1989

CROSS COUNTRY TEAM BOOK

RESULTS
COURSE LISTS
HONORS
AND
PHOTOGRAPHS

GIRL'S CROSS COUNTRY — COACH: JACOB BROWN

TEAM RECORD

DUAL MEETS	7 WINS
PARAMUS CATHOLIC	
PASSAIC	
KENNEDY	
CLIFTON	
EASTSIDE	
BARRINGER	
MONTCLAIR	

CHAMPIONSHIP MEETS	3 WINS
RIDGEWOOD PREVIEW MEET	6TH
SHORE COACHES	2ND
MANHATTAN	3rd
BERGEN GROUP IV	1ST
NNJIL CHAMPS	1ST
STATE SECTIONAL NIGHT	2ND
BERGEN MEET OF CHAMPS	1ST
NJ STATE GROUP IV	8TH
STATE MEET OF CHAMPS	2 INDIVIDUALS 18 + 21ST

TEAM MEMBERS

SENIORS

JEN BAUMAN * CAPT 1ST TEAM NNJIL
HEATHER FITZGERALD * CAPT H.M NNJIL
MISSY KLEIN * 1ST TEAM NNJIL

JUNIORS

BRIDGET BLANEY
LIZ FIGLAR * 1ST TEAM NNJIL, SUBURBAN, BERGEN COUNTY
EILEEN MORITZ * 1ST TEAM NNJIL
JENNY SCHWARTZ

SOPHOMORES

JILL APOSTLE * 1ST TEAM NNJIL
LISA DE CASTRO
EILEEN FITZGERALD * 1ST TEAM NNJIL, SUBURBAN, BERGEN COUNTY

FROSH

MEGAN McCABE * 1ST TEAM NNJIL

* = LETTER WINNERS

CROSS COUNTRY SCHEDULE 1989

DUAL MEET	PARAMUS CATHOLIC	FRIDAY	SEPT	15TH		HOME
DUAL MEET	PASSAIC	TUESDAY	SEPT	19TH		HOME
INVITATIONAL	RIDGEWOOD EARLY SEASONER	SATURDAY	SEPT	23RD		GARRETT
DUAL MEET	KENNEDY	TUESDAY	SEPT	26TH		BERGEN CATH.
TEAM TRAINING	WEEKEND	FRI-SAT-SUN	SEPT	29-30		
TRI MEET	CLIFTON + EASTSIDE	TUESDAY	OCT	3RD		EASTSIDE
INVITATIONAL	SHORE COACHES	SATURDAY	OCT	7TH		HOLMDEL
TRI MEET	BARRINGER + MONTCLAIR	TUESDAY	OCT	10TH		HOME
INVITATIONAL	MANHATTAN	SATURDAY	OCT	14TH		VAN CORTLAND
DUAL MEET	IMMACULATE HEART ACA.	TUESDAY	OCT	17TH		DON BOSCO
CHAMPIONSHIP	BERGEN GROUP IV	SATURDAY	OCT	21ST		GARRETT
CHAMPIONSHIP	LEAGUE CHAMPS	TUESDAY	OCT	24TH		GARRETT
CHAMPIONSHIP	STATE SECTIONAL NORTH I GROUP IV CHAMPS	SATURDAY	OCT	28TH		GARRETT
CHAMPIONSHIP	BERGEN COUNTY CHAMPS	SATURDAY	NOV.	4TH		GARRETT
CHAMPIONSHIP	STATE GROUP IV CHAMPS	SATURDAY	NOV.	11TH		HOLMDEL
CHAMPIONSHIP	N.J. STATE CHAMPS	SATURDAY	NOV.	18TH		HOLMDEL

CROSS COUNTRY SEPTEMBER 1989

FRI

SAT

MON

TUE

WED

THUR 7TH Practice 3:30

Fri 8 Practice 3:25

SAT 9TH Practice 10:00 am

Mon 11 Practice 3:25

Tue 12TH Practice 3:25 (late) van To Hill Course

Wed 13TH Practice 3:25

Thurs 14 NO PRACTICE

FRI 15TH DUAL meet Home (Veto Field) vs PARAMUS CATHOLIC

SAT 16TH Practice 10:00 am

SUNDAY 17TH PRACTICE ? } DEPENDS ON HOW GOOD PASSAIC IS

MON 18 PRACTICE ?

