

## GIRLS TRACK

"If the snow ever melts, we'll have a track team," proclaims girls track coach Jacob Brown.

Ridgewood, coming off two consecutive undefeated seasons, was 4-5 a year ago, for fourth place. "The team stands on its record," according to Brown.

Ridgewood's "big guns" include Pam Van Hoven, a senior high-jumper, Cerrie O'Donnell, who was injured last year, and Deecy Porro, who was the county triple jump champ as well as second in the long jump.

"I think we'll be much better this year," the coach predicts as he pointed to Teaneck and Hackensack as top teams and Bergenfield as the team to beat. Ridgewood does have a few weak events, but Brown still looks for a finish "between first and third."



# Ramsey, Hawthorne are girls track powers

By Earl St. Claire

Correspondent

Ramsey's girls track team finished third in the Bergen County meet last year and returns virtually every member this season. The Rams are considered the No. 1 team in Bergen by most coaches, but that doesn't mean a thing to the people in Passaic County.

"Ramsey is challenging us; we're not challenging them," says a firm-voiced Hawthorne coach Bonnie Rutt. She makes it clear her team is the defending Bergen-Passaic Scholastic League champion and that Ramsey is merely the pretender. "The only Group 2 team Hawthorne has ever lost to is Rutherford."

So Rutt expects her Bears to be in line for a repeat B-PSL title — no matter how big Ramsey is in Bergen — and to contend for the No. 1 ranking in Passaic County. Eastside, Kennedy, and Wayne Hills will probably be among those to argue the last goal.

Meanwhile, Ramsey has its own plans. Doreen Kris is potentially the finest female sprinter in Bergen County if she can avoid the hamstring problems that curtailed her season last spring. And coach Lou Molino is thinking about a State relay record from Karen Kobza, Kelly Collums, Deirdre Young and Kris. They ran a 4:10 indoors (the state record of 3:54 is owned by Woodbury).

Rutherford, last year's Bergen champion, has been riddled by graduation and the loss of outstanding javelin thrower Diane Papenberg, whose family has moved to Ramsey, making that team even stronger. But most coaches agree that Rutherford is still among the top contenders for Bergen County laurels.

Bergenfield, the surprise team last year, also figures to take a run at Ramsey. "I knew we'd be good last year," says coach Cliff Smith, "but I didn't expect we'd be that good (tied for seventh in Bergen). This year we may not have any extremely good athletes, but we'll have a lot of very good athletes."

Last year Rutherford, Teaneck, Ramsey, Fort Lee and Hackensack were the top five in the Bergen meet. This year, Ramsey, Bergenfield, Rutherford, Cliffside Park, Saddle Brook, Teaneck and Ridgewood should be among the chief contenders.

But, as Ridgewood coach Jock Brown notes, "At this time last year, Ramsey was the team to beat, and rightfully so. But then they were hit by injuries while Rutherford got itself together. You never know."

Following is a rundown of the leagues:

## NNJIL

This could be quite a battle. Bergenfield must overcome the graduation loss of do-everything Debbie Leopold, but Smith has a good start with second-team all-County runners Lisa Shadler (two-mile) and Lynn Good (440), all-County cross-country star Pat Greene and honorable mention shot putter Darcy Bauman. Junior Karen Monroe, who didn't compete last year after running an 11.3 100 as a freshman, could boost the dashes, as could freshman Angela Petzold. Hurdler Valerie Gerken and



Lesa Maloof

half-miler Terry Malespina are other standouts.

Ridgewood's key performers are middle-distance ace Allison MacGregor, long and all-Bergen triple jumper Deeey Porro, a cheerleader instead of an indoor trackster in the winter; hurdler Kerry O'Donnell (fifth in the County indoors) and freshman Barb Remmers in the distances.

Teaneck returns intact the County's No. 2 mile relay team — Sharon Gervasoni, Dawn Booth, Antoinette Bush and Beverly Cable — which ran 4:10 last year. Gervasoni was an all-Bergen high jumper, too. Hurdler Robin Muehsam, shot putter Elizabeth Williams and miler Maureen Schneider are other top hands back.

Hackensack may come out of the pack to challenge with such runners as ex-Rutherford hurdler Lorie Carter, dasher Renita Terry and distance runner Michele Fudge.

Distance runner Doreen Piano and high jumper Robin Rickert could key a challenge from Paramus.

Wayne Valley features two outstanding seniors who have qualified for the State finals in their respective specialties for the past three years: half-miler Valerie Crenshaw and high jumper Paul Kaplan. Beth Koch and Kaplan make the high jump a team strength, while the distance events are much stronger with the development of juniors Nancy Schneelock and Tracy Brauch. The hurdlers are Karen Bodoklys (also an all-league long jumper) and Sue Mainardi.

Junior Joyce Barmore, an all-Passaic County cross-country runner, is a talented returning all-league miler on a growing Passaic Valley team. In their second year of competition, the Hornets also feature quartermiler Donna Azrak, sprinter Jane Fishback and halfmiler Sharon Polonaro.

## B-PSL

Ramsey had the County's best relay team last year with Lesa Maloof replacing the injured Kris. Now Maloof will concern herself with trying to help set a State record in the two-mile relay with Sandy Flubacher, Colleen Delia and Collums. Also back is second-team all-County discus thrower Collette Kloetz.

Hawthorne's Terry Dembek finished third and second in the State 440 competition the past two years; Susan De Flora made it to the finals in the discus as a freshman, and Denise Della Torre made it to the shot semis. The Bears appear strong again.

There should be other fine individual efforts in the league, especially from Waldwick's Randi Tedona, one of the best hurdlers in the County.

## BCSL American

Ron Gundry moves from the boys team to the girls and some coaches say that's worth points for Saddle Brook's girls. The Falcons' middle distances should be strong with indoor stars Mary Boltach and Jean Bargiel. Marlene Fair, a sprinter, and Elizabeth Wahler, a weight specialist, are other veterans to watch.

Defending league champion Cliffside Park has lost some key people through graduation and one accident. Imposing sophomore shot putter Beth Krivda suffered a broken leg and won't be available until late in the season. But Barbara Lemley has many people who could earn another title, such as Dawn Donovan (hurdle), Ann Rivieccio (javelin) and versatile Jean Disciascio, who long and high jumps, runs the 440 and is on the relay teams.

Last year's runnerup, Fort Lee, may be in the thick of things again, what with all-County cross-country star Kelly Neilan, outstanding jumper Leslie Wytowicz and middle distance star Eleanora Mitrano back. Neilan was first in the County indoor two-mile this winter.

But the ultimate championship effort could come from a lesser-known entity, Dumont. Peggy Quinn's Huskies finished a surprise fourth last year in their second season of competition. Patti Bubar became an instant success in the shot and discus (she lost only once each in the league); Laura Barmat set school records in the triple and long jumps, and Sue Bennett. Bennett ran on a strong 440 relay team, ran sprints and is one of four talented javelin throwers (Patty Vedus, Sue Taylor and Betty Morrison are the others).

## BCSL National

For the first time the National and Olympic Divisions will have separate league meets this year, much to the relief of many Olympic people.

Rutherford won easily last year — nine firsts in 12 events — and is favored to handle the National this season.

Sue Zak won sectional championships in the discus and javelin, Dianne Garbe won in the shot. More classy performances should come from hurdler Holly Wehner and sprinter Sue Buehler. Kathy and Mary Daly also are strong distance runners.

The biggest challenge to Dick Hitt's squad should come from Secaucus, although Joe Alfano says, "Rutherford is always strong and its depth might be too much for us. I don't know if we'll be ready for them that early (they clash April 12)."

Alfano was rocked by possible district shot put champion Linda Diemer's decision to switch to softball. However, the rest of his team is back, including seven



Patty Greene

who placed in regional competition last year. Linda Weichenrider won the 110 hurdles, Edna Schoenrock placed in both sprints and versatile Mary Ann Anderson placed in high jump, long jump and 440.

Four freshmen took regional places, too — Mary Joe Trusso (mile), Jill Penrice (mile), Rosemarie Metcalfe (two-mile) and Kathy Meeney (880).

Becton's top returnee is league champion high jumper Bonnie Patiro.

## BCSL Olympic

Al Germann felt Bogota was ready to challenge Rutherford, but with the divisional split, he'll have to settle for the favorite's role here. Eileen Hughes and Denise Murphy, league record holders in the 100 and mile, respectively, figure to lead the assault, along with sprinter Edith Springmeyer and high jumpers Maureen Carroll (also an 880 runner) and Kathy Bothe.

Park Ridge is most likely to give Bogota its stiffest challenge.

## NBIL

Northern Highlands won the league meet last year, but had to face perennial champion Wayne Hills in a makeup dual meet a few days later. The Patriots won that showdown of unbeaten and Northern Highlands coach Donna Kohl has been waiting to even the score ever since.

The entire Highlands team is back, along with a healthy freshman crop. Last year's No. 1 freshman was Stephanie Bembridge, who went on to become an all-County long jumper (18-2). Highlands must overcome weaknesses in the field events, but the rest of the events are in good shape. Distance ace Sandy Newett, quartermiler Becky White, jumper-880 runner Peggy Bonin are exciting vets and sprinter Laurie Nicoletti is another freshman find. Another Highlander strength will be in the relays.

The NBIL could be the best-balanced league in the area. Wayne Hills again is seen as the team to beat, but coach Chris Murphy tries to divert those digits: "We're a new, young, inexperienced team and may not be that good."

She calls Highlands and Demarest the teams to watch.

Wayne Hills has tradition and State two-mile champion Nina Zollo (5:04) on its side, along with another senior distance star, Harlene Nelson.

Demarest's Tom Clancy feels Linda Clayton, a junior, can break the County discus record and that Clayton, Linda Jansson and Sue Taxeras can go over 300 feet as a discus relay trio. Sprinter Mary Lee Howarth is the only member of the Norsewomen's outstanding relay team who didn't graduate, but the costars are still plentiful. Joy Walling is an exceptional quartermiler and Jody Turton holds the school two-mile record for girls. Gerrylyn Abramonte, a sophomore, is a promising half-miler.

Old Tappan enjoyed an exceptional indoor season and coach Joan Philibert expects a bright spring. Pam Phillips, fourth in the 60-yard dash indoors, hasn't come out for the team, but the team has Colleen Dunn, second in the County 1,000 run, and sister Cheryl, the high jump runnerup. Both are also accomplished long jumpers while Cheryl also sprints. Linda Malmrose was third in the 600 and will run the 880. Kim Schwickrath is out to prove her fourth in the indoor shot was no fluke.

Pascack Valley could be potent on the track with four-year veteran Aleta Fischer, the County indoor 300 champion; Sue Wagner, fourth in the two-mile, and the lady every coach is talking about, Mary McGowan, who finished a surprising second to Paramus Catholic superstar Michelle Guido in the mile.

## PVC

Kennedy went with a lot of rookies last year and it seems ready to challenge defending champion Eastside. All-Passaic County harrier Jo Ann Sheffield, a junior, will run the 440 and can go in either the sprints or the distance events. Another highly versatile athlete is freshman Sherry Livingston, who is



Joyce Barmore

penciled in by coach Alma Pinder at long and high jumps, the hurdles and other events.

Other top Kennedy athletes are sprinter Tammy Simmons, hurdler-sprinter Pat Davidson, two-miler Michelle Perry, half-miler Awino Odhiambo and freshman sprinters Willette Berry and Eugenia Prince.

Eastside's 1-2-3 cross-country punch of freshman Kim Rousseau, an all-County harrier; Carol Bowman and Rose Mary Godbom will make the distance events potent for the Ghosts. Vicki Smith and Laverne Harrison should put the hurdles in the same class. And also difficult to stop in the 440 is Carolyn Swann.

## Parochial league

Paramus Catholic should again dominate the Catholic Track League with cross-country and indoor mile (5:13) star Guido leading an impressive field. Hurdler Brenda Brown will be one of the County's best and Ann Kraemer should excel in the two-mile.

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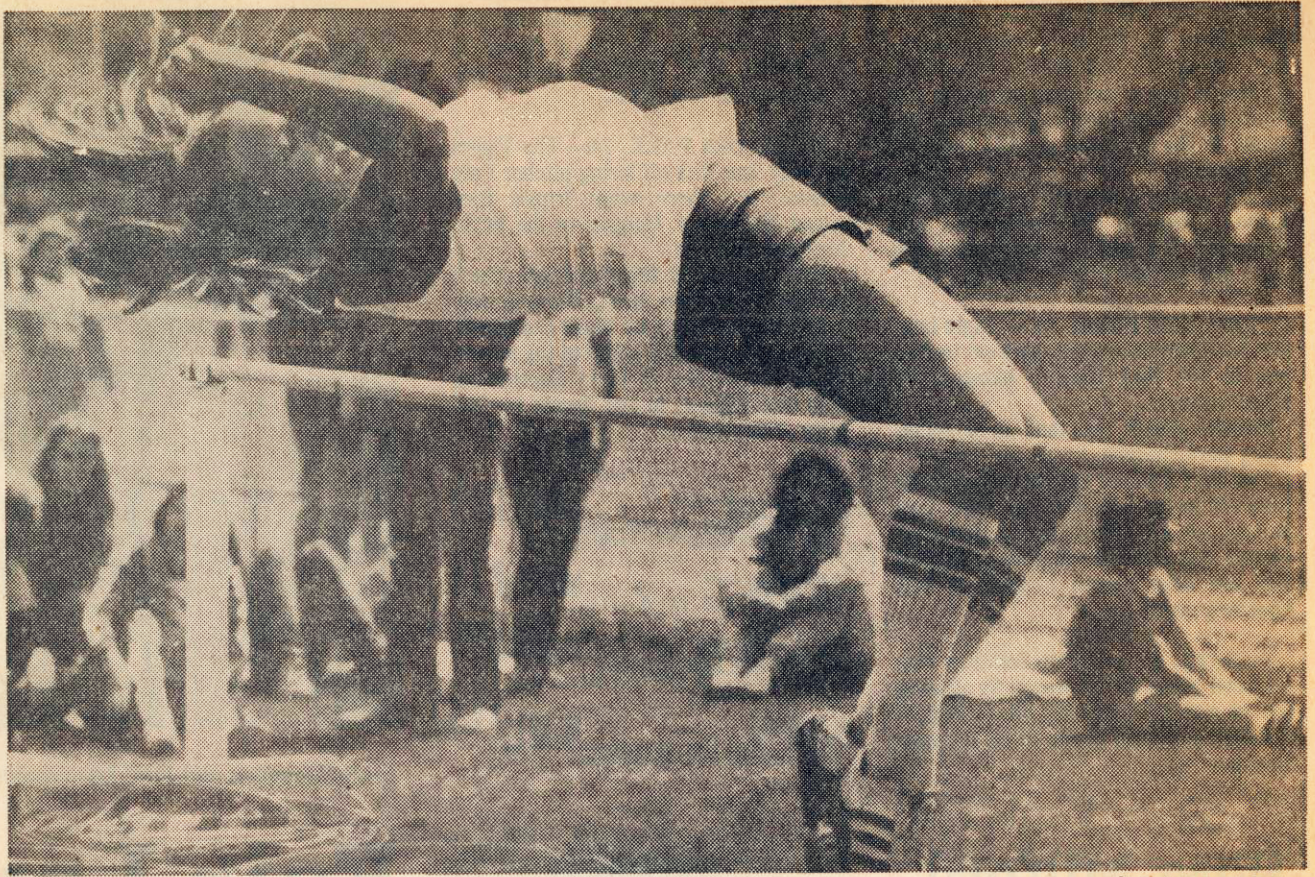
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Staff photo by Al Paglione

*Passaic Valley's Ieva Slokenbergs prepares to clear the high jump bar.*

# Hawthorne girls rebound

**By Paul Schwartz**  
Correspondent

RUTHERFORD—Hawthorne lost the Passaic Relays last week and used the loss to prepare for its win in the Rutherford Girls Relays yesterday. Bergenfield lost the Rutherford Relays and hopes the experience will benefit it in next week's Bergen Relays.

"There's nobody like Eastside in Passaic, so we wanted to prepare ourselves to defend our title here," said Hawthorne coach Bonnie Rutt after her team won three events and placed in six others for 35 points.

"We want to win the Counties, and we're looking to the end of the year," said Bergenfield coach Cliff Smith, who held injured distance stars Eileen Healy and Patti Greene out of all but one event in preparing for next week's meet at New Milford. "Last year we peaked too soon and we don't want that to happen this year."

The warm weather led to some good performances at Memorial Field, especially in the weights.

Kim Schwickrath of Old Tappan threw the shot 39 feet, seven inches to set an individual County record and with teammates Doris Kaiser and Mary Ann Johnson, shattered Ridgewood's three-year-old shot put record with a total of 103 feet, 10½ inches.

Sue Zak threw 115-7 in the discus, leading Rutherford to a County record 301-3 in that event. Linda Clayton of Demarest threw 117-8.

"These meets are building meets, building confidence for the later meets," said veteran coach Jock Brown of Ridgewood.

"We're shooting for the league, counties and states," said Brown. "And this is a good stop along the way."

Ridgewood scored a solid 18 points, placing in six events and winning the sprint medley, to finish third.

Terri Dembek anchored the winning Hawthorne effort, running a fine 58.8 quarter to anchor the mile relay, and jumping 15-2 in the winning long jump relay. But her finest effort came in the 880 when she made up a 12- to 15-yard deficit on Bergenfield's Michelle Marks

in running a 26.3 220.

Bergenfield won the 440 and four-mile relays, with the quartet of Lisa Schadler, Healy, Greene, and Terri Malespina running 23:06.7 to break the County mark by 5.8 seconds.

Michelle Guido of Paramus Catholic ran a fine 5:26 anchor mile to lead Paramus Catholic to the distance medley title. The race, run in two sections, featured four of the state's finest milers, Wayne Hills' Nino Zollo, Guido, Union Hill's Lucy Sheldrick and Fort Lee's Kelly Neilan. Guido ran alone in the second section and Zollo outdueled Sheldrick and Neilan in the first heat. Zollo ran 5:28 for third-place Hills.

Saddle Brook and Rutherford, probably the two best small schools in the County, finished fourth and sixth with 13 and 10 points, respectively, but Falcon coach Ron Gundry was disappointed in his team's performance. Rutherford coach Dick Hitt also was convinced his team can better its performance.

Cliffside Park won the hurdles and Wayne Valley the high jump in other championship events.



# For Marty Liquori, a Springtime Ritual

By NEIL AMDUR

CEDAR GROVE

**I**T has always been a spring ritual, a coming-out party. And this week, hundreds of New Jersey high school and college track and field athletes again will travel to Franklin Field in Philadelphia for the annual Penn Relays.

Marty Liquori remembers the relays as far back as his days at Essex Catholic High School 11 years ago. Next Saturday, he will run in the featured Ben Franklin Mile, an invitational event, in what he hopes will be a major confidence-booster for his outdoor competitive season.

As a student at Essex Catholic, and later at Villanova University, Liquori viewed the Penn Relays differently than he does now. It was a happening, one in which thousands of track and field athletes ran during the day, partied at night and shared the socio-sport experience that seems to accompany this annual carnival.

"It was the biggest thing you had in those days," he recalled in an interview, "and it was pretty exotic, what with teams from Jamaica and all over the East Coast."

The Penn Relays, now in their 84th year, are still as exotic as ever. A record 8,000 athletes, buoyed by the addition of a full program of women's relay races on Thursday, will compete in the week-long event.

The program gets under way with a marathon race tomorrow and a decathlon on Tuesday and Wednesday. The bulk of the championship relays will be

run Saturday, although the distance medley remains a Friday fixture.

For many competitors, the sight of 35,000 spectators in the stands next Saturday afternoon will be worth several seconds to their relay time.

"The unbelievable amount of people and the noise still stick with me," Liquori said. "I had never heard that many people cheering at a track meet."

"A lot of high school kids don't know what track and field is until they go to the Penn Relays. Most people think track is three races a day on a cinder track before about 30 people."

For some athletes, the Penn Relays represent a free trip; for others, it is a

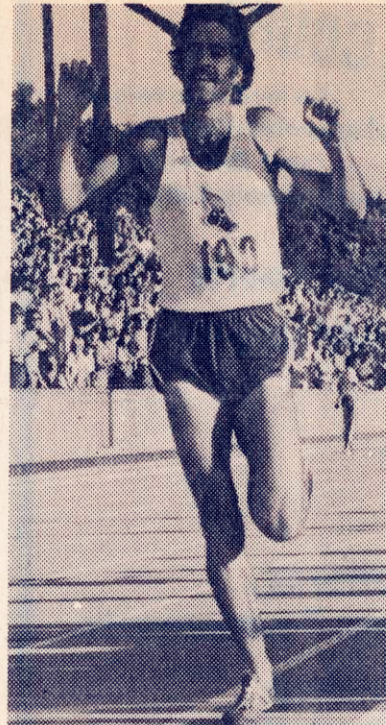
## SPORTS

chance to receive one of the watches that traditionally go to the winning teams.

For the quality runners, a fast relay time can earn a college scholarship; athletes have arrived unknown and left with their next four years of school fully paid. It will be especially true this year, with the 30 separate women's events certain to spotlight potential talent among the 1,000 female athletes.

"All the East Coast college coaches are there," Liquori said. "And there's nothing like coaches seeing your stride and spirit themselves, rather than reading about it in the papers."

Liquori, whose family lives in Cedar Grove, saw his early dreams of winning a watch frustrated, although Essex Catholic was the favorite in several races during his sophomore and junior years.



Marty Liquori in a familiar position: first

Then, in his senior year, he anchored the school's victorious distance-medley team with a mile clocking of 4:04. This was the day's fastest time — high school or college — and earned him the meet's Outstanding High School Athlete Award.

Before that day, Liquori was headed for the University of Pennsylvania. He

wound up enrolling at Villanova, where he won nine Penn Relays college titles with the Wildcats, qualified for the 1968 Olympics in the 1,500-meter race and was clocked in 3:54.6 in beating Jim Ryun in the 1971 "Dream Mile" at Franklin Field.

