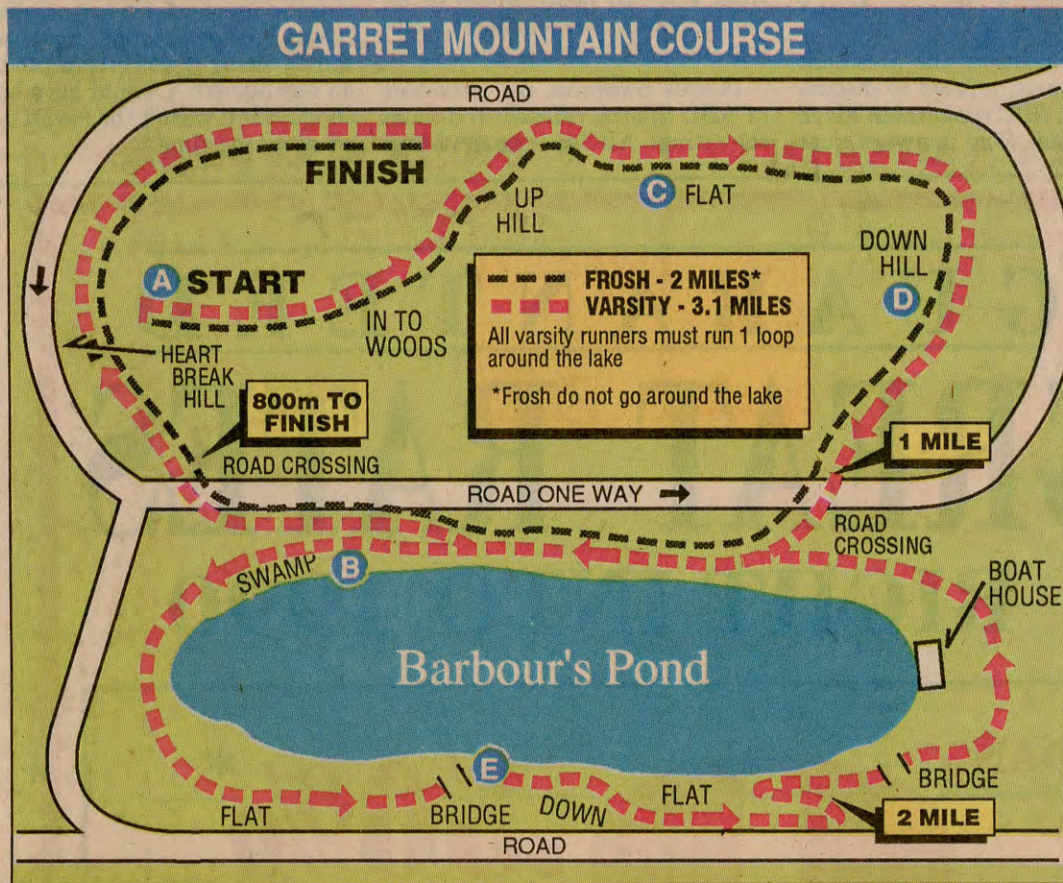




PHOTOS BY PETER MONSEES/THE RECORD
A race at Garret Mountain begins with a 400-meter sprint across a wide grass meadow.



After heavy rain, mud often hinders runners.



Rocks can turn trails into hazardous terrain.



PHOTOS BY COLLETTE FOURNIER/THE RECORD
Sand is one of many obstacles that can hamper a runner along the Garret Mountain cross-country course.

An uphill battle in cross-country

Only the hardy master Garret

By Ron Fox
Record Staff Writer

If cross-country runners are underappreciated, it's because their detractors have never toured the field of battle.

The venerable Garret Mountain course in West Paterson — in its 30th year of operation — is a rigorous five-kilometer (3.1-mile) maze. It hosts several major high school and college meets, including the Bergen and Passaic County championships and the state Section 1 meet.

Its most striking feature is the extremes

in the terrain. Far from being a flat, spruced-up pathway, Garret asks much of a runner.

"It's the great equalizer," says Clifton girls coach Lou Fraulo, who took The Record on a walking tour of the course. "It's not just a sprint made for a miler. It's a course that will make you break your concentration. You have to concentrate about getting from Point A to Point B without getting killed."

A 2 1/2-mile course until the mid-1970s and a 2.9-mile course until 1980, Garret is a torturous 16 minutes or more of constant concentration and competition for the high school runner. It also is a great mystery to spectators and even to some coaches who don't run. Much of the course runs through forest, with the opening sprint to the woods

and the final 800 meters the only opportunities to glimpse the runners.

The challenge is even greater for college men's teams. Their 5.1-mile races include the two-mile high school freshman route in addition to the regular course. College women run the 3.1-mile course.

This fall's heavy precipitation caused officials to alter part of the course for several races; some of the wooded segments were moved to the road. What follows is a description of the regular course:

On a map, the course resembles one oval on top of another — like a flattened eight. It begins with about a 400-meter sprint across The Meadow, a wide-open grass portion of the park. The runners enter the

See GARRET Page C-7



A steep curve through the woods, left, poses danger to a dense pack, while a narrow bridge forces runners to jockey for position.

GARRET: Extreme challenge

From Page C-1

woods, funnel into about a 30-foot-wide clearing, and squeeze closer into a narrow trail.

It's as if a power shortage strikes, with most of the sun blotting out by tall branches that form a rooflike effect.

Runners concede there is considerable shoving and elbowing whenever the course narrows. The right-of-way battles continue at eight narrow bridges, about five feet wide, that cross the stream along the course.

After the dirt path, the runners sink into a sandy stretch at about 500 meters. If it is raining, another negative factor arises. The course is at the highest spot on the mountain here — 500 feet above sea level — and a thick fog often accompanies rain. Four years ago, fog forced cancellation of the Passaic County Coaches Invitational.

To prevent wrong turns, bright orange construction tape is applied to tree trunks or dangled from branches.

A half mile into the course, the trail turns into macadam, and the first major hill awaits. It starts out rocky, then becomes sandy again.

Next is an oblique right turn and a straightaway where runners begin building speed. If it is a bright day, a burst of sunlight confronts the runners as they emerge into an open area, and the course turns to dirt again. At the mile mark, the Roller Coaster begins. The land drops, levels off, and drops again on three occasions, becoming a hazard for those who have just gotten used to running, full bore, for the last 100 meters or more. Ruts, rocks, and leaves force them to downshift and concentrate on the footing while trying to maintain or improve their positions.

When the course levels off a bit, it is time to think ahead. Runners must not overexert themselves because they have another steep climb near the end of the race. At the Roller Coaster, too much exertion can force a runner to run out of gas prematurely.