TUE 19TH PASSAIC DUAL MEET

WED 20TH PRACTICE 3:25

THUR 21ST PRACTICE 3:25 VAN TO GARRETT LATE PRACTICE PARENTS SPORTS NIGHT

FRI 22 PRACTICE 3:25

SAT 23rd DAY AT GARRETT MT RACE OR HELP WITH MEET

MONDAY 25 Practice 3:25

TUE 26 KENNEDY Dual meet

WED 27 PRACTICE 3:25

THUR 28 PRACTICE 3:25

FRI 29 VAN To Shore - Run Before Dinner

SAT 30 Return Sunday October 1ST 2:00pm

CROSS COUNTRY OCTOBER 1989

Mon	October 2	3:25 PRACTICE			
Tue	October 3	TRI MEET	EASTSIDE + CLIFTON		AT EASTSIDE
Wed	October 4	3:25 PRACTICE	[redacted]		
Thurs	October 5	3:25 PRACTICE	HILL COURSE		
Saturday	October 7TH	Shore Coaches Invitational		J.V. RACE 11:25 VARSITY 1:25	
Tuesday	Oct. 10	TRI MEET	BARRINGER + MONTCLAIR	YEAR BOOK PHOTO	VETS FIELD
Wed	Oct. 11	3:25 PRACTICE			
Thurs	October 12	3:25 PRACTICE			
Saturday	October 14	MANHATTAN	J.V. race 2:30 Varsity 3 to 4		VAN COURTLAND PK.
Mon	Oct 16	3:25 PRACTICE			
Tue	Oct 17	DUAL MEET	I.H.A.		DON BOSCO
Wed	Oct 18	3:25 VAN TO GARRET MT FOR PRACTICE			
Thurs	Oct 19	3:25 PRACTICE			
Saturday	Oct 21	BERGEN COUNTY GROUP IV CHAMPS			GARRET
Mon	Oct 23	3:25 PRACTICE			
Tue	Oct 24	NNJIC CHAMPS	EARLY DISMISSAL (1:45)		GARRET MT.
Wed	Oct 25	3:25 PRACTICE			
Thurs	Oct 26TH	3:25 PRACTICE			
FRIDAY	OCT 27	J.V. STATE SECTIONAL			11:40 am
Sat	Oct 28	STATE SECTIONAL	CHAMPIONSHIP		GARRET MT.
Mon	Oct 30TH	HILL COURSE	3:25 VAN IN COURTYARD		
Tue	Oct 31ST	3:25 PRACTICE			

→ SUNDAY RUNNING ON YOUR OWN 4-6 MILES EASY

CROSS COUNTRY NOVEMBER 1989

WED	NOVEMBER	1ST	3:25 practice
THUR	NOV.	2	3:25 practice
FRI	NOV.	3	NO PRACTICE TEAM DINNER
SATURDAY	NOV.	4	BERGEN MEET OF CHAMPS GIRLS 2:30 BUS at 12:15
SUNDAY	NOV	5	?? OPTIONAL HOLMDEL PRACTICE ??
MON	NOV.	6	3:25 practice
TUE	NOV	7	3:25 practice
WED	NOV	8	3:25 practice
THUR	NOV	9TH	NO TEAM PRACTICE 2-3 MILES ON YOUR OWN
FRI	NOV	10	NO PRACTICE
SATURDAY	NOV	11	STATE GROUP IV 1:00 pm BUS at 9:15

