

# Well-Balanced Harriers Establish 9-0 Record



**Boys Cross Country:** *Front Row (left to right):* Greg Pfizter, Bill Calderwood, Tom Tomai, Kevin McCurdy, Tim Rogers  
*Second Row:* Tony Vandermise, Tim Jones, Jerry Thompson, Jim Robertiello, Ed Quinn, Steve Lehman  
*Third Row:* Mr. Coyle - Coach, Marty Matessich, Rob Beckmann, Bill Kaiser, Jim Latham, Ben Shu, Todd Zirkle  
*Back Row:* Bill Barnett, Rhys Dill, Mike Corcoran, Don Holsten, Tom Lohman, Dave Young.



Co-Captain  
Tom Tomai

The cross country team evolved into one of R.H.S.'s greatest success stories.

In the pre-season, Ridgewood's team was considered good, but lacking what it would take to be great. It was ranked perhaps 7th in the county and a possible contender for the League title.

As time went on so did the team to win 9 straight dual meets and easily clinched the N.N.J.I.L. title. The team was ranked 3rd in the county as it captured 6th, 5th, and 1st in the prestigious Manhattan College, St. John's and Eastern State Championship races in New York.

Co-captains Tom Tomai and Kevin McCurdy, along with Bill Calderwood, supplied a strong senior section. Tom Tomai ranked as the second best runner in the county. Kevin McCurdy provided a powerful 2nd man punch, being beaten by only three runners in the N.N.J.I.L. besides Tomai. Both Tom Tomai and Kevin McCurdy, along with junior Ed Quinn, were screened to the all N.N.J.I.L. team. A solid pack of juniors provided great depths that made for a quality cross country team. Ed Quinn, Steve Lehman and Jim Robertello were the foundation of the Junior Squad, and may clinch the league title next year.