The strategy for veteran runners is to stay behind the initial pack and wait for the "rabbits" to fall back.

Numerals painted on a post show that 1,431 meters have been run. After an immediate 90-degree right turn, the runners encounter the stables of Horse Barn Hill —

or Stables Hill. If runners fail to run under control here, their championship candidacies can end abruptly.

The ground is rough as well as slippery. This is the steepest part of the course, and it's downhill to the end of the first mile. Two-thirds of the course remains ahead, and a straightaway looms. It is no reason to celebrate; this potential ankle-breaker has ruts so deep they could have been made by a tank.

After a road crossing, where a spotter will wave off traffic, contestants must bear left and head toward the Lake Loop, which is approached through a short, sandy hill that turns into a predominantly muddy path around the lake. When the one-mile loop is completed, the runners take the right-hand lane.

Several blind turns beckon the crafty runner to take the bend, disappear from sight, and sprint ahead of those behind. But this is no time to disdain caution. Earlier this season one runner lost a shoe in the mud and didn't uncover it until more than an hour after the race.

Next comes The Swamp, which is even worse than the shoe-swallowing area. If it has rained within the last three weeks, the underground streams will cause the ever-present water to be at least ankle high.

Open land follows along the north side of the course, bordering Rifle Camp Road. Runners can either elect the elevated path or a grassy stretch for about 200 meters. They'll converge to the center and onto another path.

Caution again, runners. Go straight. (Don't bear left — that's the old course.) You'll be greeted by a hazardous downhill stretch peppered with stones — including one half underground that seems large enough to be mistaken for Plymouth Rock. While circumventing that structure, be sure to avoid the solid tree roots that cross the path like cables.

Another narrow bridge, and then the course gradually moves uphill around the 3,000-meter mark. It appears level, but a runner soon realizes, through increasing leg pains and a decrease in power, that it is more challenging than it appears.

At the 3,064-meter post, the race finally begins to take shape.

The contestants rush back into the shadows, thinking to themselves, "How do I feel? Am I hurting?"

Runners next reach a 'V,' and they must veer to the left, followed by a sharp right turn. Two miles (3,200 meters) have been negotiated. Continue across a seven-foot-long bridge, bear to the right, and run uphill around the boathouse and an adjacent building. A spotter ensures no one cuts the course.

By now, the final hill dominates everyone's thoughts.

"Am I breathing hard?" they may wonder. "Do the others sound as if they're breathing harder or easier?"

While mulling the possibilities, the runners are ducking eye-level branches, and stepping between stones and around piles of horse manure. The paths also are used as bridle trails, their original intention.

Another upgrade and the course narrows to about three feet. Across a road and only a half mile to go. This is Heart Break Hill, and it is doubly grueling because it begins as a stretch of macadam.

With about 400 meters left, runners hit the steepest portion, 85 meters, and then the course suddenly turns from dirt to gravel and the runners are out in the open.

Up the hill and around a grassy bend, and then an 80-meter straightaway.

"To finish is to win," Fraulo says at the end of the tour.



A runner streams across one of the fewer areas of the course not shrouded by thickets of timber.

GARRET MOUNTAIN TOP TIMES

(Times are for the 5,000 meter course installed in 1980. Compiled by Paul Schwartz)

Boys top 50

1. Jeff Van Horn, Wayne Valley	1981	15:34
2. Rich Byrne, Ridgeland Park	1983	15:35
3. Ernie Lugo, St. Joseph Regional	1981	15:35.1
4. Steve Schadler, Bergenfield	1983	15:43
5. Tony Williams, Kennedy	1981	15:50
6. Bill Likus, Immaculate Conception	1981	15:51
7. Joe D'Costa, Englewood	1982	15:51
8. Eric Bertelsen, Ridgewood	1986	15:51
9. Calopus Vlakazi, Pascack Hills	1983	15:52
10. Rich Hubbard, Hackensack	1982	15:54
11. Harry Carle, Bergen Catholic	1984	15:54
12. Pierre Letenier, Manchester	1984	15:54
13. Mike Palmer, Caldwell	1981	15:58
14. John Murphy, Monroe-Woodbury	1980	15:58
15. Ari Almeida, Kearny	1987	15:59.5
16. Rob Schwartz, Demarest	1992	16:30
17. David Greenblatt, Teaneck	1984	16:00
18. Tom Hughes, Ridgewood	1980	16:00.3
19. Cesar Gaudin, Union Hill	1986	16:02
20. Yves Letenier, Manchester	1981	16:03
21. Hector Rivera, Memorial	1984	16:03
22. Mark Crumblish, Washingtonville	1981	16:03.4
23. George Gusciora, Saddle Brook	1981	16:05
24. Frank Soczynski, Kearny	1984	16:07
25. Kevin McCabe, Ridgewood	1987	16:07
26. Jim Siedliski, Pascack Hills	1983	16:08
27. Rich Falcone, Vernon	1987	16:08
28. Frank Lamberth, Mahwah	1982	16:09
29. Andy O'Donnell, Hopatcong	1983	16:09
30. J.J. Clark, Columbia	1980	16:11
31. Neil McLaughlin, Centerreach	1981	16:11
32. Chris Moore, Emerson	1986	16:11
33. Bill Fletcher, Bergen Catholic	1981	16:12

34. John Trautman, Monroe-Woodbury	1983	16:12
35. Jeff Brown, Northern Highlands	1985	16:12
36. Andy Latinsics, Lakeland	1982	16:13
37. Jim Herdman, Hunterdon Central	1983	16:13
38. Wesley Coke, Kennedy	1983	16:13
39. Jose Galvez, Emerson (UC)	1981	16:14
40. Jack Hay, Lenape Valley	1984	16:14
41. Sergio DelaVega, Emerson UC	1980	16:15
42. Joe Jackson, Teaneck	1981	16:16
43. Tom Albright, Nutley	1982	16:16
44. Bill Farouhar, Ridgeland Park	1984	16:16
45. Doug Palmadessa, Bergen Cath.	1985	16:16
46. Kevin McOwen, Mahwah	1985	16:16
47. Pat McClvry, River Dell	1981	16:17
48. John Loosdon, Nutley	1982	16:17
49. Mike DiVincenzi, North Bergen	1982	16:17
50. Curtis McNeir, Passaic	1985	16:17