Liquori now lives in Gainesville, Fla., with his wife, Carol, and is a partner in a string of Athletic Addict stores (they sell running shoes and gear) around the country. Two of the 86 franchises are in New Jersey (at Willowbrook Mall in Wayne and Rockaway Square Mall in Dover).

Until several years ago, Liquori had established his reputation in the mile. Last year, however, he was voted the world's top-rated 5,000-meter runner by Track and Field News magazine; the 5,000 will be Liquori's event if he is to qualify for the 1980 Moscow Olympics.

"I don't train for the mile any more," he said, referring to his expectations at the Penn Relays. "But I've been running 115 to 120 miles a week, so I should be in the best shape of my life."

Earlier this spring, he won a mile race in 4:08 and a half-mile event in 1:53 at an all-comers meet in Gainesville. But with sub-4-minute runners like Waigwa and Munyala in the field, along with his own personal best of 3:52.2, a fast time will not be out of the question.

And, of course, there is the aura of competing at Penn. It is more like a homecoming for Liquori, who has missed only a few of these carnivals in the last 13 years.

"Nobody wants to run poorly at Penn," he said. "That's always where people like to show their best."



# Guido: Time of her life

By Joel Pisetzner

Staff Writer

Michele Guido has ensured that the area's fling with the 84th annual Penn Relays will be a pleasant one, no matter how brief the relationship. Guido, running in the first high school girls mile ever held at the Relays, yesterday broke her own Bergen County record with a time of 5:09.9.

"I was pretty surprised," the Paramus Catholic senior said after finishing in a tie for sixth place.

Ramsey's girls won one of eight 1,600-meter relay races yesterday and failed to place in the 3,200-meter competition.

Most of the area's track athletes involved in the event in Philadelphia compete today and tomorrow, but they'll be hard-pressed to steal the spotlight from Guido and the Ramsey girls.

Guido broke her 1976 record by 3.5 seconds. Running in the second of two heats, she started out in seventh place in a pack that began to break up after three laps. She briefly pulled into the lead at the three-quarters mark before fading to second.

A timing mix-up originally gave her a time of 5:09.7, good for fifth place, and she was given a fifth-place medal. The true time wasn't discovered until she'd returned home to Paramus.

"Oh, well, two-tenths of a second, that's not too bad," she said.

Guido attributed her performance to the fast company and good track. "But I think I could have run a little better," she said. "Usually my legs feel tight after I've run hard. But they feel fine now."

Ramsey's girls relay team completed its 1,600-meter race (about a mile) seven yards ahead of second-place Bishop Loughlin of New York. Dierdre Young, Kelly Collums, Karen Kobza, and Dooreen Kris combined for a time of 3:58.

Collums's 58.5 leg was the fastest.

Ramsey led from the second lap in the race, which was timed independently of the other 1,600s.



Michele Guido

The Rams' 3,200 team took second in its section at 9:42.7, the sixth best overall time.

A Ramsey alumnus, Eastern Michigan freshman Roger Jones, finished far back in the collegiate 5,000-meter run last night. Jones, running his first Eastern collegiate race, posted a 14:13.9 time. Winner Bernard King of North Carolina State recorded 13:33.7. Fairleigh Dickinson junior Randy Great-house finished in 14:43.

Jones runs again today in the 1,500.

Whether the rest of the area's high school athletes in the Penn Relays can do as well as Guido and Ramsey's girls remains to be seen. The top high schoolers from along the Eastern Seaboard are participating in the six-day event that concludes tomorrow.

Bergen Catholic's distance medley team appears to have the best chance at giving the area another first-place finish in a championship race, but the odds do not favor the Crusaders.

Trenton is considered the favorite in the event, which covers 4,000 meters. Trenton's only Achilles heel is the 1,-

200-meter (three-quarter mile) leg of the race, and Bergen Catholic might be able to capitalize on that with its 1,200 man, John Malone.

Kevin McKeon, Mark Marchesani will run the first two legs for Bergen Catholic (800 and 400 meters, respectively) and Bill Leonard finishes with the 1,600-meter leg.

John Rice will join McKeon, Malone, and Leonard in the 3,200-meter relay tomorrow morning. Trenton again is highly rated.

Two of the County's top distance runners failed to qualify for the Relays. Neither miler John Jacobus of Saddle Brook nor two-miler Scott Sarnoski of Bergen Tech ran an acceptable time in those respective events this year, and Relay officials refused to accept their times of last year.

## Errico is second

All-Bergen County wrestler Vito Errico of Hackensack came within half a point of winning the 171-pound division in the Seahorse Open Wrestling Tournament recently at Fort Lauderdale, Fla. Errico, a senior, finished second to a 28-year-old Florida International University senior in the 18-man division.

## Tournament concludes

PARAMUS — The Bergen County Coaches Association satellite tennis tournament winds up tomorrow at Van Saun Park. The semifinals begin at 10 a.m. with the final starting at 1 p.m.

## Hole-in-one

Jeff Aeder of Tuxedo Park Club sank a hole-in-one on the 157-yard, 15th hole Monday. Aeder, who used a seven-iron, was playing with Steve Tucker, Blair O'Connor and Jim Brightly.



# Saddle Brook, Ramsey girls roll

By Paul Schwartz

Correspondent

NEW MILFORD — When Lou Molino of Ramsey and Ron Gundry of Saddle Brook planned their strategies for the first Bergen County Girls Relays, they counted their strong events.

"Tenafly is real strong in the field," said Gundry early in yesterday's meet, "but wait till we get on the track."

"We'll score well in the 880, sprint medley, mile, two-mile and distance medley," said Molino. "We can win them all."

Both proved accurate prophets and successful coaches as Ramsey took four of its five key events and placed third in the fifth to win the Group 3-4 division, and Saddle Brook won every running event but the hurdles to win in Groups 1-2.

The quartet of Diedre Young, Kelly Collums, Karen Kobza, and Doreen Kris completed a spectacular seven days with impressive wins in the 880, mile and sprint medley for Ramsey. The foursome set a County record of 4:18.6 in the sprint medley, one of six marks on the day.

Ramsey also won the two-mile, failing only in the distance medley because of a State record performance by the Bergenfield team of Teri Malespina, Val Gerken, Pat Greene, and Lisa Schadler. The Bears, third in the meet with 33½, behind Ramsey's 44½ and surprisingly strong Old Tappan with 39, ran 13:03.2 to break Toms River South's year-old

record. Schadler's 5:18 mile keyed the record-setting effort.

The Rams got help from two unexpected sources in winning the division. Diane Papenberg's final javelin throw gave the Rams a win. And the absence of Demarest's discus throwers, who chose to throw at Wayne Hills' easier ring in a try for a County record, enabled Ramsey to win that event.

Old Tappan served notice, however, that its undefeated dual meet record is no fluke. The Knights won the shot put, high jump and four-mile relays, with shot putter Kim Schwickrath missing her own County record by two inches with a toss of 39-feet-five-inches.

Northern Highlands shattered the long jump record by nearly three feet, and Cliffside Park, anchored by Dawn Donovan, broke the 440 shuttle hurdles mark.

Saddle Brook was extraordinary in winning the small schools division. After Tenafly had grabbed an early lead by winning the long jump, triple jump, high jump and hurdles, with freshman Leslie Davis having a hand in all four wins and soph Liz Lee helping in three.

First, the distance medley team won by 37 seconds, then the 880 team edged Park Ridge. The four-mile team won by 10 seconds and by the time Laura Frisch edged Waldwick's Randi Tedona in the 440, Rutherford coach Dick Hitt was conceding victory to Gundry. The Falcons then copped the two-mile, sprint medley and mile to finish with 58½ points.



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Staff photo by Ed Hill

*Michelle Mark anchors Bergenfield to victory in the 440 relay.*



# Bergenfield girls emerge

By Paul Schwartz

Correspondent

Four years ago, Cliff Smith was an assistant football coach at Bergenfield High School. His track experience included two years of varsity running at Southern Connecticut State College. Coaching a girls track team was not at the top of his list of priorities.

But when the first Girls Bergen County Relays are run, tomorrow at New Milford, Smith will be in charge of a Bergenfield team, that along with Ramsey and possibly Ridgewood, is considered a leading contender in the large-school division of the 31-team meet.

"I'd run track in college, and nobody was doing anything for girls track at Bergenfield," Smith says, "So I went out and started to promote the program myself. We had a pretty good response, especially from the freshman class. We ran some dual meets and did okay."

Two more good freshman classes later, Smith has assembled a solid consistent group of runners who are threats in almost every event from the 440 to the four mile. The Bears were second to powerful Hawthorne last week at the Rutherford Relays. The team of Lisa Schadler, Patti Greene, Terri Malespina, and Eileen Healy set a Bergen County record of 23:06.9 in the four mile.

Bergenfield also upset Hawthorne in the 440 with Lynn Good, Karen Monroe, Mary Lou Gallione, and Michelle Mark running well.

"We don't have the superstars Ramsey has," Smith says. "But all our girls

run very well, and we're well-balanced except maybe in the field events."

If Bergenfield is balanced, Ramsey is explosive. The Rams ran a 3:59.4 mile relay and missed the County record by barely more than a second in the two mile with a 9:47.5 clocking at the Kearny Relays.

Doreen Kris, injured last year, signalled her return to form with a 58.1 anchor leg on the record-setting mile relay team, which included Karen Kobza, Kelly Collums and Diedre Young.

Ramsey coach Lou Molino hasn't decided where his runners will be competing tomorrow, but counts on distance runners Lesa Maloof, Colleen DeLia, Sandy Flubacher, and Diane Papenberg to make the Rams contenders in whatever race he chooses.

The Rams skipped the Rutherford Relays, choosing to compete in only two events at Kearny. "I didn't want my kids having to run three times at Rutherford, twice at Penn [today] and three times Saturday," Molino says.

One advantage the Rams may have over Bergenfield is in the field events where Collette Kloetz is one of the County's best in the weights. The Rams probably won't win either event. Old Tappan, with County shot put record-holder Kim Schwickhart, Doris Kaiser, and Mary Ann Johnson should win the shot, and Demarest with Linda Clayton, Sue Taxeras and Linda Jansson should win the discus. But Ramsey should score in both events.

Ridgewood also will be a threat, but coach Jock Brown seems more delight-

ed that the long awaited County Relays finally is a reality.

"We used to stand around and say, 'we need a County Relays' and no one went out and got one until this year," he says. "One of the best things about these local meets, is that everyone can get some medals. We used to have to compete with teams all over the state and it was tough to get points."

Some Maroons who should win are distance runner Alyson MacGregor and jumper Deecy Porro. "I'm realistically looking at third place, but who knows?" Brown says.

The smaller-school division features a battle between Saddle Brook and Rutherford. Park Ridge also should be a factor.

Rutherford coach Dick Hitt counts on the record-setting discus team of Dianne Garbe, Heather Scelfo, and Sue Zak to win, and looks to hurdler Holly Wehner and distance stars Cathy and Mary Daly to beat Saddle Brook.

May Boltach, Lynn Scali, and Lucille Pasciolla bear much of Saddle Brook's burden. Scali is a question mark after injuring her leg in gym class more than a week ago.

Other threats in the large-school division include Cliffside Park's hurdles team, paced by Dawn Donovan, Pascack Valley's sprint medley team with Aleta Fischer and Paramus Catholic's distance medley team with mile record holder Michelle Guido. The reconditioned New Milford track may produce many County records. The meet was to begin today with the high jump, triple jump and javelin.



Doreen Kris

Up



# Saddle Brook girls roll

By Paul Schwartz

Correspondent

NEW MILFORD — When Lou Molino of Ramsey and Ron Gundry of Saddle Brook planned their strategies for the first Bergen County Girls Relays, they counted their strong events.

"Tenafly is real strong in the field," said Gundry early in yesterday's meet, "but wait till we get on the track."

"We'll score well in the 880, sprint medley, mile, two-mile and distance medley," said Molino. "We can win them all."

Both proved accurate prophets and successful coaches as Ramsey took four of its five key events and placed third in the fifth to win the Group 3-4 division, and Saddle Brook won every running event but the hurdles to win in Groups 1-2.

The quartet of Diedre Young, Kelly Collums, Karen Kobza, and Doreen Kris completed a spectacular seven days with impressive wins in the 880, mile and sprint medley for Ramsey. The foursome set a County record of 4:18.6 in the sprint medley, one of six marks on the day.

Ramsey also won the two-mile, failing only in the distance medley because of a State record performance by the Bergenfield team of Teri Malespina, Val Gerken, Pat Greene, and Lisa Schadler. The Bears, third in the meet with 33½,

## Ramsey also wins relay title

behind Ramsey's 44½ and surprisingly strong Old Tappan with 39, ran 13:03.2 to break Toms River South's year-old record. Schadler's 5:18 mile keyed the record-setting effort.

The Rams got help from two unexpected sources in winning the division. Diane Papenberg's final javelin throw gave the Rams a win. And the absence of Demarest's discus throwers, who chose to throw at Wayne Hills' easier ring in a try for a County record, enabled Ramsey to win that event.

Old Tappan served notice, however, that its undefeated dual meet record is no fluke. The Knights won the shot put, high jump and four-mile relays, with shot putter Kim Schwickrath missing her own County record by two inches with a toss of 39-foot-five-inches.

The Knights also scored in the 440, mile, two-mile, long jump, discus and triple jump, with freshman Debbie Pagan leaping 33-9 in the latter event, the third best performance in County history.

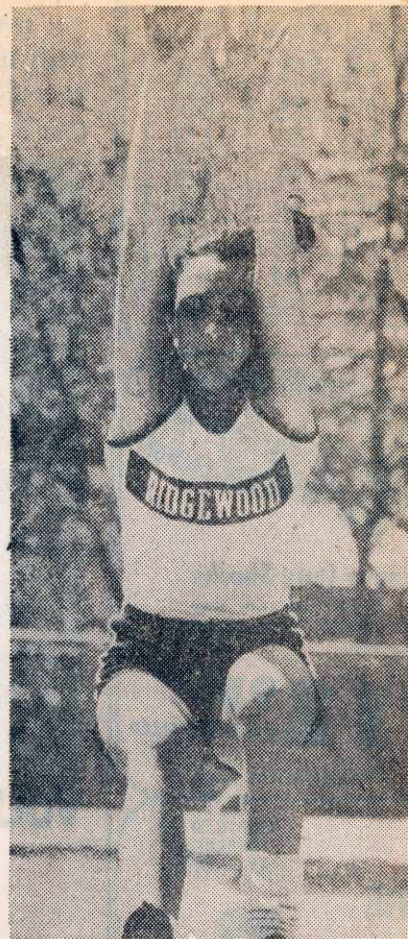
Northern Highlands shattered the long jump record by nearly three feet, and Cliffside Park, anchored by Dawn Donovan, broke the 440 shuttle hurdles mark.

Saddle Brook was extraordinary in winning the small schools division. After Tenafly grabbed an early lead by winning the long jump, triple jump, high jump and hurdles, with freshman Leslie Davis having a hand in all four wins and soph Liz Lee helping in three, the meet shifted to the track and the Falcons took over.

First, the distance medley team won by 37 seconds, then the 880 team edged Park Ridge. The four-mile team won by 10 seconds and by the time Laura Frisch edged Waldwick's Randi Tedona in the 440, Rutherford coach Dick Hitt was conceding victory to Gundry. The Falcons then copped the two-mile, sprint medley and mile to finish with 58½ points, 14 more than Tenafly and 22½ more than Rutherford.

Laura Frisch, Ellen Lorena, Sharon Kearns, Mary Boltach, Laurie Mackanin and Jean Bargiel all gained three gold medals for the Falcons. Sue Zak and Heather Scelfo had a share in three wins for Rutherford — the shot put, discus and javelin.

"Our kids ran their best times in every event," said Gundry. "We were pointing towards this one, and we were ready. Everyone ran well."



Staff photo by Ed Hill

*Deecy Porro helps give Ridgewood second place in the long jump.*

*Passaic County Edition*



V. Yehle

D-7

Guido

By Joel Pisetzner

Staff Writer

4221

Few people can find as ready a reason for self-confidence as Michele Guido. She can look through the record book or the newspapers from time to time, and there it is: Fastest mile ever run by a high-school girl in Bergen County—5:13.4 by Michele Guido, Paramus Catholic, in 1976.

It doesn't work.

Guido has as much self-confidence as the Tin Woodman had heart. That's not just on the track. "I always put myself down," she says.

Why remains a mystery. She's pretty, charming, and open (except when it comes to her weight), as well as a talented, hard-working runner.

She will be running today in the prep-girls mile of the Penn Relays. The idea came from Paramus Catholic boys coach, Mike Glynn.

"I think it was about a month ago," Guido recalls. "He was mentioning meets that he thought I should run in. One of them was the Penn Relays. At first I thought he was kidding. It's such a big meet. I didn't think I belonged in it."

High-school girls from along the Eastern Seaboard who had run miles in 5:20 or better qualified for the race, and Guido was one of them, like it or not.

The prep-girls mile is one of 18 events for girls added to the relays schedule this year. All told, the six-day event (which began Monday with the marathon) drew 22,000 entrants.

Guido has had to put up with a lot since she first decided to run during her freshman year. There were the come-ons from crude passers-by as she did her roadwork. There were the unchallenging hours she spent training with her female colleagues. And there were the nervousness and lack of confidence that hounded her before meets.

She learned to ignore the roadside comments, and she found some between-meet competition this year when Glynn invited her to join the boys' workouts, where the training demands were greater. Her performances were equal to those of the sophomore boys, so she worked out with them, running 60 miles a week.

Age and experience took care of the nervousness.

That leaves the lack of confidence as Guido's only obstacle. Glynn and first-year girls track coach Trish Benevento administer regular doses of encouragement to keep up her spirits. "They can tell me that I'll really be good, and that helps," Guido says.

Meanwhile, Benevento has expanded the girls' training program in hopes that someday a Michele Guido won't have to go elsewhere to sharpen herself. "They seem to be responding to it," Benevento says of the girls. "They would come up to me after a hard workout and say, 'Oh, my leg.' I'd tell them I had my degree in physical education, not medicine. It's just a matter of getting used to it."

Guido first realized her potential in the State Meet of Champions during her sophomore year. She took second place with a 5:16, her first sub-5:20 mark ever. "I knew I could stay up with people. I had sort of confidence."

Note the "sort of." Still, a sort-of confident Guido was good enough to break the County record shortly afterward.

Glynn and Benevento want her to feel the same way today.

She ran in a duel meet Monday, and worked out with the sophomore boys Tuesday. A light jog of six miles was yesterday's effort. Her traditional pre-race breakfast of two Pop-Tarts (as opposed to her everyday breakfast of no food) this morning completed her training.

Even if she doesn't feel confident, she'll keep it a secret. She doesn't think Glynn has convinced her of her quality. "But if he talks to me, I'll pretend he has," she says.



By Earl St. Claire  
Correspondent

Ramsey's girls track team finished third in the Bergen County meet last year and returns virtually every member this season. The Rams are considered the No. 1 team in Bergen by most coaches, but that doesn't mean a thing to the people in Passaic County.

"Ramsey is challenging us; we're not challenging them," says a firm-voiced Hawthorne coach Bonnie Rutt. She makes it clear her team is the defending Bergen-Passaic Scholastic League champion and that Ramsey is merely the pretender. "The only Group 2 team Hawthorne has ever lost to is Rutherford."

So Rutt expects her Bears to be in line for a repeat B-PSL title — no matter how big Ramsey is in Bergen — and to contend for the No. 1 ranking in Passaic County. Eastside, Kennedy, and Wayne Hills will probably be among those to argue the last goal.

Meanwhile, Ramsey has its own plans. Doreen Kris is potentially the finest female sprinter in Bergen County if she can avoid the hamstring problems that curtailed her season last spring. And coach Lou Molino is thinking about a State relay record from Karen Kobza, Kelly Collums, Deirdre Young and Kris. They ran a 4:10 indoors (the state record of 3:54 is owned by Woodbury).

Rutherford, last year's Bergen champion, has been riddled by graduation and the loss of outstanding javelin thrower Diane Papenberg, whose family has moved to Ramsey, making that team even stronger. But most coaches agree that Rutherford is still among the top contenders for Bergen County laurels.

Bergenfield, the surprise team last year, also figures to take a run at Ramsey. "I knew we'd be good last year," says coach Cliff Smith, "but I didn't expect we'd be that good (tied for seventh in Bergen). This year we may not have any extremely good athletes, but we'll have a lot of very good athletes."

Last year Rutherford, Teaneck, Ramsey, Fort Lee and Hackensack were the top five in the Bergen meet. This year, Ramsey, Bergenfield, Rutherford, Cliffside Park, Saddle Brook, Teaneck and Ridgewood should be among the chief contenders.

But, as Ridgewood coach Jock Brown notes, "At this time last year, Ramsey was the team to beat, and rightfully so. But then they were hit by injuries while Rutherford got itself together. You never know."

Following is a rundown of the leagues:

Following is a rundown of the leagues:

## NNJIL

This could be quite a battle. Bergenfield must overcome the graduation loss of do-everything Debbie Leopold, but Smith has a good start with second-team all-County runners Lisa Shadler (two-mile) and Lynn Good (440), all-County cross-country star Pat Greene and honorable mention shot putter Darcy Bauman. Junior Karen Monroe, who didn't compete last year after running an 11.3 100 as a freshman, could boost the dashes, as could freshman Angela Petzold. Hurdler Valerie Gerken and half-miler Terry Malespina are other standouts.

Ridgewood's key performers are middle-distance ace Allison MacGregor, long and all-Bergen triple jumper Dee-cy Porro, a cheerleader instead of an indoor trackster in the winter; hurdler Kerry O'Donnell (fifth in the County indoors) and freshman Barb Remmers in the distances.

Teaneck returns intact the County's No. 2 mile relay team — Sharon Gervasoni, Dawn Booth, Antoinette Bush and Beverly Cable — which ran 4:10 last year. Gervasoni was an all-Bergen high jumper, too. Hurdler Robin Muehsam, shot putter Elizabeth Williams and miler Maureen Schneider are other top hands back.