Mon → Wed Practice for States Championship if we make it

SATURDAY	NOV	18	STATE MEET of CHAMPS GIRLS RACE 11:00 am

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD vs PARAMUS CATHOLIC
DATE SEPT 16TH - 1989
TEAM RECORDS: R.H.S. 1 WIN 0 LOSSES

DISTANCE 5,000 m
COURSE RECORD 18:30 JEAN HUGHES 1988
COURSE CHARACTER FLAT - SAND - GRASS
Veterans Field - DUAL MEET COURSE
WEATHER HOT + HUMID

PLACE	NAME	SCHOOL	TIME
1.	LIZ FIGLAR	RHS	20:46
2.	CARMEL GERAGHTY	P.C.	22:10
3.	EILEEN FITZGERALD	RHS	22:10
4.	EILEEN MORITZ	RHS	22:58
5.	MISSY KLINE	RHS	23:34
6.	HEATHER FITZGERALD	RHS	23:40
7.	MEGAN McCABE	RHS	23:46
8.	BURKE	P.C.	24:41
9.	JILL APOSTLE	RHS	26:11
10.	JEN SCHWARTZ	RHS	26:11
11.	BRIDGET BLANEY	RHS	26:11
12.	MINTIER	P.C.	28:36
13.	MOREN	P.C.	28:52
14.	PROTOPSALTIS	P.C.	29:55
15.			
16.			
17.			
18.			
19.			
20.			
21.			

Ridge. 19, Par. Cath. 43
1. Liz Figler (R) ____ 20:46.
2. Gerragty (PC) ____ 22:10.
3. Eileen Fitzgerald (R) ____ 22:10.
4. Eileen Moritz (R) ____ 22:58.
5. Missy Kline (R) ____ 23:34.

Course: Ridgewood; **Distance:** 3.1 mi.
Team records: Ridgewood (1-0); Paramus Cath. (0-1).

SCORING

R.H.S.	PARAMUS CATHOLIC
1	2
3	8
4	10
5	11
6	12
FINAL SCORE: 19	43

COMMENTS:

1-5 SPLIT 2:54

EXCELLENT OPENING MEET FOR OUR TEAM! LIZ FIGLARS FIRST CROSS COUNTRY WIN! NEW KIDS "BEAN", MISSY, and MEGAN RAN VERY WELL.

Fast start for Feeney, Acevedo in Season Opener

By Paul Schwartz
Correspondent

WEST PATERSON — The Season Opener meet Saturday marked the beginning of the final year of high school sports for Cathy Feeney and Cathy Acevedo. Wayne Valley's Feeney and Saddle Brook's Acevedo consistently have finished in the top 10 at major meets in their four-year cross-country careers.

Saturday, both won their respective divisions at the Season Opener. Feeney's personal best of 19:07 for the 5,000-meter Garret Mountain course made her the eighth-fastest runner in Passaic County history.

Wayne Valley easily won the Girls A Division, 20-45, over Dumont, and Kittatinny defeated Palisades Park, 29-43, in the B Division.

Union Hill, paced by race winner Victor Torres, defeated defending Passaic County champion Passaic Tech, 39-79, to win the Boys Division A title, and Rich Caro of Hopatcong won the B Division. Rutherford defeated Hopatcong on the strength of a faster sixth man after the teams each recorded 34 points.

The beginning of their senior years has made both Feeney and Acevedo reflective on their fine high school careers, although perhaps their most important races are still to be run.

CROSS-COUNTRY

"It feels like I've been in high school for 10 years," said Feeney, who outran Nadine Nunez of Passaic by nearly a quarter-mile. "I'm really ready for senior year, and I feel as if I've changed. When I was younger, I would be so much nervous and uptight, but I'm much more confident now."

Acevedo said the injury last year that made her miss most cross-country and indoor track meets has stengthened her resolve to become a better runner.

"I don't take anything for granted anymore," said Acevedo, who defeated Patty Miller of Kittatinny by more than 60 yards in 21:06. "I can't take it easy, and I have to give it everything I have."

