New Providence, Pascack Hills, Paramus Catholic, Ridgewood, Saddle Brook, St. Peter's(NB), South Plainfield, Summit Union Hill, Warren Hills, Wayne Hills, West Morris, West Orange.

**INDIVIDUAL ENTRIES:** Bergenfield, Bernards, Bogota, Bridgewater West, Cedar Ridge, Clifton, Hillside, Hopatcong, Iselin, Kearny, Lakeland, Mt. Lakes, New Brunswick, Nutley, Our Lady of the Valley, Passaic Valley, Paterson Catholic, Roxbury, Rutherford, South Brunswick.

**PROSPECTS:** The team race should be very close here. Saddle Brook, which has lost only to perennial champ Red Bank Catholic, has to be the favorite. But Dover, Jefferson Twp, Franklin Twp, the three Hunterdon Cty teams--all are in the scrap for the five qualifying places.

Individually, Janet Kronick of Franklin Twp is the pick to go on to her final scholastic X-country encounter with defender Hilary Noden. However, she has loads on opposition: Mary Albright of Nutley, Sue Long of Mt. Lakes, Megan Sexton of Paramus Catholic, Sandy Alexander and Val Sheets of Roxbury, Kathy Clancey of Bayley-Ellard, Sara Erb of Jefferson Twp, Gale Thomson of Dover, Kim Sheeran of West Orange, Maggie Poynter of No. Hunterdon, Rose Maniscalco of Union Hill and Jean Chodnicki and Theresa Vaccarella of Saddle Brook. And there are always a few sleepers in the field.

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Now for the commercial. If you want to keep up with the girls(and the boys) goings-on in track and field, there is no better way than through a subscription to NEW JERSEY TRACK. It comes out 16 times a year and costs just \$5. It makes an excellent holiday gift for your favorite runner. Just fill out the form below and mail, with payment, to: Edward J. Grant, 39 Mill Pond Rd., New Providence, NJ, 0797.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

NS NORTH SECTIONALS 11/16/1974

<u>Name</u>	<u>School</u>	<u>Time</u>
1. Maro Bahaktian	Clifton	11:47.1
2. Kathy Clancey	Bayley-Ellard	12:00
3. Sue Long	Mt. Lakes	12:05
4. Theresa Vacarella	Saddle Brook	12:15
5. M. Poynter	North Hunterdon	12:17
6. Sandy Alexander	Roxbury	12:19
7. Val Sheets	Roxbury	12:20
8. Jean Chodnicki	Saddle Brook	12:22
9. Norma Arnesen	Kennedy Islin	12:25
→ 10. Janet Kronick	Franklin High	12:34
11. Magan Sexton	Paramus Catholic	12:35
12. Carol Conlon	Nutley	12:38
13. Pullen	North Hutterdon	12:52
14. Carry King	Bernards	12:52
15. Gale Thompson	Dover	12:52
16. Sarah Kendall	Bernards	12:53
17. Kim Sheeran	West Orange	12:53
18. Lori Stanley	Kennedy Islin	12:58
19. Sally Jo Searfoss	Del. Valley Reg.	12:59
20. Peggy Lucynski	Hopatcong	13:01
21. Michelle Woolaver	Delaware Valley	13:04
22. Marge Korp	Jefferson Twp.	13:07
23. Ann Bayers	Pascack Hills	13:10
24. Lucy Calderwood	Ridgewood	13:12
25. Denise Szostak	St. Thomas Aquinas	13:12
26. J. Thackabury	North Hutterton	13:12

TEAM SCORES

1<sup>ST</sup> ~~SAB~~ North Hunterdon 108  
 2<sup>ND</sup> Saddle Brook 114  
 3<sup>RD</sup> Franklin 209  
 4<sup>TH</sup> Dover 230  
 H<sub>n</sub> 259  
 7<sup>TH</sup> Ridgewood 320

3RD ANNUAL GIRLS' CROSS-COUNTRY CHAMPIONSHIPS

1974

The Girls' Cross-Country program has been expanded this year to include Sectional and State Championship competition.

SECTIONALS - Saturday, November 16, 1974

NORTH

Meet Director: Suzanne Bridenburg-Passaic Valley H.S., Little Falls, N.J.

Site: Garrett Mountain, West Paterson, N. J.

Time: 11:00 A.M.

SOUTH

Meet Director: Vicki Roberts-Middletown Twp. H.S., Middletown, N.J.

Site: Pennsauken High School, Pennsauken, N. J.

Time: 10:30 A.M.

CHAMPIONSHIPS - Saturday, November 23, 1974

Meet Director: Mary Jo Blair-Ocean Twp. H.S., Oakhurst, N. J.

Site: Buccleuch Park, New Brunswick, N. J.

Time: 12:30 P.M.

DISTANCE: TWO (2) MILES

TEAMS AND INDIVIDUAL ENTRIES

Teams must have competed on an interscholastic basis to be eligible for the team championship.