Hackensack may come out of the pack to challenge with such runners as ex-Rutherford hurdler Lorie Carter, dasher Renita Terry and distance runner Michele Fudge.

Distance runner Doreen Piano and high jumper Robin Rickert could key a challenge from Paramus.

Wayne Valley features two outstanding seniors who have qualified for the State finals in their respective specialties for the past three years: half-miler Valerie Crenshaw and high jumper Paul Kaplan. Beth Koch and Kaplan make the high jump a team strength, while the distance events are much stronger with the development of juniors Nancy Schneelock and Tracy Brauch. The hurdlers are Karen Bodoklys (also an all-league long jumper) and Sue Mainardi.

Junior Joyce Barmore, an all-Passaic County cross-country runner, is a talented returning all-league miler on a growing Passaic Valley team. In their second year of competition, the Hornets also feature quartermiler Donna Azrak, sprinter Jane Fishback and halfmiler Sharon Polonaro.

## B-PSL

Ramsey had the County's best relay team last year with Lesa Maloof replacing the injured Kris. Now Maloof will concern herself with trying to help set a State record in the two-mile relay with Sandy Flubacher, Colleen Delia and Collums. Also back is second-team all-County discus thrower Collette Kloetz.

Hawthorne's Terry Dembek finished third and second in the State 440 competition the past two years; Susan De Flora made it to the finals in the discus as a freshman, and Denise Della Torre made it to the shot semis. The Bears appear strong again.

There should be other fine individual efforts in the league, especially from Waldwick's Randi Tedona, one of the best hurdlers in the County.

## BCSL American

Ron Gundry moves from the boys team to the girls and some coaches say that's worth points for Saddle Brook's girls. The Falcons' middle distances should be strong with indoor stars Mary Boltach and Jean Bargiel. Marlene Fair, a sprinter, and Elizabeth Wahler, a weight specialist, are other veterans to watch.

Defending league champion Cliffside Park has lost some key people through graduation and one accident. Imposing sophomore shot putter Beth Krivda suffered a broken leg and won't be available until late in the season. But Barbara Lemley has many people who could earn another title, such as Dawn Donovan (hurdle), Ann Rivieccio (javelin) and versatile Jean Disciascio, who long and high jumps; runs the 440 and is on the relay teams.

Last year's runnerup, Fort Lee, may be in the thick of things again, what with all-County cross-country star Kelly Neilan, outstanding jumper Leslie Wytowicz and middle distance star Eleanor Mitrano back. Neilan was first in the County indoor two-mile this winter.

But the ultimate championship effort could come from a lesser-known entity, Dumont. Peggy Quinn's Huskies finished a surprise fourth last year in their second season of competition. Patti Bubar became an instant success in the shot and discus (she lost only once each in the league); Laura Barmat set school records in the triple and long jumps, and Sue Bennett. Bennett ran on a strong 440 relay team, ran sprints and is one of four talented javelin throwers (Patty Vedus, Sue Taylor and Betty Morrison are the others).

## BCSL National

For the first time the National and Olympic Divisions will have separate league meets this year, much to the relief of many Olympic people.

Rutherford won easily last year — nine firsts in 12 events — and is favored to handle the National this season.

Sue Zak won sectional championships in the discus and javelin, Dianne Garbe won in the shot. More classy performances should come from hurdler Holly Wehner and sprinter Sue Buehler. Kathy and Mary Daly also are strong distance runners.

The biggest challenge to Dick Hitt's squad should come from Secaucus, although Joe Alfano says, "Rutherford is always strong and its depth might be too much for us. I don't know if we'll be ready for them that early (they clash April 12)."

Alfano was rocked by possible district shot put champion Linda Diemer's decision to switch to softball. However, the rest of his team is back, including seven who placed in regional competition last year. Linda Weichenrider won the 110 hurdles, Edna Schoenrock placed in both sprints and versatile Mary Ann Anderson placed in high jump, long jump and 440.

Four freshmen took regional places, too — Mary Joe Trusso (mile), Jill Penrice (mile), Rosemarie Metcalfe (two-mile) and Kathy Meeney (880).

Becton's top returnee is league champion high jumper Bonnie Patiro.

## BCSL Olympic

Al Germann felt Bogota was ready to challenge Rutherford, but with the divisional split, he'll have to settle for the favorite's role here. Eileen Hughes and Denise Murphy, league record holders in the 100 and mile, respectively, figure to lead the assault, along with sprinter Edith Springmeyer and high jumpers Maureen Carroll (also an 880 runner) and Kathy Bothe.

Park Ridge is most likely to give Bogota its stiffest challenge.

## NBIL

Northern Highlands won the league meet last year, but had to face perennial champion Wayne Hills in a makeup dual meet a few days later. The Patriots won that showdown of unbeaten and Northern Highlands coach Donna Kohl has been waiting to even the score ever since.

The entire Highlands team is back, along with a healthy freshman crop. Last year's No. 1 freshman was Stephanie Bembridge, who went on to become an all-County long jumper (18-2). Highlands must overcome weaknesses in the field events, but the rest of the events are in good shape. Distance ace Sandy Newett, quartermiler Becky White, jumper-880 runner Peggy Bonin are exciting vets and sprinter Laurie Nicoletti is another freshman find. Another Highlander strength will be in the relays.

The NBIL could be the best-balanced league in the area. Wayne Hills again is seen as the team to beat, but coach Chris Murphy tries to divert those digits: "We're a new, young, inexperienced team and may not be that good." She calls Highlands and Demarest the teams to watch.

Wayne Hills has tradition and State two-mile champion Nina Zollo (5:04) on its side, along with another senior distance star, Harlene Nelson.

Demarest's Tom Clancy feels Linda Clayton, a junior, can break the County discus record and that Clayton, Linda Jansson and Sue Taxeras can go over 300 feet as a discus relay trio. Sprinter Mary Lee Howarth is the only member of the Norsewomen's outstanding relay team who didn't graduate, but the costars are still plentiful. Joy Walling is an exceptional quartermiler and Jody Turton holds the school two-mile record for girls. Gerrylyn Abramonte, a sophomore, is a promising half-miler.

Old Tappan enjoyed an exceptional indoor season and coach Joan Philibert expects a bright spring. Pam Phillips, fourth in the 60-yard dash indoors, hasn't come out for the team, but the team has Colleen Dunn, second in the County 1,000 run, and sister Cheryl, the high jump runnerup. Both are also accomplished long jumpers while Cheryl also sprints. Linda Malmrose was third in the 600 and will run the 880. Kim Schwickrath is out to prove her fourth in the indoor shot was no fluke.

Pascack Valley could be potent on the track with four-year veteran Aleta Fischer, the County indoor 300 champion; Sue Wagner, fourth in the two-mile, and the lady every coach is talking about, Mary McGowan, who finished a surprising second to Paramus Catholic superstar Michelle Guido in the mile.

## PVC

Kennedy went with a lot of rookies last year and it seems ready to challenge defending champion Eastside. All-Passaic County harrier Jo Ann Sheffield, a junior, will run the 440 and can go in either the sprints or the distance events. Another highly versatile athlete is freshman Sherry Livingston, who is penciled in by coach Alma Pinder at long and high jumps, the hurdles and other events.

Other top Kennedy athletes are sprinter Tammy Simmons, hurdler-sprinter Pat Davidson, two-miler Michelle Perry, half-miler Awino Odhiambo and freshman sprinters Willette Berry and Eugenia Prince.

Eastside's 1-2-3 cross-country punch of freshman Kim Rousseau, an all-County harrier; Carol Bowman and Rose Mary Godbom will make the distance events potent for the Ghosts. Vicki Smith and Laverne Harrison should put the hurdles in the same class. And also difficult to stop in the 440 is Carolyn Swann.

## Parochial league

Paramus Catholic should again dominate the Catholic Track League with cross-country and indoor mile (5:13) star Guido leading an impressive field. Hurdler Brenda Brown will be one of the County's best and Ann Kraemer should excel in the two-mile.



# Old Tappan girls 4th

## Bembridge sets County mark

PARAMUS — In a meet where the longest individual event is 400 meters and there's only one of four relays that's longer than a mile, sprint teams naturally dominate.

But after the sprint-laden Lincoln, Snyder, and Newark West Side teams in yesterday's girls section of the Englewood Memorial Meet came a team that has neither sprinters nor short relay teams. Old Tappan, a solid second to Ramsey in the Group 3-4 Bergen Girls

Relays last week, was a close fourth to the aforementioned three sprint schools with 18 1/3 points, less than five behind co-winners Lincoln and Snyder.

Old Tappan's County shot put record holder Kim Schwickrath won her specialty with a fine series of 37-foot-plus throws and a winning toss of 38-4. But Old Tappan also got points from a surprising win by Dunja Hinrichs in the high jump, unseating defending champ Sharon Gervasoni of Teaneck,

and a solid 3,200-meter performance anchored by Linda Malmrose.

Malmrose took the baton in fourth place, perhaps 60 meters behind then-leader Ferris. She ripped off the first 220 in 30 seconds and went through the quarter in a "too-fast" 67 seconds. But despite the torrid pace, she kept her stride and eventually moved into first place with 150 meters to go, holding off a late challenge from Harry S. Truman's anchor leg. Malmrose ran a good 2:26.6, a good time on a less than ideal day.

Old Tappan benefitted from the absence of County champion Ramsey in the event. Ramsey was slated to run, but Kelly Collums pulled a back muscle warming up for the open 400-meter run and the Rams scratched from both the 1,600-and 3,200-meter races, races they figured to win.

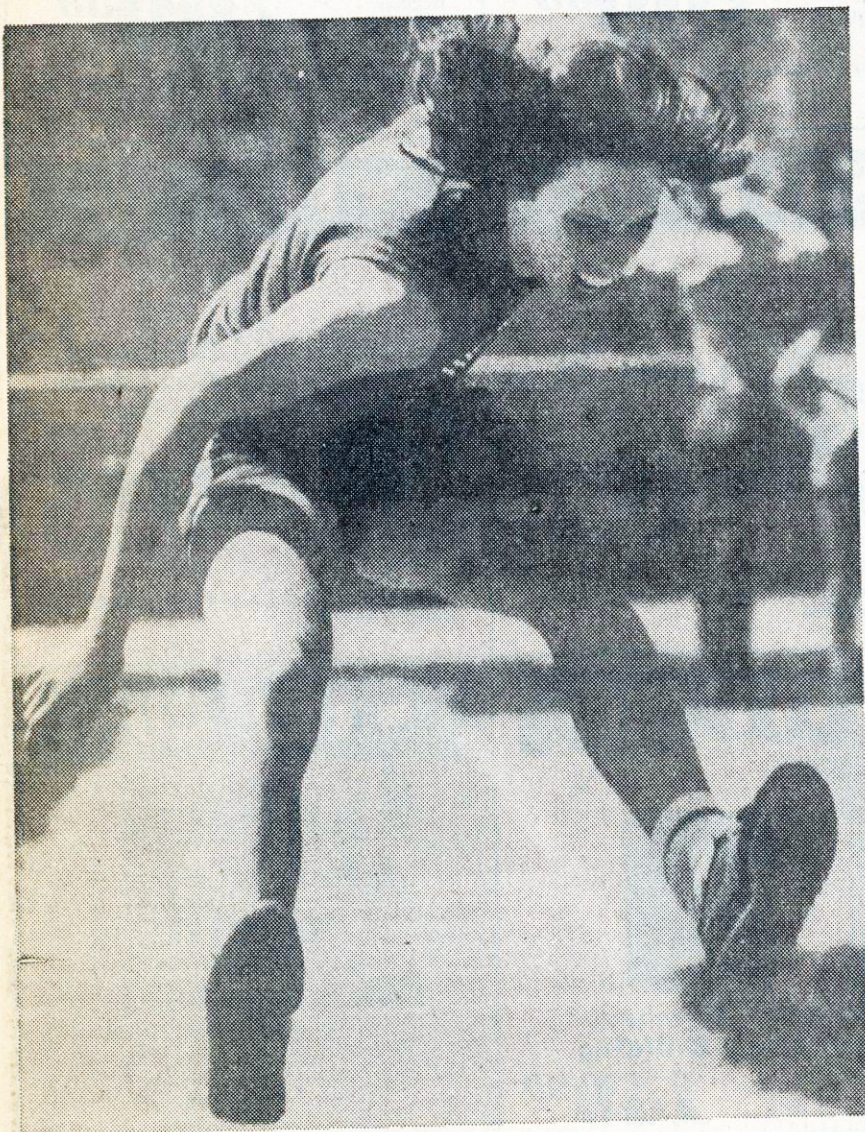
So it was up to Old Tappan and Northern Highlands sophomore long jumper Stephanie Bembridge to produce points for area schools.

And Bembridge not only produced a long jump win, but in the process, leaped 17-5 3/4, breaking the two-year-old County mark set by Becky Deetz of Ridgewood. She also established herself as a threat, not only in sectional Group 3 competition, but statewide consideration as well.

Ramsey's Doreen Kris showed she has made a complete recovery from a series of muscle pulls that sidelined her last season by running an impressive 12.4 in the 100 meters to finish second to Lincoln's Judy Davis. Pascack Valley's Aleta Fischer was third in the 220 meters, while Colette Kloetz of Ramsey was third in the shot.

Ramsey was sixth in the team standings with nine points, followed by Northern Highlands with seven.

— PAUL SCHWARTZ



Staff photo by Ed Hill

Stephanie Bembridge leaps her way into the Bergen County record book.

## Guido excels

HOLMDEL — Michelle Guido ran a brilliant 5:05.8 anchor-mile leg to pace Paramus Catholic to a 13:00.3 second-place finish in the distance medley relay yesterday at the Holmdel Relays.

Guido, who set a Bergen County record of 5:09.9 in the mile last week, helped her team set a County record in the event, breaking Bergenfield's one-week-old mark. Ridgewood was fourth in 13:16.2. The Maroons also took fifth in the sprint medley relay.



# Zollo biding her time

By Paul Schwartz

Correspondent

While Paramus Catholic's Michele Guido was running a Bergen County girls record 5:09.9 mile at the Penn Relays last week, the defending State champion miler was doubling in the mile and two-mile in a dual-meet loss to Wayne Valley.

But that doesn't mean Nina Zollo of Wayne Hills won't be seeking to repeat this June. The Hills senior, currently sidelined with a touch of bronchitis, is in the best condition of her career, according to coach Chris Murphy.

"She didn't run at Penn, because with my illness during the season, things were a little bit in flux," says



Nina Zollo

get it," says Murphy of her Princeton-bound star. "She's the best until somebody beats her."

Staying on the subject of fast miles, Ramsey's quartet of Karen Kobza, Kelly Collums, Diedre Young, and Doreen Kris ran the first sub-four-minute Bergen County mile relay at Kearny two weeks ago, and followed with two brilliant performances in the Penn Relays and three wins at the Bergen Relays.

"I always thought we could go under four," says Ram coach Lou Molino. "All the girls had broken 60 for the quarter, but we always seemed to have one bad leg."

There were no bad legs in the seven outstanding performances. The Rams ran 3:58.0 in the Penn 1600 meters and 9:42.7 in the 3,200 after the 3:59.4 mile and 9:47.5 two-mile relays at Kearny. The Rams coasted to easy wins in the mile, 880, and sprint medley events last Saturday in the County Relays, setting a County record in the third event.

ANOTHER BERGEN record is

in jeopardy in the discus. Demarest's Linda Clayton threw 127 feet 8½ inches against Ramapo in a dual meet, 15 inches better than the record set by Karen Smith of Park Ridge in 1975. But records set in dual meets do not qualify for County records. Smith's toss of 131 feet in a dual meet is the longest dual-meet toss in County history. And Clayton is only a junior.

THE TEAM WINNER in the Group 1 sectional two years ago won simply by entering three athletes in every event. Secaucus didn't win an event, but got enough thirds, fourths and fifths in the sparsely-contested events to win the title.

But Bogota and Palisades Park should prevent such a situation this year. Both small schools have several fine athletes, and Bogota may have the most spirited athletic team, in any sport, in the area.

The Bucs count on quartermiler Eileen Hughes, miler Denise Murphy, and sprinter Edie Springmeyer to score well in the sectionals later this month. Palisades Park has a fine hurdler, Tina Lovrretin, and a good sprinter in Colleen Sterling.

But the Tigers' star is Noreen Velten, the Group 1 state champion last year. Velten has thrown 118 feet this year and her coach, Ernie Pesarata, thinks she can throw as far as 125 feet this year.

Two schedule changes—Ridgewood is host to a field events relay next Saturday at Ridgewood High School. For information, call Jock Brown. The County championships have been shifted to New Milford on Thursday, June 1. Lou Molino of Ramsey is the meet director.

## Girls track

Murphy, "But she's been consistent all year and she's been a great team captain."

Hills, one of the first schools to recognize girls track as a varsity sport in North Jersey, has had an average year, with Zollo one of just three seniors on a very young team. "She's such a natural person, but the other girls are in awe of her sometimes," says Murphy.

They're not the only ones. After a recent triple, including a 2:30.5 half-mile, a 5:34 mile, and a 12:25 two mile, Demarest coach Tom Clancy said, "Athlete to athlete, she's the best runner, boy or girl, I've ever seen in high school. Nobody can touch her."

"She is shooting for the five-minute mile this year, and she should

ning, Ferris, 40.6; 2. Greg Johnson, Tenally, 41.1; 3. Andy Van Rams-

### TEAM SCORING

Kennedy 31, Bergen Catholic 27, 22, West Side 22, Englewood,

LONG JUMP—1. Stephanie Bem-bridge, Northern Highlands, 17-5¼  
(Bergen County record, old record,



# Ridgewood girls rated favorites in NNJIL track championships

RIDGEWOOD — The Ridgewood High girls' track and field team is one of the top contenders for the 1978 NNJIL title.

The championship relays will be contested Saturday at Bergen Community College beginning at 10 a.m. All 10 league teams will participate.

The sophomore-dominated Ridgewood team has an 8-1 record and is tied with Bergenfield and Teaneck for first place. During their regular season, the Maroons defeated Teaneck, were edged by Bergenfield while Teaneck beat Bergenfield.

Ridgewood coach Jock Brown is optimistic about his team's chances of winning the league crown.

"If we perform as well as I expect, we should win the championship," Brown said. "We have two students in every event that are capable of scoring. The team has the depth that will make us contenders in every event," he concluded.

Brown plans to start Judy Davis, a sophomore that he termed a "a real threat" in the 100 and 220 yard sprints. He said that sprinter Julie Smith, another soph, would be a key factor in those contests and is expected to place.

The Ridgewood coach expects to win the 440 relay with the team of junior Carrie O'Donnell and sophomores Julie Smith, Angela Stewart and Judy Davis, at anchor.

Allison MacGregor, sophomore and undefeated in league competition, will be featured in the half-mile run, supported by Mary O'Neill, fast-running junior.

In the longer-distance events, Debbie Wee, sophomore, is favored to outrun all competitors in the one-mile event. She will team with freshman Barbara Remmers in the two-mile contest. Both girls are termed "super runners" by Coach Brown.

## Byers Sparks Team C

The only senior on the team, Capt. Anne Byers will run the quartermile, supported by sophomore Angela Stewart. Brown describe Byers as "... a real team leader and an important spiritual factor to us." He said that he is "looking for great things" from Stewart.

Brown will have Deecy Porro and Carrie O'Donnell, both juniors, in the hurdles event. Both, he stated, have performed increasingly stronger as the season progressed.

The Ridgewood coach expects to win the mile relay with the team led by Byers, Stewart, Porro and MacGregor, anchor.

In field events, coach Brown said he expected good performances in the shot put from junior Sarah Miles, sophomore Janet Sauerman and junior Kim Slawek. The trio is also favored in the discus event, with Ms. Sauerman leading that team.

Brown feels that in Porro and MacGregor, he has the two best triple-jumpers in the league. They are strongly supported by sophomore Ann Wheaton. The long-jump event will feature Porro, Chris O'Rourke junior, and Michelle Smith, if the latter recovers from injuries.

Julie Smith, the coach said, will be a string contender in the high jump and should score.

The Ridgewood team will compete in the state sectionals May 27 at Hawthorne, the County championships June 1 at New Milford, group competition June 3 at Jackson Township and, hopefully, the state finals June 8 at Princeton.



# Fischer sets 3 marks

## But Old Tappan girls take meet

MONTVALE—Pascack Valley's Aleta Fischer won three events, setting a meet record in each. Westwood's Christine McDonald scored an impressive distance double. But nothing mattered as far as Old Tappan was concerned.

The Knights ignored record performances all around them and placed in every event but the 440 yesterday to roll to the Northern Bergen Interscholastic League girls track title. Having completed an unbeaten duel season, Old Tappan made it a perfect championship year by amassing 55 points to 37 1/3 for runner-up Westwood.

"I figured the maximum we could score was 58," said assistant coach Jack Dotson, "and the absolute minimum was 41. We did all right."

Old Tappan was more than just all right. Its only individual wins came on a pair of record perform-

ances as Linda Malmrose lowered the league 880 mark to 2:21 and Kim Schwickrath upped her own Bergen County shot put mark by 2 inches to 39-9/16. The Knights' depth and balance made the victory easy.

Fischer and McDonald took a big share of the individual spotlight. Fischer won the 110-yard hurdles in 15.4, the 220 in 26.2, and the 440 in 58 seconds. McDonald beat Wayne Hills' Nina Zollo in the mile in 5:13, with Pascack Valley freshman Mary Ellen McGowan third in 5:15, and came back 90 minutes later to win the two mile in 12:24.

Linda Clayton of Demarest upped the discus record to 124 feet 9 inches, and Stephanie Bembridge of Northern Highlands won the high and long jumps, setting a record at 5 feet in the former.