So Acevedo, who has set as her 1990 goals the Group 1 State title and All-Bergen honors, ran more than 450 miles this summer and hopes to parlay that into success.

Wayne Valley will miss junior Lisa Berkowitz, who chose to play soccer rather than run cross-country this fall. But the Indians are still strong as they placed five runners in the top 12. Veterans Kara Formosa, CyndiRock, and Louise Chuu finished 6-7-12 behind Feeney and senior Tara Master, out for the first time, finished a solid ninth.

Rutherford's win was unimpressive, but coach Bob Hemmel wasn't concerned.

"We were only at about 80 percent today, and I held our No. 3 runner out [Dave Lopez]," said Hemmel, whose team placed six runners between ninth and 20th places. "But Wood-Ridge/Hasbrouck Heights looked very good."

In fact, the combined team had four of the first 10 places, w senior twins Greg and Jeff Rubi finishing fourth and fifth to le the way. "Rutherford might be for a surprise," said Hasbrou Heights coach George Bate. "' didn't run a full team today, b our boys are ready to have a fi season."

Vic Jarosz was happy with Pa saic Tech's performance behi powerful Union Hill. "Now t pressure's on," said Jarosz, who team was the surprising Passa County titlist last year. "We wo sneak up on anyone this year."

PCT went 10-11-12-20 with t first three runners within 27 se onds of each other.

SATURDAY
16 SEPT 1989

Cross-country

Season Opener

At Garret Mt., West Paterson

VARSITY GIRLS A

Team scores

Wayne Valley 20, Dumont 45, North Bergen 62.

1. Cathy Feeney, Way. Val. 19:07.
2. Nadine Nunez, Passaic ... 20:43.
3. Sephora Castro, Union Hill 20:44.
4. Kathy McAuliffe, Dumont 20:52.
5. Rachel McLaughlin, Lake. 21:06.
6. Kara Formosa, Way. Val. 22:26.
7. Cyndi Rock, Wayne Valley 22:36.
8. Laurie Scalone, Bergenfield 22:48.
9. Tara Master, Wayne Valley 22:49.
10. Nadine Watson, N. Ber. ... 23:06.
11. Melissa Schaefer, QOP ... 23:09.
12. Louise Chuu, Wayne Valley 23:25.
13. Jeanette Rodriguez, UH ... 23:37.
14. Tina Mannino, Bergenfield 23:53.
15. Tricia Sheehan, Dumont ... 23:55.
16. Nvree Padilla, QOP ... 23:59.
17. Sam Donen, Wayne Valley 24:17.
18. Leah Scale, Dumont ... 24:20.
19. Debbie Barsolli, N. Ber. 24:24.
20. Tricia Brady, Dumont ... 25:05.

VARSITY GIRLS B

Team scores

Kittatinny 29, Palisades Park 43, Rutherford 62, River Dell 88.

1. Cathy Acevedo, Saddle Brk. 21:06.
2. Patty Miller, Kittatinny ... 21:22.
3. Ann Sourek, Palisades Park 22:04.
4. Mindy Zwart, Kittatinny ... 22:08.
5. Cathy Rindge, River Dell 22:11.
6. Nicole Brown, Pal. Pk. ... 22:25.
7. Hollie Foster, Kittatinny ... 22:57.
8. Angela Allegretta, Pal. Pk. 23:44.
9. Jen Podgurski, Kittatinny 23:58.
10. Mary Bills, Ruth. ... 24:23.
11. Kim Bolognone, Ruth. ... 24:52.
12. Heather Klansky, Kittatinny 24:57.
13. Donna Alvarez, Ruth. ... 25:04.
14. Jennifer Tomilson, Ruth. ... 25:06.
15. Laura Lai, Pal. Pk. ... 25:17.
16. Melanie Picciano, Pal. Pk. 25:40.
17. Marissa Faradas, Riv. Dell 25:43.
18. Rosalind Lane, Kittatinny 25:47.
19. Jennifer Peeples, Ruth. ... 26:04.
20. Melanie Flora, River Dell 26:19.