Seven girls will constitute a team. Each team may list three alternates, making a total of ten; five to qualify for scoring. Fewer than seven girls may enter from any one school.

Individual entries will be permitted from any member school.

SCORING

National Alliance Track and Field Rules will be used.

Scoring will be based upon the number position a girl finishes and, if fewer than five competitors of a team finish, or if a participant is disqualified, those places will not be counted in tabulating the results.

QUALIFYING FOR THE CHAMPIONSHIP MEET

The top five teams in each section will qualify for the Finals. Only those girls who competed in the Sectional Meet will be able to run. In case an alternate must be entered, an appeal must be made in writing twenty-four hours before the race to the Meet Director, Mary Jo Blair.

The top fifteen finishers in each section will also qualify for the championship competition.

(over)

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

GIRLS' SECTIONAL CROSS COUNTRY STATE CHAMPIONSHIP

Saturday, November 16, 1974

11:00 am Garrett Mountain

Distance of course . . . . . Two Miles - hill and dale  
Meet Director . . . . . Sue Bridenburg  
Passaic Valley High School  
Referee - Starter . . . . . Steve Gerdy  
Chief Timer . . . . . Tom Mizzone  
Assistant Timer . . . . . Kevin McGrath  
Chief Judge . . . . . Jim Klick  
Clerk of the course - Checker. . . Tom Patierno  
Recorder . . . . . Joe Spinelli  
Assistant Recorder . . . . . John Parisi  
Secretary . . . . . Jill Spinelli  
Inspectors . . . . . John Parisi  
Mickey DiCeglie  
Ron Schopperth  
Andy Gioia

Four inspectors will be stationed at vital points on the course to insure that no participant cuts the course or gets lost.

Scoring - will be in compliance with the National Alliance Track and Field Rules, 1974 edition.

Awards - a single trophy will be awarded to the State Sectional Championship Team. Medals will be awarded to the members of the first, second and third place teams, and to the first fifteen runners in the race.

Championships at Buccleuch Park, New Brunswick 12:30 p.m.

Coaches are to inform each competitor that she is responsible to turn in the number card she received when she completed the race. That number represents her proof of place in the race, and must be immediately given to her coach. Coaches will tally all cards, and include all seven finishers on the tally card. For team scoring, the coach will include the best five finishers in the race for the team's score. Your runner will not be given credit for her placement if your number card is not turned in with your tally card. Coaches are advised not to delay in turning their scorecards in to the scorer's table. Coaches are reminded that their signature is required on the tally card, and the coach should tally the card as indicated.

Any team member who does not wear her number is subject to disqualification. Individuals are advised to wear the large number on the front of the uniform. Please use two pins to firmly secure same.

All runners must keep their numbers for championship meet.

Starting Position	School	Competition Number
1.	J.F. Kennedy, Iselin (2)	1-2
2.	Highland Park High School	3-9
3.	Saddle Brook High School	10-16
4.	Ridgewood High School	17-23
5.	Mountain Lakes High School (1)	24
6.	Passaic Valley High School (2)	25-26
7.	Lakeland Regional High School (3)	27-29
8.	Union Hill High School	30-36
9.	Paterson Catholic High School (1)	37
10.	Paramus Catholic High School	38-44
11.	Hopatcong High School (1)	45
12.	Dover High School	46-52
13.	Kearney High School (1)	53
14.	James Caldwell High School	54-60
15.	Franklin H.S., Somerset	61-67
16.	St. Thomas Aquinas, Edison	68-74
17.	Hunterdon Central	75-81
18.	St. Peters H.S., New Brunswick	82-88
19.	Bayley-Ellard H.S., Madison	89-95
20.	Summit High School	96-102
21.	Delaware Valley H.S., Frenchtown	103-109
22.	Rutherford High School (1)	110
23.	North Hunterdon	111-117
24.	Clifton High School (1)	118
25.	Bridgewater, Raritan East (5)	119-123
26.	Nutley High School (1)	124
27.	West Orange	125-131
28.	South Brunswick High School (2)	132-133
29.	Pascack Hills	134-140
30.	Our Lady of Valley, Orange (3)	141-143
31.	Hillside (1)	144
32.	Roxbury High School (2)	145-146
33.	South Plainfield	147-153
34.	West Morris Central	154-160
35.	Bergenfield (2)	161-162
36.	Wayne Hills	163-169
37.	Montgomery H.S., Skillman	170-176
38.	New Providence	177-183
39.	Cedar Ridge H.S., Matawan (2)	184-185
40.	Bernards High School (3)	186-188
41.	Bogota High School (5)	189-193
42.	Jefferson Township	194-200
43.	Warren Hills Regional High School (1)	201
44.	New Brunswick (1)	202



High School 2 mi C.C. course

Start - <sup>2 mile +</sup> mile starting line on H.S. Track

$\frac{1}{4}$  mile - Bridge over Hobbs Brook on Irving Street  
1 cement line before end.

$\frac{1}{2}$  mile - on Lenwood Ave.  $\frac{1}{2}$  way between first two  
marks in cross over walk.