## Cross Country Team



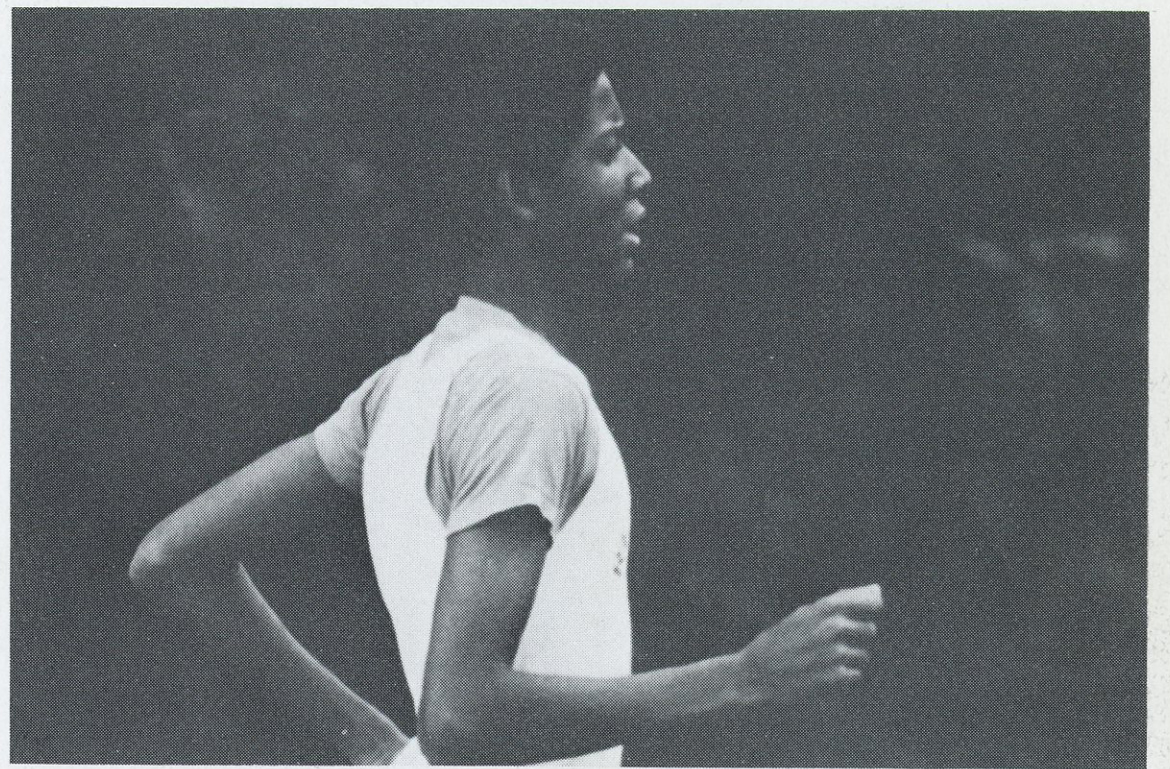
As Light As Air



Jim Robertiello

**Cross Country Scoreboard**

Ridgewood	Opp.
17 .....	Clifton 46
19 .....	Fairlawn 44
20 .....	Wayne Valley 43
15 .....	Teaneck 49
21 .....	Paramus 36
17 .....	Bergenfield 45
15 .....	Hackensack 50
15 .....	Passaic Valley 43
15 .....	Garfield 44
Season Record 9-0	



Ted Redfern



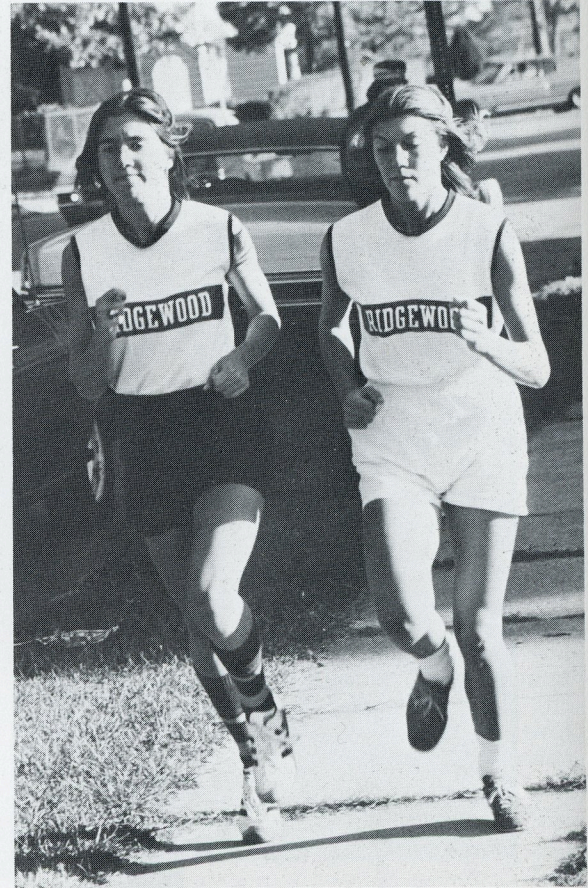
Anticipation

# First Girls Cross Country Team Proves Outstanding

Jean Leach, Kandie Latham



Girl's Cross Country Team: *Front Row:* Jean Leach, Kandie Latham, Margaret Vandermeys, Nancy Wise, *2nd Row:* Bonnie Campbell, Lucy Calderwood, Bonnie Fendrock, Cathy Carley, Mary Manley, *Back Row:* Karen Perkins, Gabrielle Stauber, Alice Fowler, Ginny Sayers.



Vandermeys, Calderwood, Campbell

## Girls Cross Country Team

### Girl's Cross Country Scoreboard

Ridgewood	Opp.
19	Saddle Brook 36
30	Paramus Catholic 25
33	Pascack Hills 22
39	Pascack Hills 20
41	Dupaul 18
27	Dover 30