—RON DROGO

# Teaneck thrives in sun

PARAMUS—Teaneck girls coach Cheryl Taylor waited for the first warm day to unleash Dawn Booth and the Teaneck junior bolted into prominence with a sensational 220-440 double yesterday. She also anchored the mile relay team to victory, pacing Teaneck to a surprisingly-easy win in the Northern New Jersey Interscholastic League girls meet.

Teaneck scored in every event, amassing 66 points to rout Bergenfield by 24 points and Ridgewood by 27 1/2. The two schools had tied Teaneck for the league's dual-meet title.

"We run in the sun," said Miller, "Every dual meet day was cold and rainy and our girls just weren't ready. But in the hot weather, we were ready."

Booth was the class of the meet, running a 26.5

220 and a 58.9 quarter in trials and repeating with a 26.5 220 and 59.4 440 in the finals, easily winning both events. Her 59.5 anchor leg in the mile relay carried Teaneck to still another record.

Bergenfield's Lisa Schadler nearly matched Booth with her double in the mile and two mile. Schadler set a meet record with a 5:28.3 mile, and ran a 12:21.7 two mile. Her double and a shot put-discus double by Darcy Baumann were impressive, but the over-all caliber of the Teaneck team overcame their performances.

Other meet records fell in the 880 (Teaneck's Toni Bush), and long jump (Hackensack's Caroline Morris).

—PAUL SCHWARTZ



# *Saddle Brook triumphs*

## Donovan stars for Cliffside

NEW MILFORD — The Saddle Brook girls track team claimed just two first places, but still managed to capture yesterday's Bergen County Scholastic League American Division championship. The Falcons won the team title with an impressive show of depth.

"We didn't fall down anywhere," coach Ron Gundry observed. "We scored points in 11 of the 15 events."

Saddle Brook tallied 46 1/3 points, a comfortable 14-point margin over Fort Lee. Tenaflly had 31 1/3. Jeannie Bargiel accounted for one Saddle Brook first place with her 2:24.7 time in the 880, breaking the meet standard set by Jean Chodnicki of Saddle Brook in 1976 (2:27.7). Sprinter Sharon Kearns added the other gold with her 27.2 in the 220.

Cliffside Park's Dawn Donovan was the individual star of the meet. She won the 110 low hurdles (15.4) and the 440 (1:00.1, a meet record) as well as anchoring the winning mile relay team and clearing 5-0 to take third in the high jump.

Several meet records were set. Liz Lee, Tenaflly's excellent sophomore, triple jumped 34-7¾, while Patti Bubar of Dumont hurled the discus 107-1½ to eclipse her own record, set last year, by one inch.

Fort Lee miler Kelly Neilan turned in a 5:26.1 to shatter Chodnicki's old mark by more than three seconds. Neilan also won the two-mile, edging Laura Falci of Saddle Brook.

Leslie Woytowicz, Neilan's teammate, high

jumped 5-2 to set a meet standard. Lyndhurst's Laurie Miranda leaped 16-7½ and fashioned a long jump record. And Lynn Green of Englewood threw the shot 38-4½ to break the mark set by Beth Krivda of Cliffside Park in 1977.

—JEFF FLANDERS



# Girls track: Times improving

By Paul Schwartz

Correspondent

Girls track in Bergen County has come of age last weekend. Two County records were set as Sue Bennett of Dumont threw 111 feet five inches in the javelin and Kim Schwickrath of Old Tappan increased her shot put mark to 39-9½. But that isn't indicative of the development. The indications came in the six league meets between Thursday and Saturday when more quality performances were recorded in every event than ever before.

As a result, the gap between Northern and Southern New Jersey high schools has been narrowed to the point where Bergen County schools should make their best showing ever at the girls State Groups meets at Jackson a week from Saturday.

"You'll never see another weekend like it," Ramsey coach Lou Molino says. "The records and top 10 performances in each event haven't been *that* good in the past, but this weekend made excellent progress."

There are 13 individual events, and lists of the top 10 performances ever in each event, producing 130 "bests." Fifty-six of those 130 bests were established in the league meets.

In some events, the top 10 list was changed almost completely. Seven of the top 10 triple jumps, six of the top 10 quartermile times, six of the top 10 in 110 low hurdle times and five of the top 10 half mile times were recorded in the league meets.

Before Thursday, only Doreen Kris of Ramsey and Pascack Valley's Aleta Fischer had broken 60 seconds in the 440 in a major meet. Thursday, Ramsey's Kelly Collums and Diedre Young joined the group. Saturday, Teaneck's Dawn Booth ran a 58.9 440 and Fischer lowered her best.

Before Thursday only four runners had



Doreen Kris

Staff photo by Ed Hill

broken 2:25 for the 880. There were nine by Saturday.

Before Thursday only two discus throwers had reached 120 feet. By Saturday, there were five.

"There's been more competition for the

girls this year than ever before," Tenafly coach Bob Waterman says. "There's a real interest in the girls now—the coordination of boys and girls teams. It's really the first year there's been a schedule equivalent to the boys. I think it's great."

Dick Hitt remembers when the competition wasn't so great. "I started girls track here in 1973, and I had kids running a 3:15 880 or seven-minute mile and placing," the Rutherford coach says. "The growth has been just beautiful, even though South Jersey is probably still ahead of us."

"It's taken a while for the men coaches to adjust to coaching the girls," Waterman says. "I know it was difficult for me to tell someone to shoot for a 12-flat 100 instead of a 10-flat 100. But everytime the kids go out there they jump a foot farther or run a second faster."

The improvement is not lost on Ridgewood's Jock Brown. Brown remembers 1975 when Bergen County had only three athletes place in the State competition. All three won their events.

"That year Becky Deetz [of Ridgewood] did 5-9 to win the high jump, Kandie Latham [of Ridgewood] won the A division 880, and Terry Vaccarella [of Saddle Brook] won the B 880," he says. "Since that time our girls have improved but nobody's approached those efforts."

It's not likely Deetz's State and County record will be surpassed or even approached soon. Her jump was three inches short of the national record. But almost every other County record is in danger of falling in Sectional and State competition.

"We've come a long way from 1975, when Doreen [Kris] was the only kid on the track team," says Molino. "And things are just going to get better and better."



# Girls meet has two divisions

By Paul Schwartz

Correspondent

**NEW MILFORD** — The Bergen County Girls Track Championships will be contested in two groups for the first time tomorrow. That's a step in the right direction, especially as the girls entry list this season is almost as large as the boys.

Unfortunately, the lack of a Meet of Champions could leave unanswered some questions as to individual superiority in certain events.

For instance, Sue Bennett of Dumont and Heather Scelfo of Rutherford have taken turns all season breaking the

javelin record. But they are in different groups.

Randi Tedona of Waldwick and Darlyne Robinson of New Milford will battle in the Group 1-2 hurdles, and Dawn Donovan of Cliffside Park and Laurie Carter of Hackensack vie in Group 3-4. But the County's best hurdler will remain in doubt.

Similar clouds hover over the two mile, 100, high jump and triple jump. Both sections have athletes capable of winning against all County competition.

But despite that uncertainty, performances should be the best in the five-year history of the meet.

Nine County record holders will compete in their specialties, and 440 record holder Doreen Kris vies in the 100 and 220 as Ramsey tries to add the County 3-4 title to its State sectional Group 3 laurels.

The Rams are favored, but Teaneck has been coming with a rush. If Dawn Booth and Bev Cable repeat their performances of the Paramus Catholic Relays Meet last Friday, Teaneck may surprise.

In Group 1-2, Rutherford's strength in the weight events makes the Bulldogs favorites, but Sue Zak may not be up to par following a week-long battle with the flu.

The distance races will be interesting with Saddle Brook's Laura Falci, Garfield's Violetta Josevska, and Bogota's Denise Murphy contenders in both the mile and two mile.

Laurie Miranda of Lyndhurst could win as many as four events. Miranda is favored in the 100, high jump, and long jump, and should be a high finisher in the triple jump.

Saddle Brook should contend for the 1-2 title, with Tenafly and Lyndhurst third and fourth. Old Tappan, Ridgewood, and Bergenfield will trail Teaneck and Ramsey among the larger schools.

## Schwartz's County picks

### Group 1-2

100—Miranda, Lyndhurst  
220—Kearns, Saddle Brook  
440—Green, Park Ridge  
880—Bargiel, Saddle Brook  
1 Mile—Murphy, Bogota  
2 Mile—Falci, Saddle Brook  
110 LH—Tedona, Waldwick  
440 Relay—Waldwick  
1 Mile Relay—Saddle Brook  
Triple Jump—Lee, Tenafly  
Javelin—Scelfo, Rutherford  
High Jump—Miranda, Lyndhurst  
Shot Put—Scelfo, Rutherford  
Discus—Zak, Rutherford  
Long Jump—Miranda, Lyndhurst  
Team—Rutherford

### Group 3-4

Kris, Ramsey  
Booth, Teaneck  
Fischer, Pascack Valley  
Maloo, Ramsey  
Guido, Paramus Catholic  
Neilan, Fort Lee  
Donovan, Cliffside Park  
Teaneck  
Ramsey  
Porro, Ridgewood  
Bennett, Dumont  
Wolfe, Fair Lawn  
Schwickerath, Old Tappan  
Clayton, Demarest  
Bembridge, Northern Highlands  
Ramsey



# All-league girls track teams

## NNJL

### FIRST TEAM

100—Judy Davis, Ridgewood  
220—Dawn Booth, Teaneck  
110 LH—Laurie Carter, Hackensack  
440—Dawn Booth, Teaneck  
880—Valerie Crenshaw, Wayne Valley  
MILE—Lisa Schadler, Bergenfield  
2 MILE—Lisa Schadler, Bergenfield  
440 RELAY—Teaneck  
MILE RELAY—Teaneck  
SHOT PUT—Darcy Bauman, Bergenfield  
DISCUS—Darcy Bauman, Bergenfield  
HIGH JUMP—Paula Kaplan, Wayne Valley  
TRIPLE JUMP—Deeey Porro, Ridgewood  
LONG JUMP—Caroline Morris, Hackensack

### SECOND TEAM

100—Caroline Morris, Hackensack  
220—Judy Davis, Ridgewood  
110 LH—Debbie Leighman, Hackensack  
440—Lynn Good, Bergenfield  
880—Alison MacGregor, Ridgewood  
MILE—Michelle Fudge, Hackensack  
2 MILE—Barb Remmers, Ridgewood  
440 RELAY—Ridgewood  
MILE RELAY—Ridgewood  
SHOT PUT—Elizabeth Williams, Teaneck  
DISCUS—Felicia Lee, Teaneck  
HIGH JUMP—Sharon Gervasoni, Teaneck  
LONG JUMP—Karen Vodolkiys, Wayne Valley  
TRIPLE JUMP—Kristina Lange, Teaneck

### HONORABLE MENTION

100—Cheryl Woods, Bloomfield; 220—Lynn Good, Bergenfield; 110 LH—Val Gerken, Bergenfield; 440—Michelle Tetzel, Wayne Valley; 880—Antoinette Bush, Teaneck; MILE—Joyce Barmore, Passaic Valley; 2 MILE—Gina Larkins, Teaneck; 440 RELAY—Bergenfield; MILE RELAY—Bergenfield; SHOT PUT—Ruth Ann Vanden, Wayne Valley; DISCUS—Ruth Ann Vanden, Wayne Valley; HIGH JUMP—Bev Koch, Wayne Valley; TRIPLE JUMP—Karen Vodolkiys, Wayne Valley; LONG JUMP—Deeey Porro, Ridgewood.

## B-PSL

### FIRST TEAM

100—Doreen Kris, Ramsey  
220—Terry Dembek, Hawthorne  
110 LH—Rande Tedona, Waldwick  
440—Terry Dembek, Hawthorne  
880—Lisa Maloof, Ramsey  
MILE—Coleen Delia, Ramsey  
2 MILE—Sandy Flubacher, Ramsey  
440 RELAY—Ramsey (Gail Ahlers, Terry Stuart, Karen Kobza, Doreen Kris)  
MILE RELAY—Ramsey (Deirdre Young, Karen Kobza, Kelly Collums, Doreen Kris)  
SHOT PUT—Colette Kloetz, Ramsey  
DISCUS—Colette Kloetz, Ramsey  
LONG JUMP—Sandi Giorda, Hawthorne  
HIGH JUMP—Mary Sellitti, Manchester

### SECOND TEAM

100—Terry Dembek, Hawthorne  
220—Karen Kobza, Ramsey  
110 LH—Sandi Giorda, Hawthorne  
440—Kelly Collums, Ramsey  
880—Nancy DeGroot, Hawthorne  
MILE—Coleen Murphy, Ramsey  
2 MILE—Diane Papenberg, Ramsey  
440 RELAY—Waldwick (Joan Mastrogioacomo, Claire Tacconi, Kathy Wolons, Rande Tedona)  
MILE RELAY—Hawthorne (Eileen Kosch, Nancy DeGroot, Lauren VanDerEems, Sandi Giorda)  
SHOT PUT—Sue De Flora, Hawthorne  
DISCUS—Denise Della Torre, Hawthorne  
LONG JUMP—Doreen Kris, Ramsey  
HIGH JUMP—Sandi Giorda, Hawthorne

### HONORABLE MENTION

100—Joan Mastrogioacomo, Waldwick; 220—Joan Mastrogioacomo, Waldwick; 110 LH—Jackie Molnar, Lodi; 440—Deirdre Young, Ramsey; 880—Karen Stout, Midland Park; MILE—Karl Denzau, Midland Park; 2 MILE—Coleen Delia, Ramsey; 440 RELAY—Manchester; MILE RELAY—Manchester; SHOT PUT—Denise Della Torre, Hawthorne; DISCUS—Sue De Flora, Hawthorne; LONG JUMP—Terry Dembek, Hawthorne; HIGH JUMP—Heidi Van Wyckhouse, Hawthorne.

## BCSL American

### FIRST TEAM

100—Laura Miranda, Lyndhurst  
220—Sharon Kearns, Saddle Brook  
110 LH—Dawn Donovan, Cliffside Park  
440—Dawn Donovan, Cliffside Park  
880—Jean Bargiel, Saddle Brook  
MILE—Kelly Neilan, Fort Lee  
2 MILE—Laura Falci, Saddle Brook  
440 RELAY—Englewood (Pat York, Caroline Kison, Iris Clyburn, Juanita Smith)  
MILE RELAY—Saddle Brook (Sharon Kearns, Mary Boltach, Jean Bargiel, Laura Fritsch)  
SHOT PUT—Lyn Greene, Englewood  
DISCUS—Patti Bubur, Dumont  
JAVELIN—Sue Bennett, Dumont  
LONG JUMP—Laura Miranda, Lyndhurst  
HIGH JUMP—Leslie Woytowicz, Fort Lee  
TRIPLE JUMP—Liz Lee, Tenafly

### SECOND TEAM

100—Sharon Kearns, Saddle Brook  
220—Caroline Kison, Englewood  
110 LH—Darlyne Robinson, New Milford  
440—Helen Wilson, Tenafly  
880—Eleonora Mitrano, Fort Lee  
MILE—Laura Falci, Saddle Brook  
2 MILE—Kelly Neilan, Fort Lee  
440 RELAY—Saddle Brook (Sharon Kearns, Ellen Larena, Lori MacKinn, Laura Fritsch)  
MILE RELAY—Cliffside Park (Thil Canistrà, Kim O'Donnell, Antoinette Senior, Dawn Donovan)  
SHOT PUT—Kim Shelley, Ridgefield Park  
DISCUS—Kim Shelley, Ridgefield Park  
JAVELIN—Terri Small, New Milford  
LONG JUMP—Liz Lee, Tenafly  
HIGH JUMP—Laura Miranda, Lyndhurst  
TRIPLE JUMP—Laura Miranda, Lyndhurst

### HONORABLE MENTION

100—Pat York, Englewood; Laura Fritsch, Saddle Brook; Cindy Huff, Tenafly; 220—Donna Campbell, Dumont; 110 LH—Leslie Davis, Tenafly; Antoinette Senior, Cliffside Park; Renee Carter, Englewood; 440—Judy Thorngren, Englewood; Stacy Theodore, Fort Lee; 880—Laura Roselle, Tenafly; MILE—Violetta Josevaska, Garfield; Lyn Scall, Saddle Brook; Mary Donovan, Dumont; 2 MILE—Violetta Josevaska, Diane Mastai, Garfield; 440 RELAY—Tenafly; MILE RELAY—Tenafly; SHOT PUT—Patti Bubur, Dumont; Liz Wahler, Saddle Brook; DISCUS—Caroline Newsome, Fort Lee; JAVELIN—Anne Revechio, Cliffside Park; Kim Shelly, Ridgefield Park; Dolores Harrison, Saddle Brook; LONG JUMP—Leslie Davis, Tenafly; Pat York, Englewood; Kris Bosley, Lyndhurst; TRIPLE JUMP—Leslie Woytowicz, Fort Lee; Pat York, Englewood; Leslie Davis, Tenafly; HIGH JUMP—Mary Cullen, Saddle Brook; Dawn Donovan, Cliffside Park; Theresa Connolly, Ridgefield Park.

## Skyline

### FIRST TEAM

100—Sue Dav, Kinnelon  
220—Sue Dav, Kinnelon  
110 LH—Debbie Molnar, Kinnelon  
440—Barbara Molnar, Kinnelon  
880—Sharon Gray, Pequannock  
MILE—Martha Crandall, Pequannock  
2 MILE—Barbara Forsythe, Pequannock  
440 RELAY—Jefferson (Lisa Pangborn, Barbara Biehler, Dee Snyder, Jeanenne Stein, Diane Berse)  
MILE RELAY—Pequannock (Sharon Gray, Jenny White, Helen Sperry, Martha Crandall)  
HIGH JUMP—Debbie Molnar, Kinnelon  
LONG JUMP—Debbie Molnar, Kinnelon  
SHOT PUT—Dawn Anderson, West Milford  
DISCUS—Diane Gwenn, Pequannock  
JAVELIN—Robin Deal, Kinnelon

### HONORABLE MENTION

Dora Rodriguez, Karen Flanagan, Wendy McConnell, Alison Manchester and Carol Wisneiski, Jefferson; April Leopard, Denise Molnar, Stefanie Bruschi, Inge Schurmans and Nancy Schmidt, Kinnelon; Mary Nevard, Debbie Herntroter, Penny Cloud and Pam Kocorni, Pequannock; Lisa Orlich and Chris Ruiz, Butler.

## BCSL Olympic

### FIRST TEAM

100—Delia McDarby, Park Ridge  
220—Delia McDarby, Park Ridge  
110 LH—Dawn Johansmeyer, Park Ridge  
440—Stacy Green, Park Ridge  
880—Jane King, Ridgefield  
MILE—Denise Murphy, Bogota  
2 MILE—Denise Murphy, Bogota  
440 RELAY—Park Ridge (Dawn Johansmeyer, Tracey Gunther, Corrina Petri, Delia McDarby)  
MILE RELAY—Bogota (Peggy Smith, Laura Carlson, Maureen Carroll, Eileen Hughes)  
HIGH JUMP—Mary Barrett, Bogota  
LONG JUMP—Peggy Petrovich, Wallington  
SHOT PUT—Cindy Seeley, Wallington  
DISCUS—Jennifer Worden, Park Ridge

### SECOND TEAM

100—Edith Springmeyer, Bogota  
220—Dawn Johansmeyer, Park Ridge  
110 LH—Joanne Hancock, Bogota  
440—Eileen Hughes, Bogota  
880—Maureen Carroll, Bogota  
MILE—Heather Kelly, Park Ridge  
2 MILE—Cynthia Mulligan, Ridgefield  
440 RELAY—Bogota (Eileen Hughes, Marjorie Springmeyer, Edith Springmeyer, Tricia Stanland)  
MILE RELAY—Ridgefield (Jane King, Laura Cecere, Karen Lynch, Chris Ranieri)  
HIGH JUMP—Dawn Johansmeyer, Park Ridge  
SHOT PUT—Jennifer Worden, Park Ridge  
DISCUS—Jeanne Herrmann, Bogota

### HONORABLE MENTION

100—Laurie Steuer, Ridgefield; 220—Edith Springmeyer, Ridgefield; 110 LH—Karen Lynch, Ridgefield; 440—Chris Ranieri, Ridgefield; 880—Lois O'Donnell, Bogota; MILE—Cynthia Mulligan, Ridgefield; 2 MILE—Heather Kelly, Park Ridge; 440 RELAY—Ridgefield; MILE RELAY—Park Ridge; HIGH JUMP—Mary King, Ridgefield; LONG JUMP—Tracey Gunther; SHOT PUT—Bridget Welch, Park Ridge; DISCUS—Bridget Welch, Park Ridge.