$\frac{3}{4}$  mile -  $\frac{1}{2}$  way between two trees in corner of Graydon

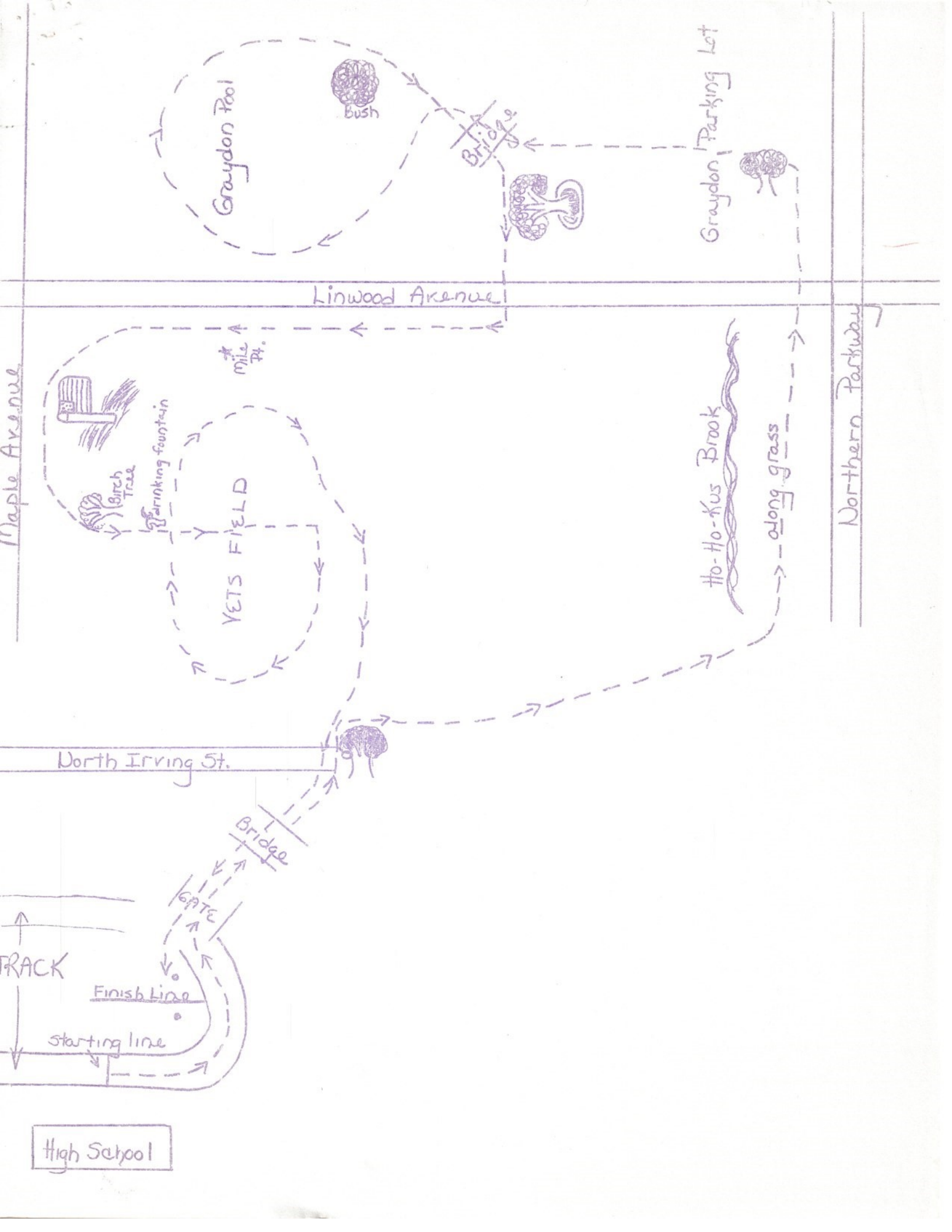
1 mile - side walk on Lenwood - 5+ side walk blocks past  
ped. Xing Sign

$1\frac{1}{4}$  - on nets loop  $\frac{1}{2}$  way between 2 white lines  
one mark 100

$1\frac{1}{2}$  - on nets loop just in front of 440 mark across from  
base ball back stop.

$1\frac{3}{4}$  - Weir silver pipe cage (End pipes toward H.S.)

2 mile - just past foot ball goal post.





1974 RIDGEWOOD HIGH SCHOOL GIRLS CROSS COUNTRY TEAM

FIRST ROW (L to R): JEAN LEACH, KANDIE LATHAM, MARGARET VANDER MEYS,  
NANCY WISE.

SECOND ROW: BONNIE CAMPBELL, LUCY CALDERWOOD, BONNIE FENDROCK,  
CATHIE CARLEY, MARY ANN (GOOG) MANLEY,

THIRD ROW: KAREN PERKINS, GABRIELA STAUBER, ALICE FOWLER,  
GINNY SAYERS.