Girls top 50

1. Christi Constantin, Killatunny	1987	17:58.5
2. Toni Ann Angione, Bergenfield	1984	18:00.4
3. Lisa Pakulka, Hopatcong	1980	18:10.6
4. Missy Duchini, Wayne Valley	1983	18:12
5. Patti Mileski, Ridgewood	1982	18:15
6. Jen Van Horn, Wayne Valley	1985	18:21.2
7. Mary Ellen Mileski, Ridgewood	1981	18:21.5
8. Jasmin Jones, Hackensack	1985	18:31
9. Margaret Scuro, Ridgewood	1984	18:32
10. Lisa Herman, Wayne Valley	1983	18:38
11. Laura Riebold, Lakeland	1981	18:53
12. Rose Cole, Kennedy	1982	18:53
13. Cathy Paz, Clifton	1986	18:54
14. Pattie McCuskey, Dumont	1981	18:55.6
15. Laura Wronski, Kearny	1982	19:00
16. Lorrie Butterfield, Hunt. Central	1980	19:05

17. Rene Murphy, DePaul	1984	19:06
18. Cathy Feeney, Wayne Valley	1989	19:07
19. Jackie Paz, Clifton	1985	19:10
20. Cheryl Wagner, Pascack Valley	1981	19:14
21. Colleen Murphy, DePaul	1982	19:14
22. Jen Mizzone, Wayne Valley	1985	19:14
23. Stacey Aromando, Wint. Park	1980	19:15
24. Chrissy Klimek, Clifton	1984	19:15.3
25. Shirley Daniel, Kennedy	1981	19:18
26. Dee Keough, Mahwah	1987	19:18
27. Liz Duarte, Kearny	1987	19:20
28. Mary Ellen McGowan, Pasc. Val	1980	19:21
29. Eileen Schultz, N. Highlands	1983	19:21
30. Jean Hughes, Ridgewood	1988	19:22
31. Carol Dickstein, Ridgewood	1980	19:23
32. Alison Perre, Pascack Valley	1983	19:23
33. Vickie Scozzava, Boonton	1984	19:24
34. Sue Parker, Pascack Valley	1981	19:25
35. Terri Grivas, Dumont	1986	19:25
36. Julie Craig, Northern Highlands	1991	19:28
37. Amy Kempf, Paramus	1996	19:31
38. Norine D'Arcy, Ridgewood	1985	19:32
39. Lynne Collazo, Ridgewood	1988	19:32
40. Cricket Bartz, Hunterdon Central	1980	19:35
41. Colleen Wright, Ridgewood	1981	19:35
42. Donna Schiefer, Kearny	1983	19:35
43. Yolanda Santana, Dover	1984	19:35
44. Jen Hughes, Ridgewood	1985	19:35
45. Lynn Puchalski, Dover	1981	19:36
46. Stephanie Zwin, Pascack Hills	1983	19:36
47. Sue Hollister, Jefferson	1982	19:37
48. Kathy Jones, Ramsey	1980	19:38
49. Kathy Duffy, Ridgewood	1980	19:38
50. Jill Robertson, Jefferson	1982	19:38
51. Vicky Gusciora, Saddle Brook	1983	19:38
52. Laura Drake, Wayne Valley	1987	19:38

Inaugural cross-country meet gets off to soggy start

By Paul Schwartz
Correspondent

WEST PATERSON — It's unlikely that Mike Glynn, Larry Coyle, or Jacob Brown will be inviting weathermen to dinner in the near future.

The trio, organizers of Saturday's Ridgewood Preview Cross-Country meet at Garret Mountain, switched the starting time of their inaugural meet from 9 a.m. to 1 p.m. Saturday on the basis of weather forecasts late Friday afternoon. However, the rain, wind, and cold expected for early morning came about four

hours late. As a result, what could have been a classic invitational suffered from poor weather and the withdrawal of many schools.

"We wrestled with it, but thought the decision was the right one for the kids," Glynn ruefully said of the time change. "Unfortunately, the weather didn't cooperate."

The meet drew teams from all over the state, including three of the top 10 boys teams: top-ranked Highland Regional, Union Hill, and North Hunterdon. But the field of 35 girls and boys teams was trimmed to fewer than half that by the

miserable weather, which made scoring difficult and times slower.

The only local winner was Saddle Brook's Cathy Acevedo, who won a race for the second straight week. Her time of 21 minutes, 4 seconds in the Group 1-2 5,000-meter race was two seconds faster than her time last week, a pleasant surprise for the senior.

"It was horrible out there, and I can't believe I ran faster in the mud than I did last week when it was dry," said Acevedo. "I'm really excited about that." Hopatcong won the girls team title, 24-52, over South Plainfield.

Uloopi DeSai of Kearny led the Cardinals to an easy 37-85 win over North Hunterdon in Group 3-4 by defeating Fair Lawn junior Melissa Wyka by 15 seconds, running 21:22. Wyka led the race until midway up the final hill, when DeSai went by. Eileen Fitzgerald finished sixth and Jen Bouman was ninth for Ridgewood, which finished sixth as a team, one spot behind Dumont.

The top local boys performance was turned in by one of the newest runners in the area, Irish transplant Peter Graham of Dumont, who led for most of his first race before finishing third behind High-

land Regional's Chris Simon and Lamont Darius in the Group 3-4 race. Graham, a junior, ran 4:20 for the mile last year at school in Dublin. He ran 17:06 in his first American cross-country race. Highland defeated North Hunterdon, 23-55-69 with Dumont fifth with 132 points.

Chris Lopez ran 17:28 to lead Cinnamon to a 22-59 win over Hopatcong in the boys Group 1-2 competition with Ridgefield Park third with 104 points. Ryan Ing of Glen Rock finished sixth and Jon Levine of River Dell seventh in the race.

Talented Indians overcome setbacks

By Paul Schwartz
Correspondent

WEST PATERSON — It is a measure of the enormous success of Wayne Valley's girls cross-country program that the Indians can survive a sub-par performance by their top runner and the failure of one of their top five runners to finish.

The Indians still defeated a solid field at the Group 3 race of the State Sectional championship.

The Indians, who have won 106 straight dual meets, breezed to their seventh straight Group 3 Sectional title, easily defeating Bergen County Group 3 champion Ramsey, 54-112 at Garret Mountain Saturday. The Indians were joined at the top by Palisades Park (Group 1), Kittatinny (2) and Kearny (4) for the second straight year, the first time in the 15-year history of the event that the same teams have won in consecutive years.

Defending individual champion Catherine Feeney of Wayne Valley, still feeling the effects of a back injury which cost her a

GIRLS CROSS-COUNTRY

month of training, took fourth and teammate Kara Formosa didn't finish the race after falling. But the Indians got big races from Lisa Berkowitz (sixth), Diana Crenshaw (eighth), and Cindy Rock (15th).