VARSITY BOYS A

Team scoring

Union Hill 39, Passaic Tech 79, North Bergen 83, Passaic 113, Lakeland 132, Cliffside Park 137, Wayne Valley 138, Dumont 163.

1. Victor Torres, Union Hill 16:52.
2. Rich Cocharane, Way. Val. 17:03.
3. Brian Long, No. Bergen ... 17:15.
4. Shawn Fyffe, Passaic ... 17:36.
5. Moses Akebeb, Cliff. Pk. 17:39.
6. Richie Abreu, Union Hill 17:41.
7. Jeffrey Perez, Union Hill 17:41.
8. Eddie Hults, No. Bergen 17:47.
9. Edwin Clark, Union Hill ... 17:53.
10. Sherwin Tann, PCT ... 18:09.
11. Daryl Tann, PCT ... 18:19.
12. Roy Schweizer, PCT ... 18:36.
13. Jean Paul Klosze, No. Brgn. 18:40.
14. Jason Shaw, Cliff. Pk. ... 18:46.
15. Kevin Guamarello, Lake. 18:47.
16. Jose Llanos, Union Hill ... 18:55.
17. Thomas McDermott, Pass. 18:57.
18. Sean McCann, Dumont ... 18:57.
19. Sean Ramsey, Lakeland ... 18:59.
20. Sylvester Harriet, PCT ... 20:02.

VARSITY BOYS B

Team scoring

Rutherford 34*, Hopatcong 34, River Dell 77, Palisades Park 96.

*No times available for Varsity B.

1. Rich Caro, Hopatcong.
2. Steve Karavas, Fort Lee.
3. Paul Capuzzo, Emerson.
4. Greg Rubino, Wd.-Rdge/Has.Hts.
5. Jeff Rubino, Wd.-Rdge/Has.Hts.
6. Jon Levine, River Dell.
7. Scott Searle, Hopatcong.
8. Jeff Koepel, Wd.-Rdge/Has. Hts.
9. Jason Russell, Rutherford.
10. Tom Penna, Wd.-Rdge/Has. Hts.
11. Mark Leon, Hopatcong.
12. Mike Ryan, Bogota.
13. Ed Dempsey, Kittatinny.
14. Tim Bouman, Bogota.
15. Chris McCafferty, Rutherford.
16. Jeff Tollefson, Rutherford.
17. Colin McNamara, Emerson.
18. Hemmel Mandella, Rutherford.
19. Paul Pizzamenti, Rutherford.
20. Sean Murray, Rutherford.

*Rutherford wins on basis of better sixth-place runner.

JUNIOR VARSITY BOYS

No team scoring

1. Alex Figueroa, Union Hill 18:51
2. Mike Demosey, Saddle Brk. 19:25
3. Jim Nyulassy, Saddle Brk. 19:45.
4. Keith Kasper, Secaucus ... 20:14.
5. Ralph Perez, Union Hill ... 20:18.

JUNIOR VARSITY GIRLS

No team scoring

1. Debbie Speert, Way. Val. 24:37
2. Nikki Sayres, Bogota ... 24:54.
3. Elizabeth Gonzalez, Un. Hill 25:12
4. Karen Lafarga, QOP ... 25:27.
5. Cassandra Grant, Pass. ... 25:38.

SOPHOMORE BOYS

Team scoring

Hackensack 22, River Dell 33.

1. Paul Roer, Hackensack ... 19:03.
2. Jesse Wright, Hackensack 20:18.
3. Scott Janusko, Rutherford 20:26.
4. Brian Arribito, Hackensack 20:52.
5. Jeremy Bouman, Bogota 20:58.