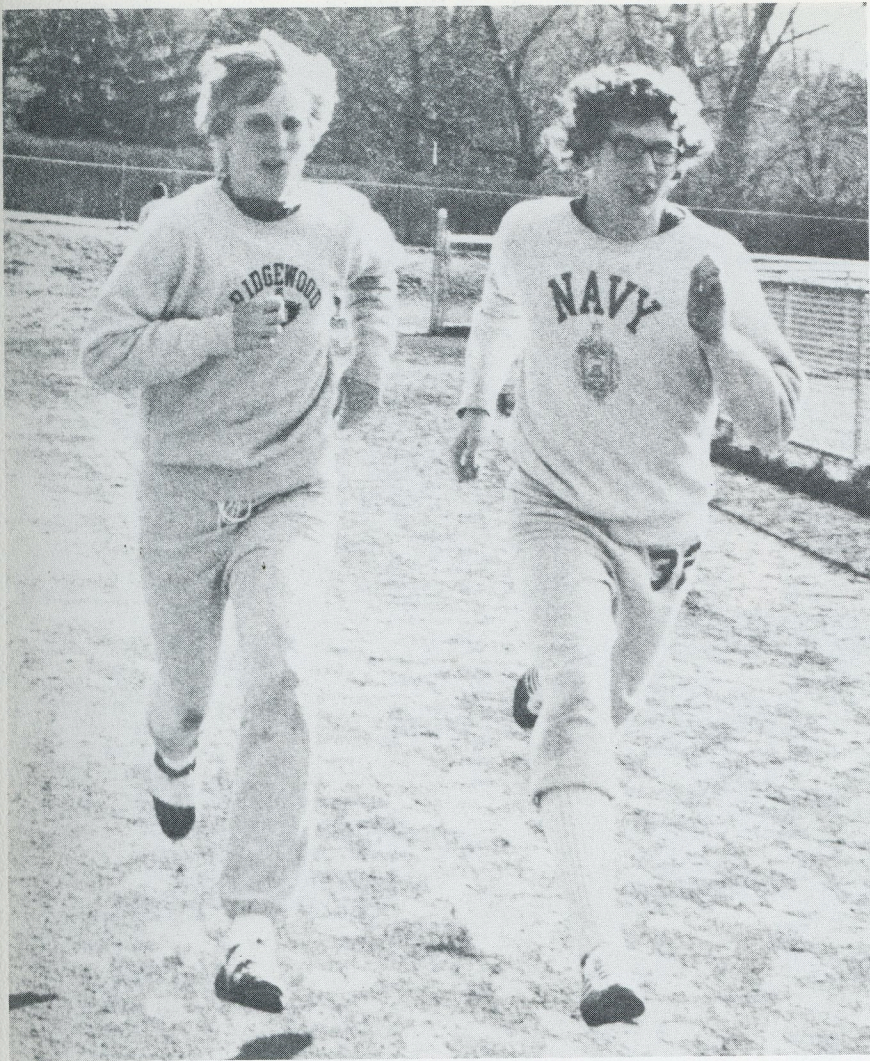
### 2nd Place

Bergen County Championship  
7th Place Northern New Jersey Sectional Championship

The first season of Girls Cross Country at Ridgewood High School was a very fine one, as the girls were a force to be reckoned with in northern New Jersey cross country running. The team was led by seniors Jean Leach and Kandie Latham whose team work set an example for the rest of the girls to follow. Jean and Kandie ran together, constantly encouraging each other both in practice and at meets. Rarely did more than several seconds separate them at the end of a race. Working together was a key factor in the team's success as witnessed by the short time span between Ridgewood's first and fifth girl meaning victory in several meets. Depth was the only thing the Ridgewood girls lacked and a late season injury to Kandie Latham caused the Maroons to lose their last duel meet and fail to qualify for the state championship. However, it was a great season and the Girls Cross Country Team is on its way to continued years of fine running.



Start of Race Against Pascack Hills



Steve Friars and Parke Muth



Jeff Lane

The only people that run winter track are runners! This statement appears to be simple fact, but it's more than that. Its meaning lies in the motive of everyone who runs winter track. Winter track is not something someone joins to get in shape for tennis or basketball, but it is the way runners sharpen themselves for spring.

Fierce competition, hard work and winter weather make the season uninviting to the undevoted runner. Meets are usually held indoors with as many as 1200 competitors. The workouts are short but strenuous because of the shortness of winter days and, needless to say, weather that is not usually conducive to running in shorts.