And with steady senior Tara Master chipping in with a 21st place finish, the Indians were way ahead of the field.

Ann Sourek led Palisades Park to its second straight title by upsetting Saddle Brook's Cathy Acevedo by more than a minute to earn her first major individual title. Palisades Park placed three other runners in the top eight as the Tigers defeated Cresskill, 31-92.

Kearny established itself as a threat for the State Group 4 championship by placing six runners in the top 15 and easily defeating Bergen Group 4 champion Ridgewood, 28-64.

Bergen County teams dominate sectionals

By Paul Schwartz
Correspondent

WEST PATERSON — When Brian Rodak took over the moribund Paramus boys cross-country team in 1983, a State sectional championship seemed as remote as an 80-degree day in late October.

And with temperatures hovering around 80 on Saturday, the Spartans, who lost 22 straight dual meets in Rodak's first three years, won their first Section 1 title, impressively defeating favored Union Hill, 55-75, to win Group 3.

Paramus joined first-time Sectional champ Waldwick, Rutherford, and Ridgewood as boys champions at Garret Mountain on a day more suited to spring track than cross-country.

"Union Hill was beating us at the bottom of the hill," said Rodak, whose team clinched its triple crown after earlier winning titles in the Northern New Jersey Inter-scholastic League Pacific and Ber-

BOYS CROSS-COUNTRY

gen Group 3. "But our guys ran great up the hill and took the race away. We haven't had the same order among our top four in two meets all year, but they always run well."

Jason Barnes led the Spartans with a sixth-place finish, with Rob Seidel placing seventh, Sean Albert 12th, and John Nugent 14th.

Ramsey junior Ken Flynn won the individual Group 3 title by easily running the day's fastest time on the altered Garret course. He ran 16 minutes, 31 seconds on the course, which is estimated to be 15-20 seconds slower than the usual 5,000-meter course.

Waldwick joined Paramus as a triple crown winner, taking four of the top nine places and easily defeating Saddle Brook, 41-59, for the Group 1 title.

Paramus program comes full circle

By Paul Schwartz
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BOYS CROSS-COUNTRY

be 15-20 seconds slower than the usual 5,000-meter course. The regular course still is damaged by the heavy rains of a week ago.

Waldwick joined Paramus as a triple crown winner, taking four of the top nine places and easily defeating Saddle Brook, 41-59, for the Group 1 title. Paul Capuzzo of Emerson won the race, defeating Waldwick's Rich Straut by 125 meters. But the Warriors also placed Jerry Martin (sixth), Kyle Alessi (seventh), and Drew Caruso (ninth) in the top 10.

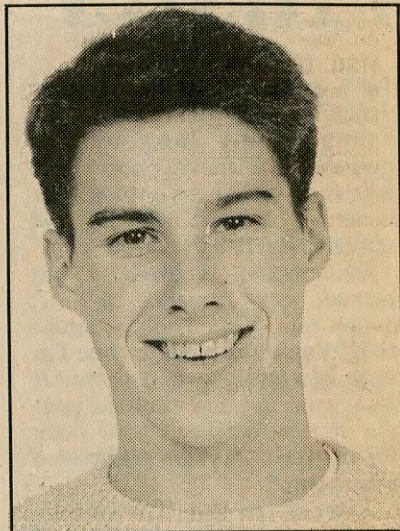
The third triple crown winner was Ridgewood, a 65-71 winner over defending champion Vernon in Group 4, surprising coach Larry Coyle.

"I thought we had lost," said Coyle. "I really thought we had too big a gap between our fourth and fifth runners."

But thanks to seniors Jon Berntsen and Tom Stevenson, each of whom ran his best race of the year, the gap of nearly a minute didn't prevent the Maroons from winning their fourth title of the 1980s.

"The last two weeks, our captains have been captains in every sense of the word," said Coyle, referring to Stevenson and J.P. Byrne. "They've been an inspiration to everyone on the team."

Junior Eric Boucher of Ridgewood outran a tough pack of seven runners from four counties to win



KEN FLYNN
Wins Group 3 title

the race by 30 meters. Freshman Josh Fronefield was fifth, while Berntsen was 10th and Stevenson 14th.

Rutherford repeated as the Group 2 team champion and Craig Masker of Mahwah became the first Bergen boy to repeat as the Group 2 individual champion.

The Bulldogs did not run as well as they had in winning the Bergen title the week before, but managed to hang on for a 92-97-98 win over Kittatinny and Hopatcong, becoming only the second team in the 25-year history of the meet to score more than 90 points and win. Ridgewood scored 95 points in winning the 1980 Group 4 title.

Masker won his second straight title courageously, battling the effects of the tendinitis that has hampered him all season and threatens his chance to become the first runner in 15 years to win back-to-back Bergen Meet of Champions titles next week. He beat Jim Lame of Wallkill Valley by 90 yards.

W. Valley takes back seat again

By Paul Schwartz
Correspondent

HOLMDEL — The success of the Wayne Valley girls cross-country program in the past decade has been so complete that often other Passaic County runners, both boys and girls, sometimes get lost in the shadows.

Saturday, Wayne Valley's girls faltered, paving the way for two runners who have been in the shadows to emerge for their moment of success.

Rich Cochrane of Wayne Valley finished third in the Boys Group 3 race and Rachel McLaughlin of Lakeland finished fifth in the Girls Group 4 race to qualify for the State Meet of Champions, the only two Passaic County athletes to do so.

Wayne Valley finished fourth in Girls Group 3 for the second straight year.

Both Cochrane and McLaughlin started slowly on the hilly 5,000-meter Holmdel Park course and finished strongly. Both figure to finish in the top 20 or perhaps even higher in Saturday's state championship race.

Cochrane, a junior, keyed off Group 3 winner Ken Flynn of Ramsey and finished in

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16:47, tying for the ninth fastest time of the day.

"I wanted to start more slowly and I was about 19th at the top of the first hill, 11th by the bowl [midway through the race], and seventh as we hit the tennis courts [with a mile left]," said Cochrane. "I kept passing people and all of a sudden, I was third."

McLaughlin's race followed a similar pattern, although not totally by design.

"We worked out there this week, and I was afraid of the first hill," said McLaughlin, a senior. "I took it a little too slow and someone yelled that I was 27th at the top of the hill."

"That discouraged me but I saw Nadine Nunez [of Passaic] and Melissa Wyka [of Fair Lawn] ahead of me and I knew I should be with them."

McLaughlin moved into the top 15 quickly and with a half-mile left, moved into the top 10.

"Then I saw a pack of three girls and thought I could catch them in the woods and

down the hill, and I felt that last burst of energy."