FRESHMAN BOYS

Team scoring

Ridgewood 18, Hackensack 74, Lakeland 103, Hopatcong 114, Ridgewood B 134, Passaic 154, Cliffside Park 180, Bogota 198, Bogota 206.

1. Joshua Fronefield, Ridgwd. 11:00.
2. Brian Visconti, Kittatinny 11:40.
3. David McCann, Ridgewood 13:44.
4. Danny Schuman, Sad. Brk. 11:44.
5. Mike Pfaff, Hackensack ... 11:46.

FRESHMAN GIRLS

Team scoring

Rutherford 44, North Bergen 46, Paramus 46.

1. Dawn Gunther, Kittatinny 14:30.
2. Janet Lemmon, No. Bergen 14:39.
3. Nicole Lavezzi, Paramus 15:11.
4. Fatima Periera, QOP ... 15:16.
5. Cari Ganguzza, Way. Val. 15:41.

NJCTC Class meet

SENIOR BOYS

1. Rich Sciria, CBA ... 16:48.
2. Matt Flynn, CBA ... 16:51.
3. J.R. Meloro, Ber. Cath. ... 17:04.
5. Jeff Varisco, Ber. Cath. ... 17:47.

SOPHOMORE BOYS

1. Pete Clavin, Scotch Plains 17:15.
8. John Fitzsimmons, B. Cath. 18:00.

FRESHMAN BOYS

1. Brendan Heffernan, N.Hton 12:20.
9. Dave Oyklara, Morris Cath. 13:14.

SENIOR GIRLS

1. Veronique Godleski, TRE 20:50.

JUNIOR GIRLS

1. Kathy Moran, Morris Knolls 20:32.

SOPHOMORE GIRLS

1. Jan Blake, Morris Knolls 20:39.

FRESHMAN GIRLS

1. Monai Chokshi, Brwtr. West 13:27.

Paramus 20, Montclair 38

1. Jason Barnes (P) ... 17:27.
2. Kelly Rogers (M) ... 17:46.
3. Sean Albert (P) ... 17:56.
4. Rob Seidel (P) ... 18:22.
5. John Nugent (P) ... 18:28.

Course: Brookdale Park, Montclair; Distance: 3.1 miles.

Team records: Paramus (1-0); Montclair (0-1).

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD vs PASSAIC
DATE SEPT 19 1989
TEAM RECORDS: R.H.S. 2-0
PASSAIC 1-1

DISTANCE 5,000 meters
COURSE RECORD
COURSE CHARACTER

WEATHER RAIN-RAIN-RAIN - Large PUDDLES ON ENTIRE COURSE

PLACE	NAME	SCHOOL	TIME
1.	LIZ FIGLAR	RHS	20:35
2.	NADINE NUNEZ	P	20:38
3.	EILEEN FITZGERALD	RHS	21:37
4.	JEN BAUMAN	RHS	22:02
5.	EILEEN MORITZ	RHS	23:14
6.	JOANNE GONZALES	P	23:29
7.	MISSY KLINE	RHS	23:29
8.	HEATHER FITZGERALD	RHS	23:53
9.	CASSANDRA GRANT	P	24:33
10.	MEGAN McCABE	RHS	24:37
11.	JILL APOSTLE	RHS	26:09
12.	JEN SCHWARTZ	RHS	26:09
13.	LISA DECASTRO	RHS	26:09
14.	BRIDGET BLANEY	RHS	26:09
15.	ROCHELLE CAIN	P	26:52
16.	PAULA HENSO	P	26:56
17.			
18.			
19.			
20.			
21.			

SCORING

R.H.S.	PASSAIC
1	2
3	6
4	9
5	11
7	12
FINAL SCORE: 20	40

COMMENTS:

1-5 SPLIT 2:54

GREAT RUNNING IN BAD WEATHER. BIG WIN FOR LIZ. (NUNEZ WAS 3RD IN THE LEAGUE + 11TH IN THE STATE GROUP IV LAST YEAR)
HOPEFULLY WE ALL LEARN TO BE READY TO GO IN BAD WEATHER. CROSS COUNTRY ALWAYS RUNS RAIN OR SHINE!