The runners who get out and practice in the winter certainly have goals and hopes of what spring track may bring. They definitely deserve recognition for their dedication.

# Winter Track

Steve Friars and Greg Pfitzer



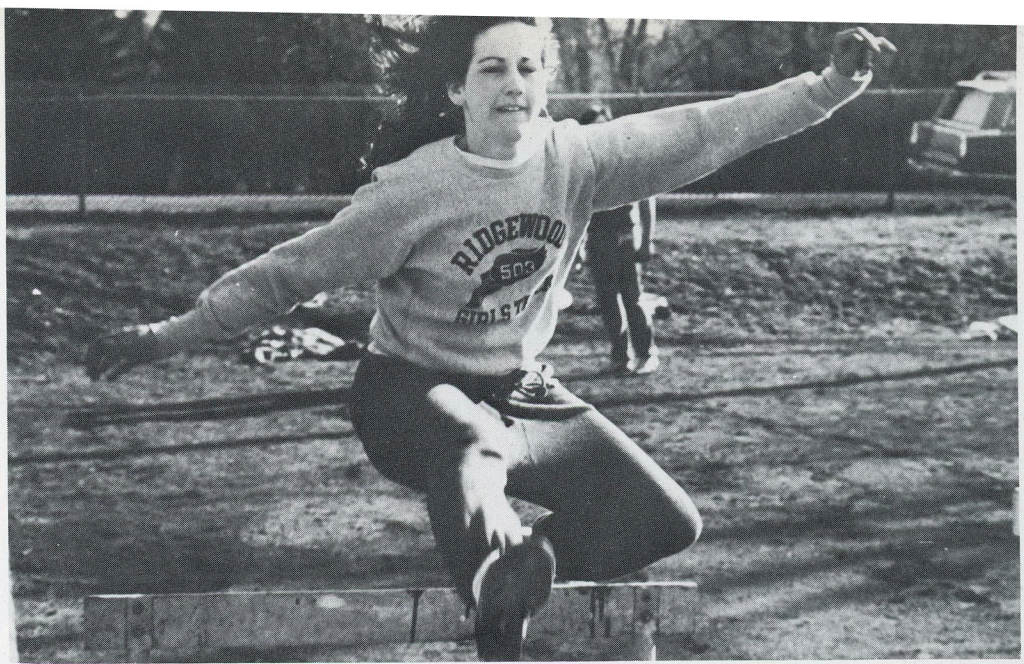
Coach Coyle



## 1974 WINTER TRACK PARTICIPANTS

- |                 |                  |
|-----------------|------------------|
| Yang Yuan Shih  | Andy Drapkin     |
| Greg Pfitzer    | Brian Haworth    |
| Steve Lichmann  | John O'Keefe     |
| Jean Leach      | Kevin Rogers     |
| Edward Quinn    | Rich Wankmueller |
| Parke Muth      | Robert Lane      |
| Ted Ogren       | George Malanga   |
| Kandie Latham   | Bill Kaiser      |
| Norm Holm       | Karl Rosengren   |
| Tony Vandermeys | Bill Hubler      |
| Ted Redfern     | Tom Witherell    |
| Don Holsten     | Mike Rogers      |
| Jon Kerr        | Kevin McCurdy    |
| Paul Crumb      | Tom Tomai        |
| Tim Rogers      | Doug Place       |
| Steve Friars    | Jim Robertiello  |
| Web Allard      | Nancy Reid       |