That burst carried her to fifth place in 20:29, the 12th fastest time of the day.

Wayne Valley's Cathy Feeney, the pre-race favorite, faded to 19th and collapsed after the race. She was taken to BayShore Hospital in Holmdel and released later. Feeney reportedly was suffering from the flu.

Feeney's subpar performance was one of several for the Indians.

"We just had a tough year," said coach Bill Stearns. "Our top two runners had bad days, and Cindy Rock and Diana Crenshaw, our third and fourth runners, ran tough but both were hurt. It was one of those seasons."

Other Passaic-area athletes with good performances were Allen Huber of Clifton (21st in Group 4 boys), junior John Pavlowski of Don Bosco Tech (19th in Parochial B boys), Davana Medina of DePaul (22nd in Group 2 girls), and Nunez (19th in Group 4 girls).

Jen Schenberg of Kinnelon was second in the Group 1 girls race and also qualified for Saturday's race.

Kearny takes Hudson race

BAYONNE — Kearny tuned up for its attempt at the State Group 4 championship this week by placing seven runners in the top 13 and five in the first six to win the Hudson County girls cross-country championship at Bayonne Park Saturday.

Liane Sullivan of St. Dominic's Academy won by over 200 meters over Ana Mateus of Kearny in 19:27 for the 5,000-meter course.

But Mateus was followed by teammates Uloopi DeSai, Tara McDermott, Ann Marie Richard, and Jamie Cowan for a 20-59 victory over St. Dominic's.

Victor Torres of Union Hill won the boys race by 75 meters over Rui Orneles of Kearny and Union Hill held off St. Peter's, 53-59.

North Bergen was third in each race, led by third-place boy finisher Ed Hultz and seventh-place girl runner Nadine Watson.

Hudson County meet

At Bayonne Park, Bayonne

BOYS TEAM SCORING

Union Hill 53; St. Peter's 59; North Bergen 73; Memorial 123; Dickinson 132; Kearny 151; Hudson Catholic 177; Hoboken 189; Harrison 193; Secaucus 252.

1. Victor Torres, Union Hill	16:29.
2. Rui Orneles, Kearny	16:44.
3. Ed Hultz, North Bergen	16:50.
4. Adolfo Saldana, Dickinson	16:54.
5. John Sheehan, St. Peter's	17:09.
6. Jeffrey Perez, Union Hill	17:10.
7. Edwin Clark, Union Hill	17:14.
8. Eddie Vezzola, North Bergen	17:15.
9. Eduardo Fernandes, Hudson Catholic	17:23.
10. Jason Gers, St. Peter's	17:27.
11. Jim Salmon, St. Peter's	17:32.
12. Brian Long, North Bergen	17:35.
13. Mario Ferreira, Harrison	17:36.
14. Chris Russo, St. Peter's	17:37.
15. Juan Diaz, Hoboken	17:40.

Junior varsity: Ralph Perez, Union Hill, 17:57.

Soph winner: Porfy Bermudez, Union Hill, 18:10.

Freshman team: North Bergen, 50 pts.

Freshman: Wilfredo Benitez, Union Hill, 11:42 (2 miles).

GIRLS TEAM SCORING

Kearny 20, St. Dominic (JC) 59; North Bergen 61; Union Hill 121; Dickinson 129; St. Aloysius (JC) 175; Hoboken 191.

1. Liane Sullivan, St. Dominic	19:27.
2. AnaBella Matues, Kearny	20:19.
3. Uloopi Desai, Kearny	20:38.
4. Tara McDermott, Kearny	20:58.
5. Ann Marie Richard, Kearny	21:18.
6. Jaime Cowan, Kearny	21:18.
7. Nadine Watson, North Bergen	21:31.
8. Beth Borque, Kearny	21:33.
9. Jolene Smith, North Bergen	21:39.
10. Janet Lemmon, North Bergen	21:40.
11. Ketaki Patel, St. Dominic	21:56.
12. Jennifer Blake, St. Dominic	22:21.
13. Mandy Lavalley, Kearny	22:26.
14. Lin Walker, Dickinson	22:32.
15. Darlene Hemberger, North Bergen	22:43.

Junior varsity: Anna Benetis, St. Dominic, 23:47.

Dumont claims American titles

Dumont won the girls and boys titles Wednesday at the Bergen County Scholastic League American Division cross-country championships at Garret Mountain.

The Huskies were joined by National boys champion Wood-Ridge/Hasbrouck Heights, Olympic boys champion Becton, and National-Olympic girls champion Palisades Park as victors. The National and Olympic meets were held at West Hudson Park in Kearny.

Junior Moses Mekbeb of Cliffside Park upset defending champion Steve Karavas of Fort Lee in the BCSL American race, winning by 20 meters in 16:58 in the 5,000-meter race. Peter Graham was third, leading a 3-6-7-9 Dumont finish that resulted in a 48-56 win over Cliffside Park. It was Dumont's fourth league title in five years.

Junior Kathy McAuliffe won by more than a minute over teammate Tricia Sheehan to lead a 1-2-5-8 finish, giving Dumont a 31-38

CROSS-COUNTRY

win over Queen of Peace in the girls race.

It was the Huskies' fifth straight league title and seventh in nine years. Leah Scala was fifth and Tricia Brady eighth for the Huskies. Nyree Padilla was fourth for Queen of Peace.

Junior Jeff Koegel defeated teammate Tom Penna by 15 meters as Wood-Ridge/Hasbrouck Heights took the first three spots en route to a 28-36 victory over Rutherford in the BCSL National meet, ending a three-year reign by the Bulldogs. It was the first BCSL title in cross-country for Wood-Ridge and the first in 15 years for Heights.

Koegel and Penna were followed by Greg Rubino in third and Jeff Rubino in fifth. Rutherford put five runners in the top 10, with only Mario Ferreira of Harrison [eighth] breaking the top-10 stranglehold.

Becton won its first BCSL Olympic cham-

pionship, placing four runners in the top 10 for a 39-54 victory over Emerson; defending champion Bogota was third. Colin McNamara of Emerson won in 17:18, beating teammate Paul Capuzzo by 250 yards. Mike Ryan of Bogota was third. Becton's top finisher was Mike Dawson in fifth. Alex Van Deusen was seventh, Tim Dawson eighth, and Carl Van Dock 10th for the Wildcats.

Jen Carlin of Cresskill stunned two-time league champion Jessica Grieco of Emerson by 75 yards in 20:51, but Palisades Park won its first BCSL title since 1982 when it won the Olympic Division crown. The Tigers put four runners in the top 10 and edged Cresskill, 39-49. Defending champion Rutherford was third with 60 points.