Girls cross-country

NNJIL

Ridgewood 20, Passaic 40
1. Liz Figlar (R) 20:35.
2. Nadine Nunez (P) 20:38.
3. Eileen Fitzgerald (R) 21:37.
4. Jen Bauman (R) 22:02.
5. Eileen Moritz (R) 23:14.

Course: Veterans Field, Ridgewood; **Distance:** 3.1 mi.
Team records: Ridgewood (2-0).

Clifton 15, Barringer 50
1. Sharon Richardson (C) 14:25.
2. Tammy Walsh (C) 14:39.
3. Irene Gorzelany (C) 14:40.
4. Kristin Pelcher (C) 15:13.
5. Jen Swan (C) 15:14.

Course: Branch Brook Park, Newark; **Distance:** 2 mi.
Team records: Clifton (2-0); Barringer (0-1).

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET RIDGEWOOD PREVIEW MEET

COURSE GARRET MOUNTAIN

DATE SEPTEMBER 23, 1989

COURSE RECORD

WEATHER COLD - 50° HARD RAIN

TYPE OF COURSE ROUGH ROCKY PATHS

over all place	place for R H S	NAME	TIME
6	(1)	EILEEN FITZGERALD	21:56
9	(2)	JEN BAUMAN	22:38
46	(3)	MEGAN McCABE	25:56
56	(4)	BRIDGET BLANEY	27:42
64	(5)	LISA DE CASTRO	31:10

TEAM TOTAL: 181

TEAM PLACE: 6TH

1-5 SPLIT: 9 minutes + 46 seconds

1-7 SPLIT:

COMMENTS:

Kearny - 37
North Hunterdon - 85
Voorhees - 98
Marlboro - 105
Dumont - 158
RIDGEWOOD - 181
Highland - 193

EXCELLENT TIMES FOR EILEEN & JEN UNDER EVEN GOOD CONDITIONS! WEATHER WAS AS BAD AS IT CAN BE. THOES WHO RAN WERE BRAVE AND THOES WHO WORKED BRAVED THE COLD + WET FOR 4+ HOURS. WE ALL MUST LEARN TO PREPARE FOR WEATHER CONDITIONS. FEW HAD ADEQUATE CLOTHES.

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.

Ulloopi DeSai of Kearny led the Kardinals 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 Highland 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 Cinnaminson 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.

Cross-country

Ridgewood preview meet

BOYS 1-2 VARSITY

Team scoring
Cinnaminson 22, Hopatcong 59, Ridgefield Park 104, River Dell 109.

1. Chris Lopez, Cinnaminson — 17:28.
6. Ryan Ing, Glen Rock — 18:31.
7. Jon Levine, River Dell — 18:38.
12. Scott Schroeder, Lyndhurst — 18:42.
14. Rob Passarella, Saddle Brook — 18:56.
15. Chris Kerwin, Ridgefield Park — 19:03.
16. Brad Vaccaro, Saddle Brook — 19:20.
18. Chris Parisi, Ridgefield Park — 19:48.

BOYS 3-4 VARSITY

Team scoring
Highland 23, North Hunterdon 55, Union Hill 69, Kearny 130, Dumont 132, Cliffside Park 154, Arts 160, West Milford 177, Tenafly 222, Hunterdon Central 240.

1. Chris Simon, Highland — 16:41.
3. Pete Graham, Dumont — 17:06.
4. Victor Torres, Union Hill — 17:28.
11. Moses Mekbeb, Cliffside Park — 18:08.
13. Rui Ornelas, Kearny — 18:13.

GIRLS 1-2 VARSITY

Team scoring
Hopatcong 24, South Plainfield 52, Ridgefield Park 88.