## All-NNJL boys track

### FIRST TEAM

120 HH—Jim Hennessey, Paramus  
100—Randy Richardson, Hackensack  
220—Randy Richardson, Hackensack  
330 IH—Clayton Lloyd, Hackensack  
440—Clayton Lloyd, Hackensack  
880—Dean DeRenzo, Paramus  
Mile—Ed Hallahan, Ridgewood  
2 MILE—John Eberle, Bergenfield  
Mile Relay—Hackensack  
Shot Put—Dave Laube, Fair Lawn  
Discus—Dave Laube, Fair Lawn  
Pole Vault—Brian Furman, Teaneck  
High Jump—Hermond Palmer, Teaneck  
Long Jump—Randy Richardson, Hackensack  
Triple Jump—Chris Robinson, Teaneck

### SECOND TEAM

120 HH—Vernon Kelly, Hackensack  
100—Jerome Ingram, Clifton  
220—Jerome Ingram, Clifton  
330 IH—Jerome Ingram, Clifton  
440—Rich Hoffman, Hackensack  
880—Steve Hoffman, Ridgewood  
Mile—John Murphy, Teaneck  
2 MILE—John Murphy, Teaneck  
Mile relay—Teaneck  
Shot Put—Ed Knapp, Wayne Valley  
Discus—Ed Locke, Teaneck  
Pole Vault—Brian Ferguson, Paramus  
High Jump—Rick Hawn, Paramus  
Long Jump—Dean DeRenzo, Paramus  
Triple Jump—Hermond Palmer, Teaneck

### HONORABLE MENTION

120 HH—Bob Lynch, Paramus  
100—Jim Hennessey, Paramus  
220—Mike Innis, Teaneck  
330 IH—Fred Picinich, Fair Lawn  
440—Steve Hoffman, Ridgewood  
880—Chuck McKay, Wayne Valley  
Mile—John Eberle, Bergenfield  
2 MILE—Bill Hartmann, Wayne Valley  
Mile relay—Paramus  
Shot Put—Gary Nicoletti, Wayne Valley  
Discus—Elliott Steifel, Paramus  
Pole Vault—Greg Munier, Hackensack  
High Jump—Jim Hennessey, Paramus  
Long Jump—Hermond Palmer, Teaneck  
Triple Jump—Leon Gilchrist, Teaneck



# All-Passaic girls track team

## FIRST TEAM

Event	Name, School
100 _____	MELVA BURNS, Eastside
220 _____	TERRY DEMBEK, Hawthorne
110LH _____	VICKY SMITH, Eastside
440 _____	TERRY DEMBEK, Hawthorne
880 _____	VAL CRENSHAW, Wayne Valley
MILE _____	NINA ZOLLO, Wayne Hills
2 MILE _____	DONNA DUGGAN, DePaul
440 RELAY _____	EASTSIDE

(Kartina Bease, Melva Burns,  
Alice Cooke, Vicky Smith)

MILE RELAY _____	EASTSIDE
	(Demishia Seldon, Sharon Smith, Carolyn Wright, Deidre Traylor)
SHOT _____	DAWN ANDERSON, West Milford
DISCUS _____	DAWN ANDERSON, West Milford
HIGH JUMP _____	MARY SELLITTI, Manchester
LONG JUMP _____	CHARLENE THOMAS, Eastside

## SECOND TEAM

Event	Name, School
100 _____	KARTINA BEASE, Eastside
220 _____	KARTINA BEASE, Eastside
110LH _____	LAVERNE HARRISON, Eastside
440 _____	CAROLYN WRIGHT, Eastside
880 _____	ROSEMARY GODBOLT, Eastside
MILE _____	GAYLE SLEVIN, DePaul
2 MILE _____	JOAN PROFITA, Paul VI
440 RELAY _____	KENNEDY

(T. Simmons, Pat Davidson,  
L. Washington, Robin Jackson)

MILE RELAY _____	KENNEDY
	(JoAnn Sheffield, Robin Jackson, Angela Harrison, Pat Davidson)
SHOT _____	TERRY OTTO, Lakeland
DISCUS _____	R. VAN DALEN, Wayne Valley
HIGH JUMP _____	PAULA KAPLAN, Wayne Valley
LONG JUMP _____	TERRY DEMBEK, Hawthorne

**Coach of Year — HENRY BAKER, Eastside**

## HONORABLE MENTION

**SPRINTS**—Relda Baker, Eastside; Melva Burns, Eastside. **440**—Deidre Traylor, Eastside. **880**—Sandy Ford, DePaul. **MILE AND TWO-MILE**—Joyce Barmore, Passaic Valley; Maureen Hartigan, Lakeland. **RELAYS**—Manchester (Diane DeMarco, Kathy Botlick, Maria Zuras, Betty Venturo); Hawthorne (Eileen Kosch, Sandi Giorda, Nancy DeGroot, Terry Dembek). **WEIGHTS**—Ruth Ann Van Dalen, Wayne Valley; Mary Beth Muhleman, DePaul. **HIGH JUMP**—Sandi Giorda, Hawthorne. **LONG JUMP**—Jaren Vodokliss, Wayne Valley.



# Frosh steals show

HAWTHORNE—A freshman throwing the javelin for only the second time stole the show from Hawthorne standout Terri Dembek yesterday. However, since Michelle Christen is a Hawthorne teammate, it's doubtful Dembek minded much.

Christen, who threw 103 feet three weeks ago, hurled the javelin 139-11 on her last throw, just two feet from the state record. The victory helped Hawthorne outscore Rutherford 39-25 and win the Group 2 sectional title.

Bogota's win was even more dramatic. The Group 1 champs entered the 440 relay, the final event, tied with Secaucus and Hopatcong for first. Hopatcong's 440 relay team didn't show, so when Bogota beat the Patriots by two spots, its first ever title over Secaucus was assured. Bogota finished with 35 points, Secaucus 33.

"Our kids lost the league meet to Park Ridge," said Buc coach Al Germann. "And we're so weak in the field events I didn't think we had a chance, but the points split well and our kids were great on the track."

Especially distance runner Denise Murphy. She ran a 5:29.9 mile after an 11:50.8 two mile, winning both events.

Bogota placed in six of the other seven running events to overcome its field deficiencies.

Whatever deficiencies Hawthorne may have are well hidden, especially when Dembek is in a race. The speedy junior, runnerup in the Meet of Champions 440 last year, ran a 57.6 in her specialty and a 25.6 220 despite easing in both. She also anchored a mile relay win with a 59.5 split.

Dembek and Christen helped Hawthorne outpoint Rutherford, Saddle Brook and High Point in that order.

Laurie Miranda, Lyndhurst's one-girl show, won the 100 and long jump, and took second in the high jump, giving the Bears fifth place in Group 2.

Saddle Brook's Laura Falci ran a fine 11:36.9 in the two mile, while Randi Tedona of Waldwick won the hurdles and anchored a 440 relay win. Heather Scelfo of Rutherford won the shot and discus and might have won the javelin if Christen hadn't uncorked her amazing throw.

Cathy Stone of Vernon ran an impressive 880-mile double, beating Falci in the latter race. Park Ridge finished tied for fifth in Group 1 with 27 points.

—PAUL SCHWARTZ



# Seniors spark Ramsey

By Paul Schwartz

Correspondent

**HAWTHORNE** — While the 20 to 30 girls from Group 1 champ Bogota, Group 2 titlist Hawthorne and Group 4 winner Eastside, took a traditional victory lap on winning their respective sectional titles yesterday, the seven members of the Ramsey team took victory rolls in the infield. It was typical of the Group 3 sectional champions who don't seem to do anything according to form yet still win.

The Rams dethroned Lincoln, 43-30 in Group 3, because:

- Their 880 star, Lesa Maloof, upset Tina McMillan of Ferris in the half.
- Their sprint star, Doreen Kris, who didn't run the 220 and didn't long jump in the league meet, took 10 points in the two events.
- Their mile relay, despite the loss of Karen Kobza, routed Lincoln's defending champs.

But most of all Ramsey won because as coach Lou Molino put it, "You have to have your seniors score in the sectional and ours came through."

Senior shotputter Colette Kloetz gained seven points in the weights, while Kris was collecting 14 and half-

mile Kelly Collums was adding three in the half mile.

Eastside took the opposite approach, with frosh being responsible for nearly all the points in defeating runner-up Teaneck by a 44-34½ margin. The defending champs' Melva Burns doubled impressively in the 100 and 220 and anchored the 440 relay. The Ghosts scored 34 points in the 100, 220, hurdles and relay to overcome four Teaneck wins.

Area schools generally performed quite well, especially in Group 3.

Linda Clayton of Demarest capped a season-long assault on the Bergen County discus record with a toss of 127 feet,

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## Related story on Page C-11.

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one inch on her last throw to break Karen Smith's mark by 7½ inches. Little Sue Bennett of Dumont saw her javelin record snapped by Heather Scelfo of Rutherford earlier in the day, but snapped back to throw 114-7 to take it back and win the javelin.

Maloo's 2:18.9 was 1.2 seconds off the Bergen County mark and Kim Schwick-rath of Old Tappan continued her domination of the shot. Paramus Catholic's Michelle Guido shrugged off a first lap problem and ran 5:10.4 to romp in the

mile, just half second off her own Bergen County mark and Kelly Neilan ran a good 11:45.3 two mile.

Group 4 had some outstanding performances as well. Soph Lisa Schadler of Bergenfield won easily in the two mile, smashing the Bergen County record by 12.4 seconds in running 11:34.1. Dawn Booth ran an impressive 58.2 440 and Toni Bush held off a late charge in the 880 to boost Teaneck's chances.

Nina Zollo of Wayne Hills snapped back from a second-place league finish to run 5:06.9 in the mile. Ridgewood's 440 relay team set a Bergen County record in 51.6 despite finishing third.

Ferris was third in Group 3, followed by Old Tappan and Dumont tied for fourth. The Huskies were particularly effective in the field, taking 1-4-5 in the javelin, third in the discus and fourth in the shot.

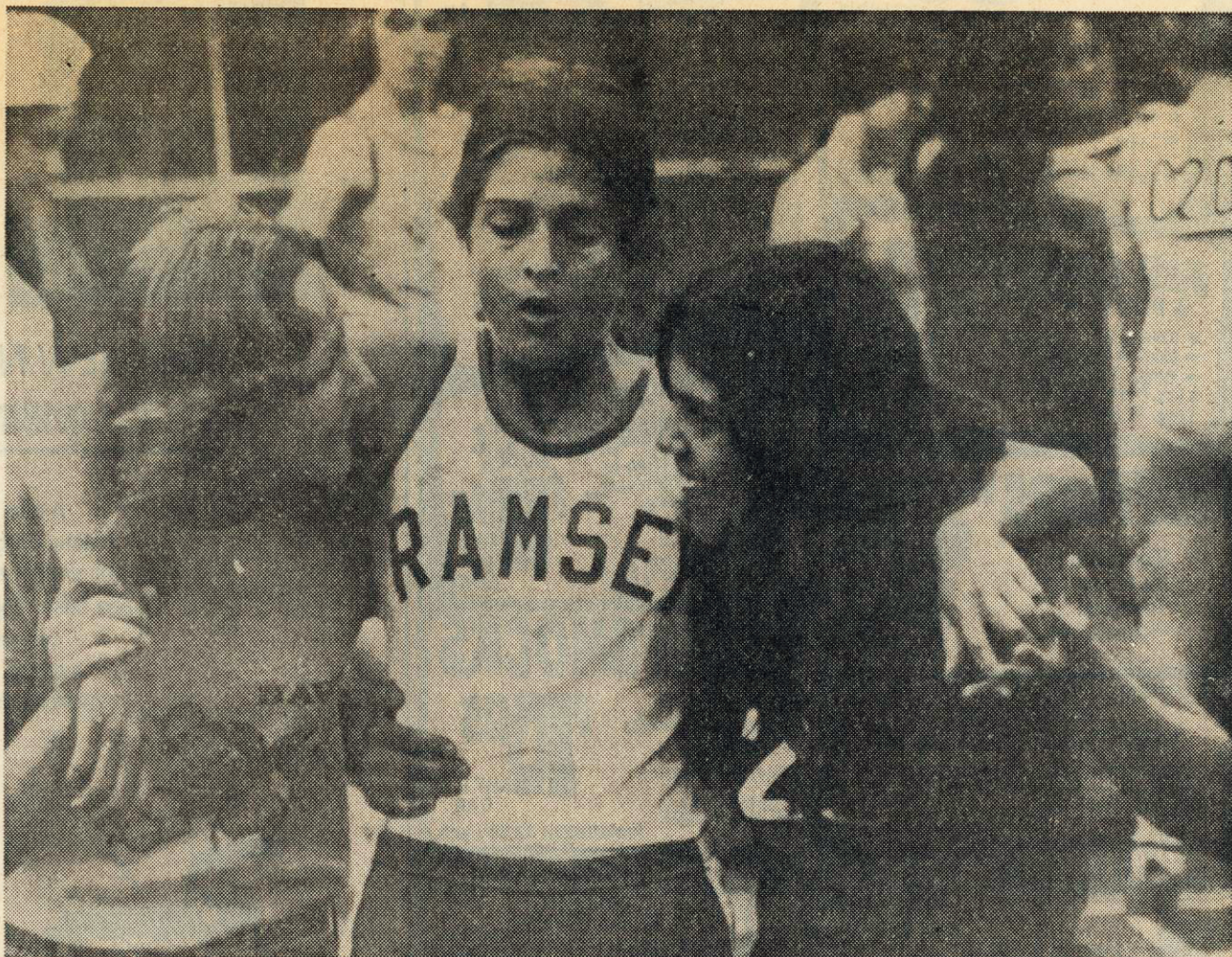
Bergenfield was third in Group 4, followed by Ridgewood and Wayne Valley.

Bergen County long jump record holder Stephanie Bembridge of Northern Highlands was sidelined with a bad ankle, but probably will jump in the group meet Tuesday at Jackson.

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## Summaries on Page C-12.

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Staff photo by Peter Monsees

*Ramsey's Lesa Maloof is helped to her feet by two friends after winning the Group 3 880 run.*



# Saddle Brook, Ramsey triumph

By Paul Schwartz

Correspondent

NEW MILFORD — Doreen Kris likes to long jump. But she'd rather run, and, she'd rather run anchor on a mile-relay team with a big lead.

So, when Ramsey's Kelly Collums completed the third leg of the mile relay in the Group 3-4 County Girls Track Championships yesterday and handed Kris the baton and a 10-yard lead, Kris smiled, said, "Thanks," and took off. She won the race to give Ramsey an exciting 39-37 win over Teaneck and the Group 3-4 title. Saddle Brook had already clinched an easy 20½-point win in Groups 1-2.

Ramsey's win, coupled with Teaneck's disappointing fourth in the relay, clinched the meet for the Rams and allowed Kris to withdraw from the long jump without taking her final three jumps.

"If Teaneck hadn't finished third or worse, Doreen would've had to get fourth or better for us to win," said Ramsey coach Lou Molino. She had run four races already and might not have been able to jump 16 feet." Kris settled for fifth in the event.

While Ramsey was sweating until the last event, Saddle Brook made sure of its victory early. The Falcons took first and third in the javelin, an event Rutherford was expected to dominate, and came out of the weights trailing by 18-13 instead of by 15-20 points.

A 220-440 double by Sharon Kearns and a two-mile win and mile runner-up finish by Laura Falci made the Group 1-2 mile relay academic and let Falcon coach Ron Gundry relax.

"The javelin helped us, and we did a good

job on the track," he said. "I was a little disappointed last week but, with everybody back next year, this was a good way to conclude this season."

Kris, Lesa Maloof and Collette Kloetz were Ramsey's standouts. But the Rams should thank Pascack Valley's Aleta Fischer, who ran a solid 220-440 double, defeating Teaneck's Dawn Booth each time and depriving the Highwaymen of four possible points.

Maloo set one of six County records in winning the 880 in 2:17.5 to beat Teaneck's Bev, Cable and Toni Bush. Kris won the 100 and took third in the 220 in addition to her mile-relay anchor leg. Kloetz was fifth behind Old Tappan's Kim Schwickrath in the shot, but upset County record-holder Linda Clayton of Demarest in the discus. Schwickrath broke her own County record in the shot for the fourth time, throwing 40 feet 3 inches.

Sue Bennett of Dumont threw the javelin 118-3 on Wednesday to set the County record for the third time. The junior thrower set the record on her last attempt, winning the event with the toss.

Tenaflly's Liz Lee set the triple jump record in winning the Group 1-2 event. But the individual star of the meet was not Kris, Fischer Maloof, or Lee.

Paramus Catholic's Michelle Guido won her eighth and ninth County championships (three cross-country; two indoor miles, three outdoor miles, and a two mile) and set two County records in doing so.

First, Guido in her first open two mile, ran 11:21.2 to shatter the County mark by 13.6 seconds. Two hours later, she won the mile in 5:09.6, breaking her own mark.



Staff photo by James D'Alba

*Collette Kloetz of Ramsey wins the Group 3-4 discus throw.*

Carolyn Moore of Indian Hills scored the meet's other surprise, upsetting County recordholder Stephanie Bembridge of Northern Highlands in the 3-4 long jump.

Randi Tedora won the hurdles, anchored the 440 relay team, and took second in the 440, leading Waldwick to a strong fourth place in Group 1-2 behind Tenaflly and Rutherford.



# Porro, 440 team win county titles

**RIDGEWOOD** — Two Ridgewood High athletes took first place Thursday as the girls' track and field team finished third out of 24 teams competing in the annual Bergen County meet. Ramsey was first and Teaneck second.

Deecy Porro leaped 34 feet, 11.5 inches to win first place in the triple jump. Ridgewood's 440 relay team (Julie Smith, Carrie O'Donnell, Angela Stewart, Judi Davis, anchor) won the county title with a time of 51.9 seconds.

Davis also finished third in the 100-yard dash with 11.9 seconds. Barbara Remmers took third place and broke the Ridgewood High mile record in 5 minutes, 31 seconds.

Two other Maroon competitors finished fifth in the counties. The mile relay team (Capt. Anne Byers, Angela Stewart, Porro, Allison MacGregor) had a time of 4 minutes, 11.9 seconds. Kim Slawek tossed the javelin 95 feet, four inches.

Coach Jock Brown commented that he was very pleased with Ridgewood's third-place finish and particularly with the 440 relay team and triple jump performances.



# Three area girls take State titles

By Paul Schwartz

Correspondent

JACKSON — Last fall, while the Saddle Brook cross-country team was winning the County Group 1-2 and State Sectional Group 2 titles, Laura Falci was playing junior varsity tennis.

"I wasn't very good. I was just learning," said Falci.

Then, after teammate Jeanne Bargiel talked her into running, Falci's first mile indoors was a 7-minute performance, and the freshman was about to hang up her track shoes.

"She wasn't very good. She was just learning," coach Ron Gundry said yesterday.

But Falci learned to run, and developed into one of the better distance runners in the County. Yesterday she capped an excellent freshman track campaign by winning the New Jersey State Interscholastic Athletic Association Group 2 two-mile championship.

"I told Laura to stay on the leaders for six laps and then take off, and she followed instructions perfectly," said Gundry. Falci stayed behind Bev Reilly of St. Rose of Belmar and Terry Demarest of Point Pleasant Boro for the allotted stretch before breezing to the win in 11:32.1.

Falci's win was one of three for area athletes. Palisades Park's Noreen Veltan repeated in the Group 1 discus throw, winning with a group record of 116 feet 7 inches.

Hawthorne's Terry Dembek led the Bears into a second-place tie after 13 events in Group 2 with a spectacular 440 win in 55.7 seconds, just a tenth of a second off the State mark. She also ran the 220 in 24.9 to take second in that event.

The Bears can still take the Group 2 title when the meet concludes Tuesday at Jackson. The three mile relays and all 440 relays that were rained out yes-

terday will be run, with the first race at 2 p.m.

If the Bears, who were fourth in the now-washed out mile relay, beat Vailsburg and place at least second in the rerun, they will edge both Vailsburg and Point Pleasant Boro. However, Vailsburg had a 4:00.8 time to Hawthorne's 4:06.8.

Other area athletes had varying success in their specialties. Ramsey had the most problems, with Doreen Kris placing fifth in the 100 and being forced to scratch from the 220 because of a slightly pulled hamstring. Lesa Maloof, the County 880 record holder and a co-favorite, finished fifth in her third 880 in five days. Old Tappan's Linda Malmrose edged her in that event.

Mile and two-mile record holder Michelle Guido of Paramus Catholic was beaten for the first time by a Bergen County runner in the next-to-last race of her sensational career. Pascack Valley freshman Mary Ellen McGowen

and Westwood soph Chris McDonnell passed Guido in the final turn to finish 2-3 in the Group 3 mile. Guido was fourth.

Kelly Neilan of Fort Lee (11:24.3) and Lisa Schadler of Bergenfield (11:30.5) actually ran faster than Falci, but finished fifth in Group 3 and seventh in Group 4, respectively.

Waldwick's Randi Tedona ran a 14.7 hurdles race, the second fastest in Bergen history to finish second in Group 2, while Aleta Fischer of Pascack Valley was second in the Group 3 440 and Dawn Booth of Teaneck was third in the Group 4 440.

County shot-put champion Kim Schwickrath led the Group 3 shot from her first throw until the last one, when Cindy Patrick of North Brunswick edged her by seven inches.

The first five finishers in each event advance to the State Meet of Champs Thursday at Princeton.



# A busy day at the (boys') races . . .

By RON FOX

PARAMUS — A day at the Bergen County Meet of Champions:

No one but Dumont's Miks Curti seems capable of high jumping 6-foot-2 until Teaneck's Hermond Palmer unlimbers. The sluggish field suddenly comes alive and all of a sudden 6-4 is a breeze. Palmer clears an incredible 6-8½ to snap the 6-6¼ meet record of Paramus' Jim Hennessy, Ramsey's Ken Jones stops at 6-5¼ after a tremendous challenge. Curti takes third at 6-4, followed by Rick Hawn of Paramus, also 6-4 . . . The high jump equipment is set up at an ideal spot for the leapers — the basketball court where the competitors delight in casually jumping up to hang on the rim or stuff imaginary basketballs. Funny, though, the ones most preoccupied with rim reaching prove most unsuccessful at high jumping . . . Strong job done at the microphone by Ed Grant, editor of New Jersey Track magazine, one of the state's foremost track enthusiasts and experts. He delights the crowd by adding a 'y' or 'ie' to nearly every first name: Scotty, Davie, Stevie. Clayton Lloyd and Ian Leavesley manage to keep their first names intact . . . Meet is smoothly run by Mike Glynn, who says at 7:10 p.m. "This is the best time of night. It's over. My officials take over from here and I can relax and enjoy it all." The running finals continue until 8:11.

Several unofficial awards are made here:

Longest kick of an empty Coke can goes to Indian Hills' normally unflappable Ken Thorpe, disappointed with his winning 110-meter high hurdle time (14.7) . . . Mind boggler of the year goes to Glynn for going to the metric system while the rest of New Jersey and conceivably the rest of America fights the transition . . . Weakest — or most consistent — stomach belongs to Joe Bradshaw, Emerson's sprinter, who gets nauseous after a race no matter how good or bad his performance . . . Most persistent nonentrants: 4573 gnats that plague spectators from start to finish . . . Saddest moment occurs when Emerson's hopes of defeating the big guys in the mile relay evaporate as Chris Grogan's leg injury reoccurs . . . Most talent standing dormant: PC's spectacular miler Michele Guido in civvies, holding the tapes.