# Spring Track



Dinice DiNardo



Norman Holm



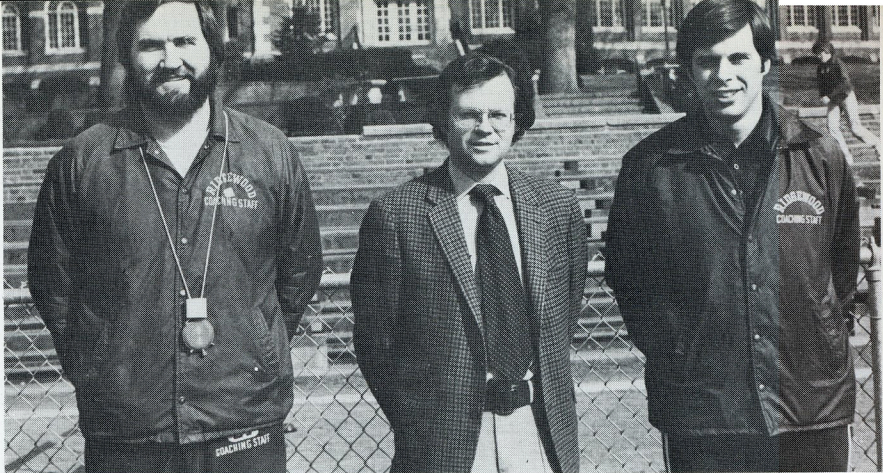
Dwight Scala



Dierdra Doyle  
Beth Granata  
Beth Smith



Yang Shih



Coach Deetz      Coach Coyle      Coach VanYperen



Tom Witherall



Boys Spring Track: *Front Row, (Left to Right):* Jerry Thompson, Tom Tomai, Bob Faath, Parke Muth, Bob Cummings, Jay Savoia, Greg Pfitzer, Norm Holm, Mike Senft, Stu Massey, *Second Row:* Ted Redfern, Yang Yuan Shih, unidentified, Discus Baker, Clark Bottner, Courtney Theurer, John

Kerr, Paul Crumb, Don Wiley, Hans Werner, *Third Row:* Dave Rortis, Tom Thurston, Jeff Stapleton, Fred Fricker, Brian Haworth, Jeff Voight, Bill Kaiser, Paul Flam, Jeff Moghrabi, *Fourth Row:* Ted Ogren, Joe Baldacci, Bob McKinley, John O'Keefe, Tony Buzzini, Jeff Lane, Jim Robertiello,

Steve Friars, Mike Rogers, Bart Baur, Tim Rogers, *Fifth Row:* Tony Vandermeys, Ed Quinn, Tom Witherell, Mike Sullivan, Rob Lane, *Back Row:* Chuck Walker, Tony Guinta, Greg Gillem, Jim Curran, Clark Debona.

Girls Track: Front Row, (Left to Right): Bob Stickles, Sue Davis, Jean Leach, Bonnie Fendrock, San Ong, Linda Russell, Mr. Brown, Second Row: Kim Puglisi, Jennifer Baringer, Beth Williams, Nancy Wise, Nancy Reed, Gabriella Stauber, Renee Dufon, Bonnie Campbell, Third Row: Jeanette Stemley, Martha LaMarre, Ginny Sayers, Barbara Lange, Margaret Vanderneys, Beth Smith, Cathie DeYoe, Mary Cooper, Back Row: Nancy Fenn, Julia Iezzoni, Alison Hefele, Becky Deetz, Absent: Carol Antonacci, Denise DiNardo, Kandie Latham, Hilary Nocka, Beth Granata, Michelle McLaughlin



Martha La Marre

# Spring Track

Tom Menees



Nancy Reed Cathie De Yoe



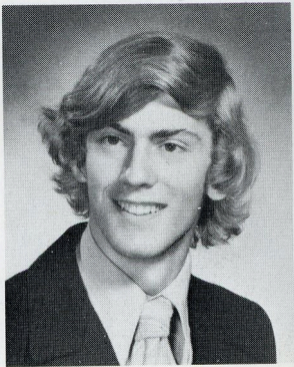
Tom Tomai



Jeff Lane



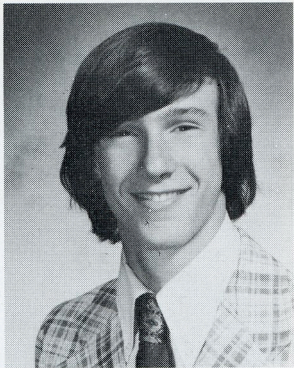
Spring Track 109



**Jeffrie Lane**



**Michael Rogers**



**Phillip Muth**