Anne Sourek and Nicole Brown ran 3-4 behind Carlin and Grieco to lead the Tigers. Angela Allegretta was sixth and Melanie Picciano ninth for the winners.

Ridgewood race loses participants

By Paul Schwartz
Correspondent

The Ridgewood Invitational, normally a competition involving more than 60 schools and six varsity races, became a casualty this season because of a perennial conflict.

A domino effect was created this fall when the New Jersey State Interscholastic Athletic Association moved its sectional cross-country championships up a week because of a conflict with the Scholastic Aptitude Test. This in turn led the Bergen County meet organizers to push their event up a week to Saturday, when the Ridgewood meet was scheduled. As a result, the Invitational was reduced to one varsity race for boys and one for girls.

Naturally, no Bergen schools took part, but the meet, co-directed by Ridgewood coaches **Larry Coyle**, **Mike Glynn**, and **Jacob Brown**, produced two fine races.

Tim Greim ran 15:45.9 for the 5,000-meter course and led Washingtonville to the team title with 47 points. Voorhees was second with 119. Eastside, led by 26th-place finisher **Khris White**, was 11th in the 23-team field with 293 points. **Jim McCormick** led DePaul to a 13th-place finish by finishing 37th, two spots ahead of teammate **Eric Shaw**.

Tracy Foley led a 1-2-3-4 Washingtonville finish in the girls race in 19:30.9 as the New York state champions led Clarkstown South, 18-55. DePaul was fifth with 170 points. **Davina Medina** was 12th in 21:16, while **Chris Scura** was 23rd for DePaul.

* * *

Another tip of the cap to Bergen

CROSS-COUNTRY NOTEBOOK

County meet directors **Ray Scegrist** of Demarest and **Brian Rodak** of Paramus for their quick alteration of the Garret Mountain course Saturday before the Bergen County group championships.

Heavy rains had left the course under water in sections, but the co-directors quickly shifted the course to take advantage of internal roads. The meet went off without a hitch.

The adjusted Garret course was used for Tuesday's Northern New Jersey Interscholastic League meet and may be used for the sectional meet Saturday. The Passaic County Park Commission has been doing yeoman work attempting to get the course in shape for the sectionals and the following weekend's Passaic and Bergen county championships.

The adjusted Garret course may be slightly longer than the regular 5,000-meter course, but the roads may make the course slightly faster. Regardless, none of the times will be included on the all-time performance list.

* * *

Kearny, one of the finest girls teams in the state, took the first three places and easily captured its fifth straight Watchung Conference title Saturday. **Uloopi DeSal**, **Anna Mateus**, and **Tara McDermott** led the Kardinals with **Jaime Cowan** in seventh at the 3.2-mile Warinanco Park course. **Rui Ornelas** was fifth in the boys race as the Kardinals finished fifth.

Discipline a way of life for Passaic runner

By Ron Fox
Record Staff Writer

Nadine Nunez considers herself lucky to be chosen for Passaic High School's Peer Leadership program, but her selection reveals the intelligence of the selection committee.

Few seniors are as well-rounded and in better position to counsel freshmen than a 17-year-old who was born and raised in London, England, and resided one year in Zimbabwe before moving to Passaic two years ago.

ATHLETE OF THE WEEK

NADINE NUNEZ

Senior, Passaic

AGE: 17

SPORT: Cross-country

POSITION: No. 1 runner

LATEST ACCOMPLISHMENT: Romped to the Essex Catholic Invitational championship at Branch Brook Park, Newark, Saturday in 19:19. Is believed to have set the Nutley course record in 18:06 earlier in the week.

BACKGROUND: It wasn't until her sophomore year that Nunez started running cross-country, and that was only because her sister, Gale, tried out.

QUOTE: On coach Tony Barbato: "He's closeness at its best. He's the closest person to me outside my family. He's been like a second father to me."

"England is cold, as everybody knows," says Nunez, a cross-country runner and The Record's Athlete of the Week. "And it's more disciplined there. Everyone is very respectful."

She says that teachers in England have the right to beat unruly students, which Nunez says encourages respect.

She also enjoyed Zimbabwe.

"Zimbabwe is beautiful and the people are very friendly. I'd love to go back there. People here ask me if I lived in a hut."

A laugh follows. "No, I didn't live in a hut. I lived in a house."

Nunez's father is in the insurance business. "He's an actuary, and he was working in Africa until recently, when he returned to London," she says. "He's supposed to be with us in December; we really miss him."

Strict discipline also was part of the African regimen.

"But, goodness, it seems there should be more



discipline in school here," she says. "Kids here can say just about anything in class."

When she joined the Passaic student body, black girls approached her apprehensively.

"They asked me if I had been brought up in a white neighborhood because of the way I spoke," she says with a British accent. "Actually, my sister and I at one time were the only black children in our school in London, but we were so young we didn't recognize any color distinction. And we never really noticed any racism."

She sees racial equality standing a better chance of succeeding in Africa than in the United States.

"When they got independence in Africa 10 years ago, the people decided it was best to grow together," she says. "Here, people think of what happened in the past and don't try to forget and look to the future."

Her senior season has been traumatic because it is the first time she's been separated from her sister, Gale, who is a freshman at Montclair State. She knows her performance has suffered because of her prior dependence on Gale.

Nunez credits her entire family for this year's guidance, particularly older sister, Lauren, who sensed when companionship and understanding were needed most.

Last week, Nadine responded. She is believed to have set a course record at Nutley (18:06) Tuesday, and Saturday she won the Essex Catholic Invitational in 19:13. After graduation, Nunez hopes to study veterinary medicine, most likely at the same school as Gale, who plans to become an optometrist.

Runners-up for Athlete of the Week are **Curtis Bennings** of Kennedy in football, and **Chris DaSilva** of Don Bosco Tech in soccer.