Javelin throwers come in all sizes and this year the event is dominated by three Don Bosco flingers: Mike Collins, Matt Bauer and Ed Bauer . . . No one dominates an event from beginning to end the way Scott Sarnosky does in the 5000-meters. Next most imposing is Indian Hills' Don Jarvis in the triple jump. Otherwise exceptional leaps by Palmer, Bergen Tech's Frank Polise, Paramus Catholic's Greg Stitt go virtually unnoticed because of Jarvis' 46-6¾ . . . Pascack Valley's Bill Henshaw is most excited about the establishment of a girls' cross-country program at Pascack Valley, the last school in the NBIL to start one. The coach will start with an excellent nucleus formed by junior Sue Wagner and freshman Mary Ellen McGowen, outdoor stars in the distances . . . If the 400-meter run was 403 meters, Westwood's Steve De Perna would be No. 1 instead of No. 2 to Rutherford's Bill Harris De Perna closed brilliantly, but ran out of room. Both are clocked in 49.9, Harris winning by a chest thrust . . . One of the best kicks of the day is owned by Ramsey's Lesa Maloof, who steals the girls' 800 meters from Teaneck's Beverly Cable in 2:16. . . Teaneck's Dawn Booth is just too tough this day for a spectacular field of Pascack Valley's Aleta Fischer, Waldwick's Randi Tedona and Ramsey's Doreen Kris and Deirdre Young . . . Many stars will graduate, but several very impressive distance people will be back next year, such as Bergenfield's John Eberle, Mahwah's Leavesley, Bergen Catholic's Jim Brennan . . . Waldwick's Paul Zdanek gives Lloyd a surprisingly stiff battle in the 300-meter intermediate hurdles.

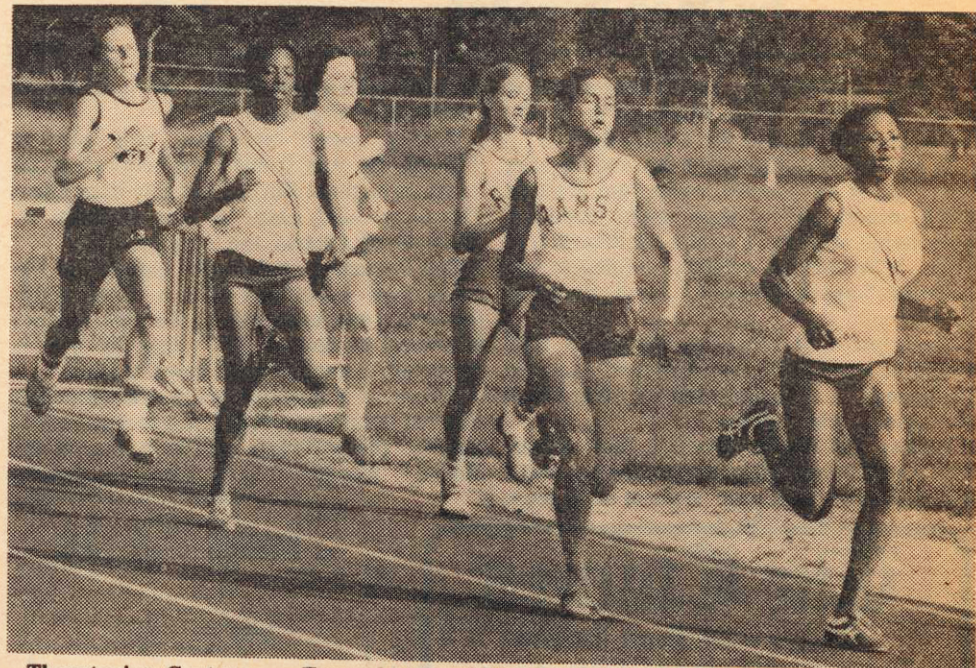
Award for most terrifying impression: John McGee of Pascack Hills, livid after his blocks slip at start of 200-meter dash and no

track official notices it. The muscular McGee is a double for Robert (Barretta) Blake as he seems to contemplate tearing up the track manually. Somehow he finishes fourth in 22.9 despite the mishap. "You can't do anything with a bad start," a calmer McGee says later. "I had all I could do to keep from falling on my face."

Another man to watch who has been worth watching all season is sophomore Dean De Renzo of Paramus, who maturely handles even the less tasteful chores of the day. "I like to high jump more than anything," says the spectacular tenth grader, "but I realize my best event is the half-mile." Despite going out too quickly, De Renzo hangs in there to take fifth in the 880 meters.

Most impressive runners are in the distances where Bergen Catholic's Bill Leonard wins easily despite a strong kick from Ramapo's Dave Latowsky; Tech's Scott Sarnoski laps most of the other entrants in the first 5000-meter run ever contested in New Jersey; and John Malone who wins the 1500 meters.

Malone never buckles and easily fends off the challenge of the heralded John Jacobus of Saddle Brook, an Easterns star, and Ramsey's Mike Alberse . . . After a slow start, Fair Lawn junior Dave Lube sends the rest of the best weightmen home with throws of 174-4 in the discus and 56-5 in the shot. Pascack Hills' Bruce McEwen and Paramus' Brian Fergang make a great run



**Threatening Gestures** — Teaneck's Beverly Cable is in the lead, but Ramsey's Lesa Maloof preps to move past her for win in special girls' 800-meter event at County Meet of Champions. Ramsey's Kelly Collums is and was third.

for the pole vault championship (both reach 12-6) until Greg Maik of Rutherford makes 13-0. . . It's odd to see no entry from Bergen Catholic in the relay and just as unusual is Paramus Catholic's underdog role in the same event. . . Curti can drive a photographer wild, as he did our Rich McBride by

racing to the high jump bar three times and turning away at the last second each time. Then, only a few feet away, seemingly just to get a closer look at the bar, Curti takes off from the closer position and clears 6-2. Only McBride's lightning-like reflexes save the day for photo-journalism

## . . . and a stay at the girls'

By RON FOX

NEW MILFORD — A day at the Bergen County Girls' Track championship Meet:

Waldwick and Ramsey seem to have an endless supply of runners . . . Selecting a Most Valuable Athlete would be an impossible task. Aleta Fischer sped to wins in the 220 and 440 and then ran a spectacular anchor leg for the Pascack Valley 440 relay team. Doreen Kris piled up points in four races and the long jump to lift Ramsey to the Group 3-4 title. Michele Guido ran her usual mile and made a rare appearance in the two-mile and handled both without batting an eye. She set county records in both — 5:09.6 and 11:21.2. Her two-mile win was so ridiculously easy one has to wonder what she'd run if pushed . . . Every effort was super because the events were run in difficult heat and humidity . . .

One of the sadder moments came when New Milford's Darlyne Robinson one of the best in the low hurdles, lost her steps in the trial heat, hit a hurdle and fell, eliminating her from the semis and a probable high finish . . . Another of the saddest times came when Ridgewood's Judy Davis burst into tears upon losing in the Group 3-4 hundred. Nothing, including her third-place finish, could calm the quaking blonde underclassman. Not even Teaneck's Karen Johnson, who said, "Don't let a little thing like this get to you," or the senior Miss Kris' "Wait 'til next year. I'm going to come back here and see you blow them all off the track." . . . Miss Davis' depression lasted until the end of the 440 relay when she was grinning, leaping and hugging with the rest of her mates after a solid showing there.

School and team unity couldn't be personified any better than at the discus throw where Dumont boys' team star Bill Pantale watched and informally coached Dumont girls' star Patti Bubar. "She's not getting her arm back far enough," said Pantale who then watched the lady adjust. "It's hard to change anybody's ways this late in the season and you have to be careful in a big meet like this," Pantale said. "You don't want to confuse them and get them thinking too much up there." . . . Ramsey's Kris made the hundred seem awfully easy . . .

Her coach, Lou Molino, seemed more and more emotionally drained with each event.

Dedication and talent should carry Pascack Hills to great heights in the future. Long after the high jump was completed, Cowgirls Tina Nicholson and Diana McEwen were practicing alone at the high bar. Tina is a freshman who has cleared 4-10 and Diana has shown considerable promise too, as a sophomore. She is the sister of Hills pole vault star Bruce McEwen . . . With a large weight loss, Dumont aide Carl Von Tobel looks like the \$6-million man . . . You can't come up with a much better crew of sprinters than Waldwick's Randi Tedona, Joanne Mastrogriacomo, Clare Tacconi and Kathy Wolons, who won the Group 1-2 440 relay and placed all over the place . . . Dumont's Due Bennett stands only 5-2½ but keeps setting records in the javelin.

Big surprise was Colette Kloetz of Ramsey, who edged heavily favored Linda Clayton of Demarest and Dumont's Bubar in the discus. . . Lisa Maloof, a Rams teammate, had quite a kick to win the 880 in a county record 2:17.5 . . . Site director Joe Hess and officials such as Chet Pliatowski (who didn't get the time to watch his daughter high jump because he was too busy clocking), Norm Fink and Spike Israel ran a very smooth meet . . . A girl who didn't compete but who should be watched for the future is Pascack Hills' Kathy DeBrock, a junior quartermiler and 14-foot-plus long jumper . . . Ridgewood's Deecy Porro really had it when it counted to win the long jump at 34-11½ . . . Indian Hills' Carolyn Moore surprised Northern Highlands' favored Stephanie Bembridge in the long jump and took a 225 fifth . . . Kari Denzau of Midland Park took a fifth in the mile for her team's only point.

Frightening is the long wheezing bout Pascack Hills' Nancy Landen goes through after every 440, but she's reportedly healthy and runs better after every attack . . . Lynn Good, Karen Monroe, Darcy Bauman and Lisa Schadler all picked up points for Bergenfield, but the Bears didn't excel . . . New Milford's Terry Small was second in the javelin for 1-2.



**DON JARVIS** — Indian Hills



Wed 7 June

BERGEN/PASSAIC/HUDSON COUN

# *Collins ups own mark in javelin*

HIGHLAND PARK—Mike Collins extended his Bergen County javelin throw record to 220 feet 11 inches yesterday in leading the qualifiers in that event for tomorrow's state Meet of Champions. But the Don Bosco senior won't be around tomorrow to attempt to win the State all-groups championship.

Collins leave today for Sacramento, Calif., where he competes in the Golden West Invitational Saturday night. Hackensack intermediate hurdler Clayton Lloyd, who missed last week's state groups meet because he was taking college entrance exams, also has been invited to the Golden West, considered to be the National scholastic championships. Collins also will compete in the International Prep Invitational in Chicago a week from Saturday.

While Collins was improving on his Bergen record of 216-3, Dumont's Mike Curti was achieving a personal best and qualifying for the high jump final. Curti was one of nine jumpers who cleared 6 feet 6 inches.

Indian Hills Don Jarvis, meanwhile, did well, but not well enough to make the six-man long jump final. Jarvis' 21-10 leap left him out in the cold, by 1½ inches.

Among the area features of tomorrow's 3:30 p.m. meet at Princeton University's new rubber-turf track is the mile run. Bergen Catholic's Bill Leonard and John Malone and Saddle Brook's John Jacobus are among the favorites in that race, which could provide the Bergen-Passaic area with its only champion.

The girls' meet of champions will be run concurrently, with Hawthorne's Terry Dembek the best hope for the title. Dembek's 55.7 winning time in the Group 2 440 Saturday was only one-tenth off the State record.

The relay portion of Saturday's girls State meet, postponed by rain, was completed yesterday with Ramsey winning the Group 3 mile relay and setting a Bergen County record in the process. The Rams' quartet of Karen Kobza, Kelly Collums, Dierdre Young, and Doreen Kris, clocked 3:59.1, four-tenths better than their own previous mark.

They were, however, far overshadowed by the Camden quartet that set a National scholastic record of 3:49.7 in winning the Group 4 race and added a 47.6 win in the 440 relay.





UPI Photo

*Susan Liers of Smithtown, N.Y., is about to break the tape in winning the women's 5,000-meter walk of the National AAU Track and Field Championships at UCLA.*



# Girls track 'graduates' in Bergen County

By Paul Schwartz  
Correspondent

Four years ago, Doreen Kris was Ramsey's girls track team, literally; Randi Tedona was running a leg on Waldwick's boys mile relay team; Aleta Fischer was one of four Pascack Valley girls who won all three girls events at the Twin-Boro Relays, and Michelle Guido was just starting to run at Paramus Catholic.

At that time Bergen County girls track consisted mostly of memories of Glen Rock's great sprinter Vanessa Hugley and wonder at Ridgewood's talented high jumper Becky Deetz.

But now Bergen County girls track is deeper and more talented than ever, and Kris, Tedona, Fischer, and Guido are the leaders of the first graduating class of County track, the first class which had complete schedules rather than hit-or-miss events.

The four seniors, Kris in the 100; Tedona in the hurdles, Fischer in the 440, and Guido in the mile pace The Record's 1978 All-Bergen team.

They are joined by Dawn Booth of Teaneck (220), Lesa Maloof of Ramsey (880), Kelly Neilan of Fort Lee (two mile), the Ramsey mile relay team, the Ridgewood 440 yard relay team, shot putter Kim Schwickrath of Old Tappan, Demarest's Linda Clayton (discus), high jumper Leslie Woytowicz of Fort Lee, Liz Lee of Tenafly (triple jump), javelin thrower Sue Bennett of Dumont, and long jumper Stephanie Bembridge of Northern Highlands.

The first-team choices and their coaches will be honored Tuesday night at The Record's Spring Awards Banquet at the Cottage Inn, Lodi.

KRIS—The Ramsey sprinter transferred to Ohio after last season, but there was no girls track and she came back to Ramsey in September. Then she proceeded to help the Rams to league, County and State sectional titles with standout performances in the 100, 220, and long jump, besides running anchor on Ramsey's record mile relay. Kris won the County 3-4 100 in 11.5 and was fifth in State Group 3 competition. She is the County 440 record holder.

TEDONA—Converting from the 440 to the hurdles was a slow process, but Randi prospered, winning the County Group 1-2 title and winning the State sectional Group 2 and Bergen-Passaic Scholastic League titles as well. But she saved her best performances for the State Group 2 competition. First came a 15.2 winning heat, then a 15.1 semifinal, followed by a 14.7 third-place clocking in the final.

FISCHER—A three-time County champ, Aleta was consistently under 60 seconds all year. Her only loss to a Bergen runner was to Booth at the Meet of Champions at 400 meters, but she avenged the loss with a 220-440 double in the County championships, beating Booth both times. Aleta was the Northern Bergen Interscholastic League champ in the 220, 440 and hurdles, second in the Group 3 sectionals and second in Group 3 finals. Her best time was 58.0.

GUIDO—Beaten for the first time by Bergen County runners in Saturday's Group 3 State finals, she nevertheless finished an outstanding career with an

outstanding season. Guido ran a 5:09.9 at Penn Relays to set the County record, won the State sectionals in 5:10.4, and won the County Group 3-4 in a record of 5:09.6. She also set the County two-mile mark at 11:21.2. She is a three-time County champ.

BOOTH—Until the Northern New Jersey Interscholastic League championships three weeks ago, Booth was all but unknown. Then the Teaneck junior burst into prominence with a 26.5 clocking for the 220 and 58.9 quarter. Booth ran a 26.3 220 at the sectionals and 26.2 in losing to Fischer last week. She won the Group 4 440 sectional in 58.2 and was second in the State Group 4 meet.

MALOOF—Another repeater, Lesa found the 2:20 barrier unbreakable until the last week of the season. The junior won the B-PSL in 2:20.2, then won the sectionals in 2:18.9, ran the 800 meters in 2:16.0 (equivalent to 2:16.9) and won the County Group 3-4 race in a County record 2:17.5. She also subbed for the injured Karen Kobza on Ramsey's mile relay team at the County and State sectional meets.

NEILAN—Another repeater and senior, Kelly started slowly, but chipped 36 seconds off her time the last three times she ran the two mile. After winning the Bergen County Scholastic League American in 12 minutes, she took the State sectional Group 3 in 11:45.3; was second in the 3-4 Counties in 11:30.1, and fifth in the States at 11:24.3.

RIDGEWOOD 440 RELAY—A season-long battle with Teaneck and Bergenfield ended with the Maroons on top in the later races. The team of Julie Smith, Carrie O'Donnell, Angela Stewart, and Judy Davis was edged by Teaneck in the NNJIL, but won the County Group 3-4 and set a County record of 51.6 in a third-place finish in the Group 4 sectionals.

RAMSEY MILE RELAY—The best relay foursome in Bergen history, Ramsey ran under 4:05 on six occasions. Before the season started, the County record was 4:04.9. But a 3:59.4 clocking by Kris, Dierdre Young, Kobza, and Kelly Collums at the Kearny Relays broke the mark. The Ramsey girls ran 1,600 meters in 3:58 at Penn, won the Meet of Champions, County 3-4 and State sectional titles with Maloof subbing for Kobza. The foursome also set a Bergen record of 4:18.6 in the sprint medley.

SCHWICKRATH—Five of six County field-event records fell this year. This Old Tappan girl was the No. 1 record breaker, topping her shot mark four times. Her best was 40 feet 3 inches at the County meet. Kim was unbeaten until the last toss of the Group 3 State finals when she was passed and finished second. Her consistency was phenomenal. In winning the NBIL, County, and State sectional titles and sharing the wins at the Rutherford, Ridgewood, and County Relays, she never had a day without at least one 38-foot throw.

CLAYTON—In winning the State sectional with a toss of 127-1 to break Karen Smith's 1975 discus record, Clayton hit her peak. Despite losing to Ramsey's Colette Kloetz at the County meet and finishing third in the Group 3 finals, the junior was the class of discus throwers all season. She threw more than 120 feet in four meets.

WOYTOWICZ—Leslie became only the second jumper in County history to clear 5-4 when she won the County 3-4 title. She cleared 5-2 to win the BCSL American championship, and was second in the State sectionals. Her 5-3 jump in the State meet didn't qualify for the final six in Group 3.

BEMBRIDGE—Hampered by injuries, Bembridge did not compete in the State sectionals, and finished third in the County meet. But earlier the sophomore had upheld her status as the top jumper in the County with a leap of 17-5 1/4 at the County Relays, a Bergen record. It also helped Northern Highlands set a team record in the long jump. Stephanie won the NBIL title.

LEE—Another sophomore, she triple jumped only four times. But each time she broke a County or meet record or helped in setting a relay record. She paced Tenafly to meet records at the Rutherford and County Relays, and jumped 34-7 1/2 to win the BCSL American. Then she jumped 35-3 3/4 at the County Group 1-2 meet to set the individual County mark.

BENNETT—The diminutive junior looks more like a 100-yard runner than a javelin thrower. And she runs the 100, too, taking fifth in the Group 3 sectionals. But javelin throwing is her forte. She first broke the County record with a toss of 111-5 at the BCSL American meet. Then she threw 114-7 to break Heather Scelfo's mark at the State Group 3 sectionals. Finally, on her last toss, she threw 118-3 at the County championships to set another record.