1989

ALL-PASSAIC GIRLS CROSS-COUNTRY



Cathy Feeny
Wayne Valley



Rachel McLaughlin
Lakeland



Nadine Nunez
Passaic



Lisa Berkowitz
Wayne Valley



Michelle Mueller
West Milford



Diana Crenshaw
Wayne Valley



Davanna Medina
DePaul



Vanessa McClure
Kennedy



Kara Formosa
Wayne Valley

ALL-PASSAIC GIRLS CROSS-COUNTRY

First team

- LISA BERKOWITZ, Wayne Valley _____ Junior
- DIANA CRENSHAW, Wayne Valley _____ Junior
- CATHY FEENEY, Wayne Valley _____ Senior
- KARA FORMOSA, Wayne Valley _____ Senior
- VANESSA McCLURE, Kennedy _____ Sophomore
- RACHEL McLAUGHLIN, Lakeland _____ Senior
- DAVANNA MEDINA, DePaul _____ Sophomore
- MICHELLE MUELLER, West Milford _____ Junior
- NADINE NUNEZ, Passaic _____ Senior

Second team

- LOUISE CHUU, Wayne Valley _____ Senior
- MAUREEN CULLEN, Hawthorne _____ Sophomore
- VICKY DePASQUALE, Wayne Hills _____ Senior
- LAURA FARINAS, Clifton _____ Soph.
- JANE HADDAD, Neumann Prep _____ Senior
- IRENE GORZELANY, Clifton _____ Senior
- CHRISTINE SCURA, DePaul _____ Junior
- SHARON TORRES, Clifton _____ Senior
- TAMMY WALSH, Clifton _____ Senior

Honorable mention

Michelle Cox, Clifton; Tammy Hamm, Eastside; Sara Vugteven, Eastern Christian; Meldoi Linhardt, Hawthorne; Sandra Grant, Kennedy; Yvonne Watson, Passaic Tech; Kristen DeMarco, Paul VI; Simone Wall, Pompton Lakes; Cyndi Rock, Wayne Valley; Julie Shough, West Milford.

ALL-BERGEN

First team

- CATHY ACEVEDO, Saddle Brook _____ Senior
- LIZ FIGLAR, Ridgewood _____ Junior
- EILEEN FITZGERALD, Ridgewood _____ Soph.
- DEE KEOUGH, Mahwah _____ Senior
- KATHY McAULIFFE, Dumont _____ Junior
- ANN SOUREK, Palisades Park _____ Senior
- MELISSA WYKA, Fair Lawn _____ Junior

Nine all-star runners stand out in an off year

By Paul Schwartz
Correspondent

It was not the best of years for Passaic County girls cross-country. Wayne Valley, as usual, won the Passaic County, Northern Hills, and Group 3, Section 1 Triple Crown but finished fourth in the State Group 3 championship. No other team was close to the Indians.

But there were some encouraging signs. Sophomores Davanna Medina of DePaul and Vanessa McClure of Kennedy consistently improved and three juniors — Lisa Berkowitz and Diana Crenshaw of Wayne Valley and Michelle Mueller of West Milford — also had good years.

Seniors Cathy Feeney and Kara Formosa of Wayne Valley, Rachel McLaughlin of Lakeland, and Nadine Nunez of Passaic capped their careers in fine style. All nine runners earned All-Passaic honors this year.

Here's a closer look at the team:

LISA BERKOWITZ, Wayne Valley — After an early-season flirtation with junior varsity soccer, Berkowitz returned to cross-country and won All-County honors for the second time. She placed in the top 10 in four of the five major meets she competed in, taking third in the Northern Hills Skyline, fourth in the Passaic championship, sixth in the Group 3 sectional, and seventh in the Shore C meet. She finished a subpar 43rd in the Group 3 state race.

DIANA CRENSHAW, Wayne Valley — If Berkowitz isn't the next County champ, this refugee from tennis may be. Crenshaw, who missed one race for a wedding in California and another because of injury, still made her first season a success, finishing sixth in the Northern Hills Skyline and Passaic County races and eighth in the Group 3 sectional. She was 26th in the State Group 3 race, a solid performance.

CATHY FEENEY, Wayne Valley — It was a difficult season for this four-time All-Passaic selection, despite wins in the Season Opener A and Northern Hills Skyline and her second straight Passaic County title. An back injury suffered in a midseason car accident hurt her training, but it was a lapse of confidence that hurt more and led her to a fourth-place finish in the Group 3 sectionals and 19th in the State Group 3 race. Nevertheless, Feeney ended her career as one of Passaic County's all-time greats.

KARA FORMOSA, Wayne Valley — Though not of the caliber of some Wayne Valley greats, she has been one of the most consistent and durable performers over her four years. This year she was sixth in the Season Opener A, seventh in the Northern Hills Skyline, ninth in the Passaic County championship, and 16th in the Shore C race.

VANESSA McCLURE, Kennedy — One of the bright spots of the year, McClure is a future star if her improvement continues over the next few seasons. McClure was 20th in the Northern New Jersey Interscholastic League race, 17th in the Group 4 sectionals, and ran beautifully to an eighth-place finish in the Passaic County championships.

RACHEL McLAUGHLIN, Lakeland — She capped a spectacular senior season with her second All-Passaic performance. McLaughlin ran six major races and finished in the top five each time. She was second in the Passaic County Coaches A, Northern Hills Skyline, and Passaic County meets, and fifth in the Season Opener A and Group 4 sectional. In the race of the year, she ran fourth in the State Group 4 championships. Illness prevented her from running in the State Meet of Champions.

DAVANNA MEDINA, DePaul — She proved her All-Passaic freshman season wasn't a fluke with a solid sophomore year. Medina was fourth in the Northern Hills Suburban, fifth in the Group 2 sectionals, seventh in the Passaic County, eighth in the Bulldog B, and 12th in the Ridgewood Invitational. She was 22nd in the State Group 2 race.

MICHELLE MUELLER, West Milford — It's not easy running against Wayne Valley and McLaughlin all year, but Mueller still had a fine season. She was fifth in the Northern Hills Skyline and Passaic County meets, eighth in the Passaic Coaches A and Group 4 sectional, and 34th in the State Group 4 race. Her senior year should be a breakthrough campaign.

NADINE NUNEZ, Passaic — With sister Gail having graduated, Nadine didn't miss a beat on the way to her third All-Passaic selection. In eight major races she had seven top-four finishes, including a win at the Essex Catholic Invitational. She was second in the Season Opener A, NNJIL, and Group 4 sectional, third in the Passaic Coaches A and Passaic County races, and fourth in the Bulldog A. She finished 19th in the State Group 4 race.

Chokshi paces

THE STAR-LEDGER, Monday, December 4, 1989

IN THE SCHOOLS

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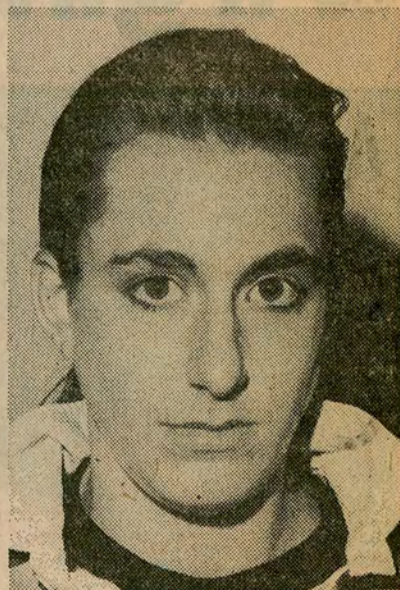
All-State girls' X-c team



Monal Chokshi
... Bridgewater



Kristen Hall
... West Morris



Nicki Willett
... Morris Hills

rival in the Morris County meet and the state sectionals. Engel was also forced to run an extra distance in that Group 3 race and finished fourth, coming back from that to place second to Chokshi in the Meet of Champions.