## All-Bergen girls track

First Team		Event	Second Team	
Name	School		Name	School
RANDI TEDONA	Waldwick	110LH	DAWN DONOVAN	Cliffside Park
DOREEN KRIS	Ramsey	100	JUDY DAVIS	Ridgewood
DAWN BOOTH	Teaneck	220	ALETA FISCHER	Pascack Valley
ALETA FISCHER	Pascack Valley	440	DAWN BOOTH	Teaneck
LESA MALOOF	Ramsey	880	ANTIONETTE BUSH	Teaneck
MICHELE GUIDO	Paramus Cath.	MILE	CHRIS McDONNELL	Westwood
KELLY NEILAN	Fort Lee	2 MILE	LISA SCHADLER	Bergenfield
RIDGEWOOD		440 RELAY	TEANECK	
(Julie Smith, Carrie O'Donnell, Angela Stewart, Judy Davis)			(Chervi Moore, Sharon Trumpet, Karen Johnson, Debra Johnson)	
RAMSEY		MILE RELAY	WESTWOOD	
(Dierdre Young, Karen Kobza, Kelly Collums, Doreen Kris)			(Sue Weinthal, Donna Innocenti, Kelly Napschat, Geri Pomerantz)	
KIM SCHWICKRATH	Old Tappan	SHOT PUT	LYNN GREEN	Englewood
LINDA CLAYTON	Demarest	DISCUS	COLETTE KLOETZ	Ramsey
LESLIE WOYTOWICZ	Fort Lee	HIGH JUMP	LAURIE MIRANDA	Lyndhurst
STEPHANIE BEMBRIDGE	N. High	LONG JUMP	CAROLINE MORRIS	Hackensack
LIZ LEE	Tenafly	TRIPLE JUMP	DEEY PORRO	Ridgewood
SUE BENNETT	Dumont	JAVELIN	HEATHER SCelfO	Rutherford

Coach of the year — LOU MOLINO, Ramsey

### Honorable mention

110LH—Brenda Brown, Paramus Catholic; Laurie Carter, Hackensack; Leslie Davis, Tenafly; Aleta Fischer, Pascack Valley; Debbie Leitchman, Hackensack; Darlyne Robinson, New Milford; Holly Wehner, Rutherford.  
100—Debra Johnson, Teaneck; Karen Johnson, Teaneck; Laurie Miranda, Lyndhurst; Karen Monroe, Bergenfield; Caroline Morris, Hackensack.  
220—Karen Johnson, Teaneck; Karen Kobza, Ramsey; Doreen Kris, Ramsey; Joanne Mastrogliacomo, Waldwick.  
440—Kelly Collums, Ramsey; Dawn Donovan, Cliffside Park; Lynn Good, Bergenfield; Sharon Kearns, Saddle Brook; Karen Kobza, Ramsey; Doreen Kris, Ramsey; Dierdre Young, Ramsey.  
880—Bev Cable, Teaneck; Kelly Collums, Ramsey; Michele Fudge, Hackensack; Alyson MacGregor, Ridgewood; Mary Ellen McGowan, Pascack Valley; Linda Malmrose, Old Tappan; Bianca O'Connell, Rutherford.  
MILE—Colleen Delia, Ramsey; Laura Falci, Saddle Brook; Michelle Guido, Paramus Catholic; Violetta Josefska, Garfield; Denise Murphy, Bogota; Lisa Schadler, Bergenfield.  
SHOT PUT—Darcy Bauman, Bergenfield; Linda Clayton, Demarest; Dianne Garbe, Rutherford; Felicia Lee, Teaneck.  
DISCUS—Patti Bubay, Dumont; Heather Scelfo, Rutherford; Noreen Velten, Palisades Park; Sue Zak, Rutherford.  
HIGH JUMP—Stephanie Bembridge, Northern Highlands; Dawn Donovan, Cliffside Park; Dunja Hinrichs, Old Tappan; Doreen Mey, New Milford; Terry Wolfe, Fair Lawn.  
LONG JUMP—Doreen Kris, Ramsey; Liz Lee, Tenafly; Laurie Miranda, Lyndhurst; Carolyn Moore, Indian Hills; Debbie Pagan, Old Tappan; Pat York, Englewood.  
TRIPLE JUMP—Leslie Davis, Tenafly; Stephanie Bembridge, Northern Highlands; Laurie Miranda, Lyndhurst; Debbie Pagan, Old Tappan; Leslie Woytowicz, Fort Lee; Pat York, Englewood.  
JAVELIN—Fran Bonczykowski, Lyndhurst; Delores Harrison, Saddle Brook; Jo Ann Licata, Saddle Brook; Ann Revechio, Cliffside Park; Kim Shelley, Ridgefield Park; Terry Small, New Milford; Liz Wahler, Saddle Brook; Sue Zak, Rutherford.  
440 RELAY—Bergenfield, Englewood, Ramsey, Waldwick.  
2 MILE—Colleen Delia, Ramsey; Laura Falci, Saddle Brook; Michelle Guido, Paramus Catholic; Violetta



RANDI TEDONA  
WALDWICK  
110LH



DOREEN KRIS  
RAMSEY  
100



DAWN BOOTH  
TEANECK  
220



ALETA FISCHER  
PASCACK VALLEY  
440



LESA MALOOF  
RAMSEY  
880



JULIE SMITH



CARRIE O'DONNELL



ANGELA STEWART



JUDY DAVIS

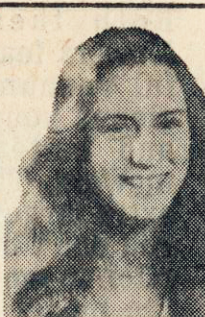


MICHELE GUIDO  
PARAMUS CATH.  
MILE

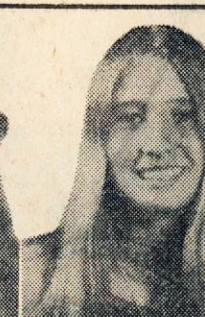
## 1978 All-Bergen Girls Track



DIERDRE YOUNG



KAREN KOBZA



KELLY COLLUMS



DOREEN KRIS



SUE BENNETT  
DUMONT  
JAVELIN



KIM SCHWICKRATH  
OLD TAPPAN  
SHOT PUT



LINDA CLAYTON  
DEMAREST  
DISCUS



LESLIE WOYTOWICZ  
FORT LEE  
HIGH JUMP



STEPHANIE BEMBRIDGE  
N. HIGHLANDS  
LONG JUMP



LIZ LEE  
TENAFLY  
TRIPLE JUMP

## Molino has a winning theory

Lou Molino has a theory about winning Coach of the Year.

"When you get Coach of the Year, it's because your team is the best, right?" he said. "So the award is really for team of the year. And I had the team of the year."

There's little question that the Ramsey girls track team was all that and more, and thus, under the Molino theory, its coach is the Bergen County Coach of the Year.

But Molino isn't content to accept the honors just for himself or the girls that earned him the honor.

"We're really a team of about nine girls who scored almost all of our points, and we're divided into three sections," he says. "First there's Steve

Adams [County shot put record holder] who coaches Colette Kloetz, our discus thrower-shot putter.

"Then Tom Melville coaches our sprinters—Doreen Kris, Karen Kobza, and Dierdre Young. I don't take credit for any of them.

"I coach Kelly Collums, Lesa Maloof, Diane Papenberg, Colleen Delia, and Sandy Flubacher. We each relate best to the girls we coach, and, of course, relate well as a team."

Ramsey's girls were expected to be at the top of the Bergen County rankings from the opening meet of the season and Molino thinks the preseason publicity put added pressure on his athletes.

"Every time they ran, they were expected to win. It's tough to come

through under those circumstances all the time, but they did," he says.

Ramsey won the Bergen-Passaic Scholastic League title the Bergen County Relays championship, the Bergen County individual title and the State sectional Group 3 championship. Ramsey's mile relay team set a Bergen County record and won a Penn Relays gold medal.

"It's not likely that we'll see another team as good as this one for a long time," says Molino, who has also won two Coach of the Year titles in boys cross-country and one in girls indoor track.

But with six of Ramsey's nine top performers returning next year and a solid core of underclassmen, Molino



Lou Molino

may get another chance to test his theory next season.

—PAUL SCHWARTZ



# Zollo, Dembek triumph

By Ron Drogo

Staff Writer

PRINCETON—Nina Zollo and Michele Guido ended their scholastic careers in fine fashion. Terry Dembek completed her junior season as the best quarter-miler in New Jersey. But yesterday's State Meet of Champs was more a showcase for the future of girls track in New Jersey and, in particular, the Bergen-Passaic area than anything else.

Zollo, the Wayne Hills senior, won the mile in an impressive 5:01.2. She did it by overtaking Cranford's Marybeth Hogan in the third lap and then holding off Hogan's frantic dash in the final 100 yards to win on a lean.

In the same race, Guido, a Paramus Catholic senior, placed fourth, lowering her Bergen County record by two seconds to 5:07.4.

Later, Dembek ignored a headache

and the steamy weather to win the 440 easily in 56 seconds flat. It was three-tenths of a second off her best time and four-tenths off the State record, but it was a perfect ending for the Hawthorne junior who should break the State record next year.

But perhaps of greater significance

**All-Bergen girls track team on Page C-10.**

for the future were the performances of two freshmen. Pascack Valley's Mary Ellen McGowan finished eighth in the mile in a fine 5:10. And Laura Falcì of Saddle Brook, although never a threat to gain a place, set a Bergen County two-mile record of 11:14.5, seven seconds faster than Guido's previous mark.

"I was afraid I'd end up getting lapped," said Falcì, who finished ninth

in the race won in 10:53 by Mary Banks of Raritan. "But I was thinking about a Bergen County record."

Dembek was thinking merely of winning, although the State record did enter her mind. She won her heat easily in 57.3 and was virtually unpushed again in the final with Carolyn Willis of Paul VI of Haddonfield finishing second in 56.8.

"I ran well, and I won, that's what matters," Dembek said, obviously not disappointed by not going faster on the superfast new track at Princeton's Palmer Stadium. "I really have a bad headache, though."

Dembek came back to anchor Hawthorne's 1,600-meter relay, but the team went unplaced. Ramsey finished fifth in that event in 3:57.5, the best time ever run by a Bergen County team. But because the metric Princeton track is not marked for mile relay passing



Nina Zollo

zones, the relays were run metrically—the rest of the meet was in yards—and Ramsey's mark cannot count as a Bergen record. The Rams' 3:59.1 of last Tuesday is still the record although yesterday's performance converts to 3:58.6 for the full mile.

## Malone ends season impressively

PRINCETON—It has been a year in which John Malone has shown his versatility, running a 1:56.6 half-mile, a 3:51.7 for 1,500 meters, a spectacular 3:02.2 1,200-meter leg on a distance medley, and a 4:19.7 mile.

But it wasn't until yesterday that Malone placed himself high among the milers in Bergen County history.

The Bergen Catholic senior ended his career by finishing third in the State Meet of Champions mile in 4:14.7, a personal best, a BC school record, and

the sixth fastest mile ever run by a Bergen athlete.

"I let the third quarter go too slow or I would have been faster and maybe gotten second," said Malone after finishing behind runaway winner Guy Emmons of Marlboro (4:11.5) and Al Hardin of Millville (4:13.5). "But I ran what I thought I could run and I've had a real good spring."

The William & Mary bound senior had gone through the half in 2:06.8, but was well behind flying Emmons, who won

the Eastern States mile last week, and slightly ahead of Saddle Brook's John Jacobus.

When Jacobus went past him midway through the final lap, Malone responded. And when Jacobus seemed spent in the home stretch, Malone was still gaining ground on everyone but Emmons.

Jacobus went unplaced in 4:16.9, his best ever, and the same time as run by Bergen Catholic's Bill Leonard. It also was a personal best for Leonard, who

won the Parochial A title last week in 4:17.4 while Malone was running 4:19.7.

"I guess a couple of days of not eating did me good," said Malone, who says his weight ballooned to 145 after some weekend graduation parties. "I was 15 pounds overweight, so I didn't eat from Monday night to Wednesday night and I felt good."

Bergenfield junior John Eberle was feeling pretty good himself after a strong fifth-place finish in the two-mile. Eberle stamped himself as a distance runner for the State to reckon with with a 9:16.3 clocking, seven seconds faster than his previous best. He finished well behind Barney Costello of Hunterdon Center (9:09.9), but his time was three seconds faster than any Bergen County runner had run this season.

Passaic County schools were shut out in the meet at Princeton University's fast new Rubbertrack track and the only other Bergen placer was Fair Lawn junior Dave Laube. He finished third in the discus as he had in the Group 4 meet Saturday, with a throw of 175.5.

The individual stars were Westfield's Butch Woolfolk, who clocked 9.7 for the 100 and 20.9 in the 220, and Plainfield's Chris Person, who had a 13.8-37.0 hurdles double. Trenton, however, won the team title by blazing a 3:12.7 1,600-meter relay (Darrel Jeffress anchored in 46.4) to edge Plainfield by a point. Plainfield finished second in the relay, but was disqualified because anchorman Andre Lawson threw the baton in frustration after his 46.3 leg failed to catch Jeffress, costing his team the title.

—RON DROGO

## State Meet of Champs

### Boys

- 100 1. Butch Woolfolk, Westfield, 9.7 (Record, old record 9.8 by Van Butler, Trenton, 1971); 2. Ron Singletary, Trenton, 9.7; 3. Carlos Roberts, Franklin, 9.8; 4. Tim White, Asbury Park, 9.8; 5. Frank Kelly, Westfield, 10.0.
- 220 1. Butch Woolfolk, Westfield, 20.9 (Record, old record 21.0 by Rich Still, Haddon Heights, 1971); 2. Darrell Jeffress, Trenton, 21.4; 3. Charles Cooper, Paulsboro, 21.6; 4. Dwight Holmes, Orange, 21.8; 5. Greg Durant, Long Branch, 21.9.
- 400 1. Chris Person, Plainfield, 13.8; 2. Tyrone Moore, Snyder, 13.8; 3. Mike Blair, Franklin, 14.4; 4. Keith Lindsley, Morris Hills, 14.6; 5. Danny Coles, Asbury Park, 14.8.
- 800 1. Chris Person, Plainfield, 37.0 (Record, old record 37.9 by Person, 1977); 2. Bobby Daye, Lakewood, 37.9; 3. Mike Blair, Franklin, 37.9; 4. Keith Lindsley, Morris Hills, 38.6; 5. Alan Cognini, Burlington Twp., 38.7.
- 1,600 1. John Bailey, Monmouth, 48.0 (Record, old record 48.2 by Keith Davis, Lincoln, 1970); 2. Andre Lawson, Plainfield, 48.6; 3. Dean Olawski, Kearny, 48.8; 4. Dave Bailey, Holy Spirit, 49.8; 5. George Hayes, Monmouth, 49.8.
- 3,200 1. Dick Cantor, Woodbury, 1:53.2; 2. Pete Casagrabbe, Christian Brothers Acad., 1:54.2; 3. Aubrey McKithen, Trenton, 1:54.4; 4. John Bayliss, Warren Hills, 1:55.5; 5. Mike Karp, Chatham Twp., 1:56.0.
- 5,000 1. Guy Emmons, Marlboro, 4:11.5; 2. Al Nardin, Millville, 4:13.5; 3. John Malone, Bergen Catholic, 4:14.7; 4. Al Solano, Memorial (WNY), 4:15.6; 5. John Marino, Williamstown, 4:16.3. Also Bill Leonard, Bergen Catholic, 4:16.9; and John Jacobus, Saddle Brook, 4:16.9.
- 1 MILE—1. Barney Costello, Hunterdon Central, 9:09.9; 2. Steve Bigotto, Seton Hall, 9:13.2; 3. Mike Mantini, Gateway, 9:15.5; 4. Jack Lawrence, Christian Brothers Acad., 9:15.9; 5. John Eberle, Bergenfield, 9:16.3.
- 1,600-METER RELAY—1. Trenton (Fred Gore, Ron Singletary, Aubrey McKithen, Darrell Jeffress), 3:12.9; 2. Monmouth, 3:16.5; 3. Piscataway, 3:19.1; 4. West Side, 3:19.5; 5. Camden, 3:21.4. (Plainfield placed second in 3:13.4 but was disqualified.)
- SHOT PUT—1. George Scribette, Toms River North, 59 feet, 11 inches; 2. Paul Harting, Columbia, 57.11; 3. Dave Williams, Asbury Park, 57.9; 4. Mike Rustemeyer, Carteret, 56.8; 5. Craig Dunn, Montclair, 54.11.
- DISCUS—1. Brian Dalatari, Brick Twp., 185 feet, 7 inches; 2. Charlie Odykev, Hanover Park, 176.1; 3. Dave Laube, Fair Lawn, 175.5; 4. Derrick Frazier, Williamstown, 166.6; 5. Gilbert Curry, Pleasantland, 164.9.
- HIGH JUMP—1. Marc Holland, Ocean Twp., 7 feet (Record, old record 6.8 by eight jumpers); 2. Dan Monchek, Piscataway, 6.10; 3. Matt Goode, Monmouth, 6.6; 4. Ed Harris, Willingboro, 6.4. (Only four jumpers made opening height of 6.4.)
- LONG JUMP—1. Keith Washington, Woodbury, 23 feet; 2. Lynn Johnson, Jackson, 22.9; 3. Carl Lewis, Willingboro, 22.5; 4. Barry Turner, Princeton, 22.3; 5. Chris Vasser, Lower Cape May, 22.1.
- POLE VAULT—1. Tom Tulano, Morris Knolls, 14 feet, 6 inches; 2. David Kaplan, Bridgewater-Raritan West, 13.6; 3. Tie among Kevin Hunt, Holmdel; Gino Nosenzo, Voorhees; Nick Frezza,

Bridgewater-Raritan West; and Sam Needoba, Carteret, 13.0.

JAVELIN—1. Dave Farnsworth, Scotch Plains, 223 feet, 2 inches (Record, old record 220.0 by Van Shaw, Cranford, 1972); 2. Drew Forbes, Rancocas Valley, 200.1; 3. Mike Keyes, Long Branch, 198.7; 4. Tracy Hosler, Lenape Valley, 193.11; 5. Dwayne Clark, Willingboro, 183.4.

TEAM CHAMPION—Trenton 17.

### Girls

- 100—1. Michele Glover, Pennsauken, 10.7; 2. Lori Lewis, Woodbury, 10.9; 3. Gloria Jackson, Montclair, 11.2; 4. Michele Morgan, Vailsburg, 11.3; 5. Judy Davis, Lincoln, 11.4.
- 220—1. Lori Lewis, Woodbury, 24.0; 2. Patti Dunlap, Camden, 24.2; 3. Michele Glover, Pennsauken, 24.4; 4. Bev Roman, Columbia, 24.8; 5. Gloria Jackson, Montclair, 25.0.
- 400—1. Denise Taylor, Red Bank Catholic, 14.1; 2. Darlene Grant, Overbrook, 14.3; 3. Margie Nardone, Bernards, 14.7; 4. Cheryl Morrison, Lincoln, 14.8; 5. Carolyn Watson, Piscataway, 14.8.
- 800—1. Terry Dembek, Hawthorne, 56.0; 2. Carolyn Willis, Paul VI (Haddonfield), 56.8; 3. Evelyn Simpson, Camden, 57.1; 4. Tonia Wormley, Plainfield, 57.17; 5. Marylee Damutz, Hightstown, 57.13. Also: Lisa Maloog, Ramsey, 57.18.
- 1 MILE—1. Nina Zollo, Wayne Hills, 5:01.2; 2. Marybeth Hogan, Cranford, 5:01.3; 3. Judy Ruff, Highland Park, 5:07.2; 4. Michele Guido, Paramus Catholic, 5:07.4; 5. Cathy Stone, Bernards, 5:07.6. Also: Mary Ellen McGowan, Pascack

- Valley, 5:10; Chris MacDonnell, Westwood, 5:13.4.
- 2 MILE—1. Mary Banks, Raritan, 10:53.0; 2. Nancy Fitzgerald, Cedar Ridge, 10:55.8; 3. Monique Purcell, Holy Spirit, 10:56.8; 4. Ann Gladue, Bayley-Ellard, 10:56.9; 5. Bridgette Duprez, Parsippany Hills, 11:00.6. Also: Laura Falcì, Saddle Brook, 11:14.5; and Kelly Neifan, Port Lee, 11:28.1.
- 1,600-METER RELAY—1. Camden (Satterfield, Thompson, Dunlap, Simpson), 3:47.4; 2. Columbia, 3:53.4; 3. West Essex, 3:56.9; 4. Vailsburg, 3:57.0; 5. Ramsey, 3:57.5.
- 400-METER RELAY—1. Camden (Dunlap, Walls, Nelson, Simpson), 47.4; 2. Neptune, 48.4; 3. Montclair, 48.9; 4. Asbury Park, 49.2; 5. Deptford, 49.2.
- SHOT PUT—1. Cheryl Smack, Middletown South, 41 feet, 4 inches; 2. Beth Bittel, Toms River North, 40.10; 3. Erma Painter, Clayton, 40.5; 4. Stephanie Reyes, Cedar Ridge, 40.4; 5. Terry Costy, Toms River North, 39.10.
- DISCUS—1. Eileen Jacobsen, Toms River North, 133 feet, 3 inches; 2. Jill Watts, Morristown, 119.9; 3. Marianne Murphy, Jackson, 118.2; 4. Pat Scott, Toms River South, 117.4; 5. Linda Clayton, Demarest, 115.8.
- HIGH JUMP—1. Karen Krawiec, Boonton, 5 feet, 6 inches; 2. Lorraine Smakula, Colonia, 5.6; 3. Pat Kriege, Marlboro, 5.4; 4. Susan Van Horn, North Hunterdon, 5.2; 5. Kim Hatchett, Lawrence, 5.2.
- LONG JUMP—1. Carol Lewis, Willingboro, 18 feet, 9 1/2 inches; 2. Ann Bair, West Morris Central, 18.24; 3. Anna Stewart, Glassboro, 17.39; 4. Denise Sheire, Freehold, 16.11 1/2; 5. Jodi Radziewicz, Manalapan, 16.9.
- JAVELIN—1. Jill Watts, Morristown, 142 feet, 11 inches; 2. Lynn Reid, Edison, 139.8; 3. Judy Madea, Monmouth, 133.3; 4. Maggie Viemann, Hillsboro, 130.7; 5. Jean Wohlpenmuth, Bayley-Ellard, 130.6.
- TEAM CHAMPION—Camden.



# Dembek paces girl track stars

NORTHWEST BERGEN — Headed by state all-groups champion Terry Dembek of Hawthorne, the record-breaking 1978 Ridgewood News All-Suburban girls' track and field team is announced today.

Miss Dembek's 56-flat winning time at Princeton Thursday tied the meet record set by Penny Fales of Hackettstown last season. The Hawthorne ace holds the state record in the event, 55.7.

The team is dotted by record-snapping performers, mostly from Hawthorne, Ramsey and Ridgewood High.

Bonnie Rutt of Hawthorne is "Coach of the Year" as she guided the team to sectional honors and tied Ramsey for the B-PSL dual meet crown. Hawthorne also won the Rutherford Relays.

## Ramsey Girls Excel

The Ramsey mile relay team, holder of the county record, is formed by Kelly Collums, Doreen Kris, Karen Kobza and Deirdre Young. They placed fifth at Princeton with a county record 3:57.5 in the 1600-meter relay.

Ridgewood's 440 relay team is another county record-holder. Carrie O'Donnell, Julie Smith, Angela Stewart and Judy Davis comprise that quartet.

Halfmiler Lesa Maloff and sprinter Doreen Kris set marks for coach Lou Molino's Ramsey squad which won county and sectional laurels and also finished first in the B-PSL meet.

Stephanie Bembridge, Northern Highlands' outstanding long jumper, has a county record 17-5 leap to her credit.

Miss Dembeck was picked in the 880 and 440, and Ramsey's Collette Kloetz is the all-star shot putter and discus thrower.

## Y softball standings

### MEN'S LEAGUE

	W	L
Sales	3	1
Lockard Agency	3	1
Riverside Vets	3	1
Esposito's	2	2
Hoffman-Allied	2	2
British-Leyland	2	3
Plaza Restaurant	1	3
Ramapo Firestone	0	3

### Results

Plaza 4, British Leyland 1  
Hoffman 3, Sales 2  
Riverside 3, Esposito's 0

## Village Jr. baseball

### JUNIOR GIRL' SOFTBALL Atlantic League

	W	L
Village Tire	5	3
A Lady's Fancy	5	4
C. C. Van Emburgh	5	4
Orchard School	4	4
Ridge School	4	5
Ridgewood Savings	4	4
Brown Wehrill & Duxbury Realty	3	4



DOREEN KRIS

## '78 All-Suburban girls' track

### FIRST TEAM

100—Doreen Kris, Ramsey  
220—Terry Dembek, Hawthorne  
440—Terry Dembek, Hawthorne  
880—Lesla Maloff, Ramsey  
Mile—Colleen Delia, Ramsey  
2-Mile—Barbara Remmers, Ridgewood  
110 Hurdles—Randi Tedona, Waldwick  
440 Relay—Ridgewood (Carrie O'Donnell, Julie Smith, Angela Stewart, Judy Davis)  
Mile Relay—Ramsey (Kelly Collums, Dorren Kris, Karen Kobza, Deirdre Young)  
High Jump—Lisa Wolfe, Fair Lawn  
Long Jump—Stephanie Bembridge, No. Highlands

### SECOND TEAM

100—Judy Davis, Ridgewood  
220—Dorren Kris, Ramsey  
440—Kelly Collums, Ramsey  
880—Kelly Collums, Ramsey  
Mile—Kari Denzau, Midland Pk.  
2-Mile—Sandy Flubacher, Ramsey  
110-Hurdles—Sandy Giordia, Hawthorne  
440 Relay—Waldwick (Joanne Mastrogiacomio, Claire Tacconi, Kathy Wolons, Randi Tedona)  
Mile Relay—Hawthorne (Eileen Kosch, Nancy De Groot, Terry Dembek, Sandi Giordia)  
High Jump—Sandy Giordia, Hawthorne  
Long Jump—Carolyn Moore, Indian Hills  
Shot Put—Sarah Miles, Ridgewood  
Discus—Denise Della Torre, Hawthorne  
Triple Jump—Allison MacGregor, Ridgewood  
Javelin—Diane Papenberg, Ramsey



Day Is Saved — Depressed after finishing only third in the 100yard dash, Ridgewood's Judy Davis is in a brighter mood after taking part in a winning 440 relay effort and hugs teammate Carrie O'Donnell to prove it in County Group 3-4 competition.

## Waldwick girls began quick winning tradition

By RON FOX

WALDWICK — It all started simply enough two years ago when Sue Piscitello, interested in coaching in the great outdoors, asked Waldwick athletic director Gil Goodwin, "Do you have anything for me to do outside?"

"Sure," said Goodwin, "we have a couple of girls who like to run. Maybe you can help them."

A Waldwick girls' track club began that day, but it didn't last. The girls and Coach Piscitello quickly built it into a team.

The coach took Rande Tedona and two seniors and joined them with a swift freshman, Joanne Mastrogiacomio, to form a relay team and the girls took it from there.

"Joanne was a good sprinter, so we made her a starter," says Coach Piscitello. "It's a tough assignment for a freshman because it's so important to get off to a good start. But we took third in the Rutherford Relays' 440 relay, second or third or fourth in the 880, which we had never run before, and got to the State Group Sectionals, where we finished third in the first round."

With the two seniors graduated, Susan Piscitello turned to Claire Tacconi and Perri Solari to fill the vacancies. The 440 foursome went unbeaten in the regular season and took

third in the State Sectional finals where they finished third. They couldn't compete in the Group semifinals because Miss Solari became ill and a state rule prevented a substitution that deep in the states.

This year, Miss Solari took a job after school, so Coach Piscitello, a Waldwick High and Montclair State College graduate with an affinity to sprinting herself, had to come up with another sprint star. She did. Freshman Cathy Wolons got the nod and now draws raves and causes arched eyebrows.

The Misses Mastrogiacomio, Tacconi, Wolons and Tedona sped to a best-ever 52-flat 440 for sixth Tuesday in the State Group Championships. And, individually, they've been just fine, too.

A junior, Miss Mastrogiacomio has run a 12.0 hundred and 26.4 220; classmate Miss Tacconi has 12.1 and 27.0 clockings. Miss Tedona, a senior, has run 14.7 in the 110-yard low hurdles — the second fastest effort in county history. She fell Thursday in the states and regained her footing, to finish third in her heat, but since only two runners could advance, the season ended sadly.

With anchorlady Tedona graduating, the Lady Warriors would seem in trouble, but chief scout Piscitello has come through

(Turn To Next Page)



RANDE TEDONA



by Jim Jones

## Sports Sidelights



### DON BOSCO'S HURLEY LEGEND

At the end of each scholastic sports season since 1961, Don Bosco High has presented a unique prize called the "Ironman Award." It goes to the senior athlete who has earned at least two varsity letters while maintaining a good academic average.

As the years have gone by, more and more of these coveted awards have been winding up in the home of the same Oakland family and thus, over a 12-year period, a sports legend has been born. The award has gone to five Hurley brothers.

In recognition of the roles they have played in Don Bosco sports history, the school awarded a sixth and final Ironman trophy to the family. Jack Hurley Sr. never attended Don Bosco Prep but he possesses an honorary "Ironman" for his part in the Hurley legend. His wife Mary shares that honor and the pride in the outstanding achievements of their sons.

Hurley, a graduate of Brooklyn Tech and Pratt Institute who is now district manager in field engineering at NCR in New York City, and his wife were joined by daughters Kathy and Mary and four of their five sons at the presentation.

It all began with 1966 grad Jack (now Dr. John). He was a member of the cross country, baseball, basketball and track teams. Nominated to the prestigious St. Francis DeSales Chapter of the National Honor Society, he was awarded the James Waeber Memorial Scholarship.

Jack next attended Mt. St. Mary's College in Maryland where he was graduated Summa Cum Laude. He then studied at Creighton University Medical School in Lincoln, Neb., specializing in internal medicine. Dr. John Hurley is now the head internist in the Veterans Hospital in Omaha. On July 1, he reports to the Wellsby Hospital, Toronto,

(Turn to Page 127)



JOE HURLEY

# Track all-stars shattered records

BY THE STAFF

**NORTHWEST BERGEN** — An unheralded state champion and standout members of the record-setting Indian Hills powerhouse are headliners on the 1978 All-Suburban boys track and field team selected by The Sunday News.

Ramapo High's Dave Latowsky came out of nowhere to win the state Group 3 880 in the time of 1:57.7—lone Bergen County public school thinciad to capture a state crown.

Indian Hills hurdler Ken Thorpe and jumper Don Jarvis were big winners all spring. Thorpe equalled Bergen's second-fastest time ever in the high hurdles—14.1 with a second-place finish in the Eastern States. The All-Suburban football running back swept through the league, county and sectional meets.

Jarvis, the long and triple jumper, spanned 46-6 3/4 in the Bergen Meet of Champs, a county mark and second best ever in the state. He excelled all season long.

#### Prebola To Coach

"Coach of the Year" is Gene Prebola who guided Indian Hills to the NBIL and Group 3 sectional crowns in a brilliant campaign.

Fair Lawn weightman Dave Laube joins Jarvis as a two-event all-star. Laube was third in the state all-groups discus finals Thursday with a 175-5 throw. The junior is also a clear-cut selection in the shot put.

Waldwick hurdler Paul Zdanek and Mahwah two-miler Ian Leavesley were other popular choices in the running events. The sprints were hotly-contested, the 100 going to Joe Breen of Indian Hills who came back from an injury to place third in the sectionals, and the 220 to Don Bosco's John McLaughlin who vied in the all-group finale.

Don Bosco had the best javelin thrower in Bergen history in Mike Collins whose mighty 220-11 heave is the best ever in the county. He did a 216-3 in the County Group 3 competition and won in the Hartford, Conn., Invitational a day later with a 212-1 mark.

Ramsey high jumper Ken Jones broke the B-PSL league meet mark with a 6-4 1/2 leap and was consistent with lofty heights through the campaign.

Steve Kramer, the Glen Rock pole vaulter, is the B-PSL league champion and most consistent in his event in the area this spring.

Latowsky, a junior, ran everything from the 440 to the two-mile in dual meets and did not compete in the Bergen County championships. He captured the NBIL 880 race, won the Group 3 sectional event and was second in the Bergen Meet of Champions 800 meters.



DON JARVIS



PAUL ZDANEK — WALDWICK HURDLES ACE

## Ladies golf results

Thelma Longson won Class A of the 18 hole group's tin whistle tournament at the Ridgewood Country Club. Claire O'Brien was second.

Dolly Newell won Class B and had the best performance of the day with 70 points. Sally Howell was second.

In Class C, Ann Eifler tied Loretta Healey

for top honors. Kay Higgins was next.

Betty Graham led Class D followed by Betty Post.

\* \* \*

Lois Kardash and Joanne Lane of Oradell won the two round member-member tournament at the Hackensack Golf Club.

Ann Henrici of Allendale and Marge Inglima of Ho-Ho-Kus were second.

Annabelle Daley of Oradell won the nine hole group's blind five hole tournament.

\* \* \*

Sue Kuiken of Wyckoff was low gross winner in tournament play at the Upper Montclair Country Club. Claire Gaston of Ridgewood was low net winner with 90-16-74.

\* \* \*

Fay Dusenberre won Flight A of the 18 hole group's stroke play at High Mountain Golf Club in Franklin Lakes. Dusenberre's net 66 was seven strokes ahead of Estella Kahn and Shirley Lundgren who tied for second.

Jean Hanlon won Flight B with 67 followed by Olga Pronsky with 74.

Flight C was won by Sylvia Chasens with 77. Dolly Moore was second with 79.

Kahn had low putts, 31.

\* \* \*

Carolyn Tripp won Flight A of the Paramus Women Golf Club's iron play tournament with 104-29-75. Timmie Graham was second with 100-23-77.

Helen Koller won Flight B with 117-30-82, followed by Ann Sala with 119-36-83.

\* \* \*

Lorraine Myers won Class A of the nine hole group's stroke play tournament at Ridgewood Country Club. Myers carded 58-20-38.

Tied for second place were Jane Fennie, Eleanor Squillace, each with 61-22-39 and Mary Dean Gray with 52-12-39.

Ida Bruno with 58-24-34 tied Edie McKay with 60-26-34 for top spot in Class B.

Jeune Bitzer (60-24-36) and Betty Egner (64-28-36) were next.

Betty Arnesson led Class C with 63-33-30. Betty O'Donnell was second with 63-30-33.

Mary Ehrlich and Janice Maras had chip-ins.

## All-Suburban boys track stars

### FIRST TEAM

100 — Joe Breen, Indian Hills  
220 — John McLaughlin, Don Bosco  
440 — Mark Smith, Hawthorne  
880 — Dave Latowsky, Ramapo  
Mile — Mike Alberse, Ramsey  
2-Mile — Ian Levesley, Mahwah  
120 Hurdles — Ken Thorpe, Indian Hills  
330 Hurdles — Paul Zdanek, Waldwick  
Mile Relay — Indian Hills (Bob Van Raamsdonk, Dennis Vajda, Neil Goldscharfe, Tom Bell)  
High Jump — Ken Jones, Ramsey  
Long Jump — Don Jarvis, Indian Hills  
Triple Jump — Don Jarvis, Indian Hills  
Discus — Dave Laube, Fair Lawn  
Shot Put — Dave Laube, Fair Lawn  
Javelin — Mike Collins, Don Bosco  
Pole Vault — Steve Kramer, Glen Rock  
Coach — Gene Prebola, Indian Hills

### SECOND TEAM

100 — Gus Schell, Hawthorne  
220 — Rich Stewart, Don Bosco  
440 — Don Kane, Waldwick  
880 — Steve Hoffman, Ridgewood  
Mile — Ed Hallahan, Ridgewood  
2-Mile — Ed O'Neill, Ramsey  
120 Hurdles — Tracy Conroy, Indian Hills  
330 Hurdles — Rick Ancona, Don Bosco  
Mile Relay — Don Bosco  
High Jump — Tyrone Bowens, Mahwah  
Long Jump — Mike Angelica, Indian Hills  
Triple Jump — Larry Bowens, Mahwah  
Shot Put — Tony Zarcane, Mahwah  
Discus — Paul Cronin, Indian Hills  
Javelin — Matt Bauer, Don Bosco  
Pole Vault — George Rough, Ramsey



## The Doctor and Sports

By Vincent W. Giudice,  
M.D.



### THE INJURY PRONE ATHLETE

#### Part Two

In our last column we described several types of neurotic personalities that make up the majority of injury prone athletes. This week we continue and complete the theme.

#### 5. Injury As An Escape:

This is the athlete who virtually must be injured. He fears competition. Invariably he is injured during practice and thus avoids competition. He has strong feelings of inferiority, but he cannot straight forwardly cop out because of his fear of isolation and rejection. He sees an injury-filled life as the best means of maintaining the illusion of his vast potential.

#### 6. Psychosomatic Injury:

Extremely common, this athlete complains of injuries for which no organic cause can be found. His symptoms disappear quickly when he is opposed by an opponent he knows that he can beat. At times he can fool everyone — the doctor, coach, and teammates. It is only when the long view is seen and the pattern becomes clear.

#### 7. Injury As A Concoction:

This is the athlete whose injuries cannot be substantiated physically. He or she concocts injuries for his own ends, to avoid

training, for fear of injury or to cause disruption of a team.

\* \* \*

How does one treat the individuals described. First the diagnosis can only be made by the doctor, coach or physiotherapist whose perception is based on sound knowledge of the individual. Ideally, medical records must be available. Here again the complete physical examination is necessary to establish base lines and to have records available when the injury is sustained.

We are a long way from having such records. The cursory average physical examination does not provide enough information to enable a doctor who sees a patient for the first time to become aware that there is an unhealthy psychological background.

In the examinations that I have been proposing, he medical records accompanies the patient to the treating physician. Such records would enrich the physician's interaction with the patient during the treatment phase. If he can establish that he is treating an injury prone athlete, then there is much he can do in terms of lessening the likelihood of further injuries.

This would result in the physician encouraging caution, instilling confidence, or in the extreme cases, recommending psychotherapy. Perhaps in the near future, parents, educators, and doctors will cooperate in having adequate examinations.

\* \* \*

The lack of confidence often seen in the injury prone athlete may often be no more than a lack of fitness caused by lack of training per se or by training constraints imposed

by previous injury. It is obvious that any individual participating in Sports where physical demands are high and injuries are common should be exceptionally fit. It is equally obvious that the physician, coach, trainer, and physiotherapist have equal roles to play in preparing the injured athlete's path to maximal fitness. Confidence can only result from supreme fitness.

The highly-motivated athlete is the most difficult to treat. Any lack of fitness, and his highly competitiveness will lead him to push past a safety margin and a result incur injury. Such athletes are prone to become permanently weakened both physically and psychologically.

Physical fitness together with psychological fitness have a liberating effect on the athlete. It will take him beyond his expected limitations and result in his full potential to be utilized; thus, champions are made.

## Bike Booklet

A 28-page illustrated booklet, "The Case for Bergen Bikeways," has been published by The Ridgewood NEWSpapers and is available at 50 cents a copy, or at 35 cents in orders of ten or more. The proposed county bike path network is presented in detail. Address Bergen Bikeway, The Ridgewood NEWSpapers, 30 Oak St., Ridgewood, N.J., 07451.

## Waldwick girls

(From Preceding Page)

again. "I've got somebody coming up," she says jubilantly, "a ringer. Actually, she's a freshman now, and she'll be a good one." The name won't be divulged here until the replacement is unveiled next year.

The girls this year won the Group 1-2 440 relay in the Bergen County Girls' Track Championships and their only losses have been to Ramsey — in the Bergen-Passaic Scholastic Meet, the league relays and in a dual meet.

Coach Piscitello has a right to sound confident in her girls because the team has developed beautifully under her tutelage. In only their second year of organized track, the Lady Warriors were 5-2 in dual meets, having lost to Ramsey and Hawthorne, both established track powers. One of her proudest moments came in the Bergen County Meet.

"We finished a very strong fourth in the Group 1-2 section," she says. "We were only 1½ points out of second place and in fact had been second all the way until the last event, and we don't run the mile relay."

But the girls run well since the informal gathering started things two years ago. "Success breeds success," says Coach Piscitello, hoping that it continues, even if it

(Turn to Page 126)

## DRIVEWAY SEAL COATING

"PROTECT, PRESERVE, BEAUTIFY BLACKTOP SURFACES"

■ Adds New Life and Beauty to Asphalt  
■ Resists Gasoline and Oils



Koppers Sealer  
Meets U.S. Air Force and  
Federal RR 00255

## TWINBROOK TRUCK MAINTENANCE



# Waldwick girls

(Continued from Page 122)

takes away from another of her extracurricular activities.

"I'm the cheerleader advisor and I've noticed the decline in the number of cheerleaders coming out each year. The girls are getting involved in sports."

Several of her stars — Rande, Claire, Joanne — are cheerleaders in the fall and winter, but fortunately are available to run in the spring and breed the Waldwick track success. "I think they'd choose track if there was a conflict in the spring," winks their coach.

\* \* \*

Speaking of success, Jock Brown has had it since getting girls' track started at Ridgewood High. Building a strong 440 relay team has been the toughest goal to reach, but this year Brown put together the county's best, the record setting (51.6) quartette of sophomores Julie Smith, Angela Stewart and Judy Davis and junior Carrie O'Donnell.

But it took a while to locate the right people, says Brown. "We were experimenting

and didn't settle on the starting four until mid-April."

Teaneck had been considered the best of the 440s in the big-school Group 3-4 section this year until the Lady Maroons took charge of the No. 1 spot with a win in the County 3-4 race.

"We actually finished a dead heat with them in a dual meet," says Brown, "and Teaneck beat us in the league meet. But that day, Stewart was tired from a doubling situation. She had to run the relay only five minutes after having run the quarter, so she wasn't very well rested for a big race."

But Brown feels his foursome has proven its might: "We beat Teaneck in the sectional and county meets," he notes proudly.

Other stars of Ridgewood's show have been Deecy Porro and Barbara Remmers. A junior whose real name is Diane, Deecy has been undefeated in the triple jump and has had consistent success in the long jump.

Miss Remmers, only a freshman, has set school records in both the mile and two-mile for girls, was second in the sectionals and second in the league. She was fifth in the county mile.

## Fritsch, Fleming vie

RIDGEWOOD — The Paul Bonvarlet League of the Ridgewood Baseball Assn. will end its first season with a championship series between division leaders and a nine-inning All-Star game.

At mid-season, Dave Fritsch of the Phillies is the league's leading pitcher with a 3-1 record. In 13 innings, Fritsch struck out 25 batters.

Gary Fleming of the Royals is the home run leader with two. Fleming hit both over the center-field fence at the Somerville diamond. Ralph Herzig of the Dodgers has one home run.

## Village Jr. baseball

### PAUL BONVARLET LEAGUE American Division

	W	L
Royals .....	3	3
Yankees .....	2	4
Red Sox .....	2	4
National Division		
Phillies .....	5	1
Dodgers .....	3	2
Reds .....	2	4

## Women's

### (From Preceding Page)

Paul, T. Norton, 6-3, 1-6, 6-4; J. Carr, J. King (FL-I) def. D. Heikkila, C. Stefanacci, 6-4, 6-1.

#### Team Standings

	W	L
Bogota .....	9	3
Ridgewood .....	8	1
Franklin Lakes II .....	7	5
Northern Valley .....	5	7
Haworth .....	3	6
Franklin Lakes I .....	1	11

#### THURSDAY B-1 DIVISION

Brookside 3, Fort Lee 0
G. Haller, H. Hoffman def. R. Shulman, J. Thompson, 7-6, 6-3; L. Stanko, H. Lubben def. D. Levin, R. Saunders, 6-0, 6-4; J. McClurg, C. Cuculo def. M. Melchior, P. Moskowitz, 6-2, 6-4.
Ridgewood RC 2, Longwood 1
G. Stella, L. Blood (R) def. D. Bollerman, L. Go, 6-7, 6-2, 6-1; B. Carter, F. Fahrur (L) def. T. Yorke, J. Hamilton, 6-4, 6-3; S. DellaRusso, D. Douglas (R) def. L. Gligor, B. Martino 7-5, 6-1.

#### Wyckoff 3, Saddle River 0

A. Sugar, L. Dye def. L. Weir, C. Dormire, 6-1, 6-2; N. Colleary, T. Regnault def. N. Severino, P. Hall, 6-3, 5-7, 6-2; S. Federbusch, K. Maier def. S. Birnie, J. Elser 6-4, 7-5.
Ridgewood Town 3, Englewood FC 0
M. Pagano, T. Luzzatti def. S. Borg, L. Packard, 6-4, 7-5; M. Doria, M. Mancini def. L. Wilson, P. Neer, 3-6, 6-4, 6-4; M. Kalchbrenner, B.

Lenser def. R. Heidelkamp, C. McCabe, 6-2, 6-1.

#### Team Standings

	W	L
Brookside .....	14	
Fort Lee .....	11	
Ridgewood RC .....	9	
Ridgewood Town .....	9	
Longwood .....	6	
Wyckoff .....	6	
Englewood FC .....	2	
Saddle River .....	2	

#### THURSDAY B-2 DIVISION

Darlington RC 1 3, Ramsey RC 0
K Mancini-M. Juhn def. E. Bernasconi-R. Brand, 6-1, 6-3; H. Banner-M. Deraney def. A. Epstein-C. Erickson 6-2, 6-2; F. Zoccolli-Mellone def. R. Knutser-Hoecklin, 7-5, 3-6, 6-2.
Darlington RC-II 2, Maywood RC 1
M. Hinrichs-A. Suarez (DRC) M. Byer-S. Silverberg 6-1, 7-5; Neubert-M. Mazer (DRC) def. Reardon-R. Klotz, 4-6, 6-4, 7-8; Ploszaj-S. Archibald (MRC) def. E. Wilson-C. Boschenstein 6-3, 6-6.

Saddle River Valley 2, Emerson Racquet & Swim 1
C. Adrignola-J. Triefler (E) def. S. Yates-D. Hughes, 6-1, 6-1
Sandler-S. Constantine (SRV) R. Marek-S. Schamberger 6-2, R. Tortorelli-C. Rinaud (SRV) J. Sorrick-Kevans, 7-5, 6-4.

#### Team Standings

	W	L
Darlington RC I .....	1	
Darlington RC II .....	1	
Ramsey RC .....	7	
Ridgewood CC .....	6	
Maywood RC .....	5	
Emerson Racquet & Swim ..	4	
Saddle River Valley .....	2	