JEN SCHENBERG: Schenberg, a senior at Kinnelon, scored her first victory of the season over Willett at the Randolph class meet. She won the Colonial Hills meet by more than two minutes and had a similar margin in the state sectionals. She finished third in the tough Morris County field that had four All-State runners finish in the order of Willett, Engel, Schenberg and Hall. Upset in the Group 1 state meet by Cheryl Keating of Sacred Heart, Schenberg came back to place sixth in the all-groups meet.

TARA RICCIUTO: Ricciuto spent most of her season chasing Chokshi over the Holmdel County Park hills. She finished second to the Bridgewater freshman at the Shore Coaches Meet, the Central Jersey sectionals and the state Group 4 meet. Ricciuto, a senior at Manalapan, won the Monmouth County and Shore Conference titles.

She gambled at the Meet of Champions with a fast start and paid for it with her only poor finish of the year in 22d place.

CHARLENE AGAR: Agar opened with an easy victory for Red Bank Catholic at the Stewart Memorial meet

and then had to wait until the state meet, where she won the Central Jersey, Group 3 race at Holmdel and the state title a week later. She was also second to Willett in the Shore Coaches race and third behind Ricciuto in the Shore Conference meet.

ALL-STATE GIRLS' CROSS-COUNTRY

FIRST TEAM

PLAYER	SCHOOL	HT.	WT.	CLASS
Charlene Agar	Red Bank Catholic	5-4	109	Senior
Monal Chokshi	Bridgewater	5-0	75	Frosh
Christine Engel	Mt. Olive	5-5	110	Soph
Kristen Hall	West Morris	5-4	94	Soph
Tara Ricciuto	Manalapan	5-4	100	Senior
Jen Schenberg	Kinnelon	5-3	101	Senior
Nicki Willett	Morris Hills	5-3	101	Senior

SECOND TEAM

Stephanie Andrasek, Newton
Stella Cinoa, Marlboro
Sherry Jenkins, Camden Catholic
Marianne Livingston, RBC
Jen Nesbitt, Caldwell
Michelle Owen, Clearview
Lori Townsend, Kingsway

THIRD TEAM

Jan Blake, Morris Knolls
Cathy Feeney, Wayne Valley
Cheryl Keating, Sacred Heart
Amy Kilpatrick, Bridgeton
Colleen Spillane, Brick
Melissa Wyka, Fair Lawn
Sandy Wright, Paul VI (Hadd.)

Hall, Willett, Engel, Ricciuto, Schenberg, Agar also selected

By ED GRANT

Just five feet tall and weighing only 75 pounds, Monal Chokshi of Bridgewater was the dominant figure of the 1989 girls' cross-country season in New Jersey.

The Bridgewater West freshman, who ran for a combined team with students from both Bridgewater West and East, went undefeated in state competition to nail down her position on The Star-Ledger 1989 All-State Girls' Cross-Country Team. She's joined by two holdovers from the 1988 team, Kristen Hall of West Morris and Nicki Willett of Morris Hills.

Filling out the first team are Christine Engel of Mt. Olive, the team ranked No. 1 in The Star-Ledger final

Top 10; Jen Schenberg of Kinnelon, Tara Ricciuto of Manalapan and Charlene Agar of Red Bank Catholic.

MONAL CHOKSHI: Chokshi's season is not quite over. She qualified to compete in Saturday's Kinney national championships at Balboa Park in San Diego, Calif. She finished fifth in the Northeast trials on Nov. 26 at the snow-covered VanCortlandt Park in The Bronx.

Heralded as a future star when she entered Bridgewater West this fall, Chokshi has more than lived up to expectations. She won every race she entered within the state with plenty to spare, starting with the freshman division of the New Jersey Catholic Track Conference class meet on Sept. 16 and winding up with the state Meet of

Champions competition on Nov. 18.

What made her victories even more impressive was the way she finished each race, sprinting as if she was not at the end of a gruelling 3.1-mile effort. She now has a chance to join the select few who have four All-State selections to their credit, notably three-time state champions Janet Smith of J.P. Stevens and Jodi Bilotta of North Hunterdon.

KRISTEN HALL: Hall also has an opportunity to make All-State four times, since she is a sophomore at West Morris. Hall started the 1989 season slowly, fighting off a case of walking pneumonia and coming into form just in time for the major championship meets. She then had to run against Willett and Engel in every start and wound up fourth in the all-groups meet.

NICKI WILLETT: Willett, one of four seniors on the first team, earned her second All-State selection with a steady campaign, highlighted by victories in the Shore Coaches Invitation Meet, the Morris County championships and the state sectionals. A possible victory in the Group 3 meet was spoiled when she was forced to retrace her steps for about 70 yards at the half-way mark. The Morris Hills runner still wound up third in that race and was fifth in the all-groups meet.

CHRISTINE ENGEL: Engel made up for last year when a mid-season injury cut short her freshman campaign for Mt. Olive. Engel had won the state all-groups 1,500-meter title last spring and wasted no time making her presence felt this fall. She also won at the Shore Coaches meet, defeated Willett in the Iron Hills Conference championships and then finished second to her



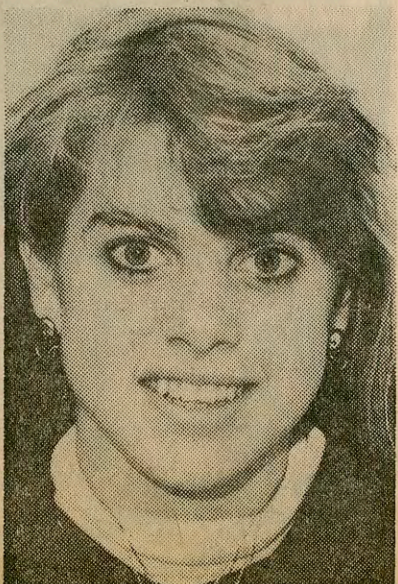
Christine Engel
... Mt. Olive



Tara Ricciuto
... Manalapan



Jen Schenberg
... Kinnelon



Charlene Agar
... Red Bank Catholic