1. Cathy Acevedo, Saddle Brook — 21:04.
11. Claudia Barantes, Ridgefield Park — 25:29.
14. Debbie Wittig, Saddle Brook — 26:37.
15. Janet Koonacki, Ridgefield Park — 26:44.

GIRLS 3-4 VARSITY

Team scoring
Kearny 37, North Hunterdon 85, Voorhees 98, Marlboro 105, Dumont 158, Ridgewood 181, Highland 193, St. Dominic's Academy 200, Union Hill 200, IHA 213, Tenafly 229.

1. Ulloopi DeSai, Kearny — 21:22.
2. Melissa Wyka, Fair Lawn — 21:37.
5. Tara McDermott, Kearny — 21:54.
6. Eileen Fitzgerald, Ridgewood — 21:56.
7. Sephora Castro, Union Hill — 22:01.
8. Anabella Maleus, Kearny — 22:13.
9. Jen Bouman, Ridgewood — 22:38.
19. Michelle Mueller, West Milford — 23:39.

FRESHMAN BOYS 1-2

Individual — 1, Danny Schuman, Saddle Brook 11:47.
Team — Hopatcong 62.

FRESHMAN GIRLS 1-2

Individual — 1, Lee Vincze, Garfield — 15:29.
Team — None.

JUNIOR VARSITY BOYS 1-2

Individual — 1, Brian Nadash, Henry Hudson 19:00.
Team — 1, Cinnaminson 32.

JUNIOR VARSITY GIRLS 1-2

Individual — 1, Sue Funere, Hopatcong — 26:00.
Team — None.

FRESHMAN BOYS 3-4

Individual — 1, Josh Fronefield, Ramsey — 11:17.
Team — Ridgewood 24.

FRESHMAN GIRLS 3-4

Individual — 1, Erin McFadden, Highland — 14:29.
Team — Highland 23.

JUNIOR VARSITY BOYS 3-4

Individual — 1, Nunie Bermudez, Union Hill — 19:32.
Team — Union Hill 47.

JUNIOR VARSITY GIRLS 3-4

Individual — 1, Nadine Watson, North Bergen 25:03.
Team — Marlboro 30.

SOPHOMORE BOYS 3-4

Individual — 1, Steve Mazure, Highland — 18:30.
Team — 1, Ridgewood 37.

Boys meets

BCSL National

Wood-Ridge-15, Secaucus 41
WoodRidge 16, Leonia 40
Leonia 26, Secaucus 31

1. Greg Rubino (WR) — 18:14.
2. Jeff Rubino (WR) — 18:29.
3. Jeff Koegel (WR) — 18:50.
4. Tom Tenna (WR) — 19:00.
5. Chris Kearns (L) — 19:48.

Course: Garret Mt.; Distance: 3.1 Mi.
Team records: Woodridge 2-0; Secaucus 2-2; Leonia 1-1.

NBIL

Thursday

Old Tappan 20, Bergenfield 37

1. Steve Nicko (OT) — 18:24.
2. Jamie Brauer (OT) — 18:31.
3. Mike Coppola (OT) — 18:49.
4. Alien O'Guerra (B) — 19:08.
5. Bob Morris (B) — 19:11.

Course: Old Tappan High School; Distance: 3.1 miles.
Team records: Old Tappan 2-1; Bergenfield 0-3.

Girls meets

B-PSL

Thursday

Holy Angels 25, Pompton Lakes 30

1. Meredith Botts (HA) — 22:07.
2. Simone Wali (PL) — 23:16.
3. Maoko Wakabayashi (HA) — 23:50.
4. Tina Mecca (HA) — 24:24.
5. Danalyn Adams (PL) — 24:44.

Course: Westside Park; Distance: 3.0 mi.

CROSS-COUNTRY SUMMARIES SEPT 22

Boys meets

Paterson Catholic 19, Hawthorne 48

1. Ly Hutton (PC) — 17:10.
2. Ralph Ortiz (H) — 17:29.
3. Paul Bencer (PC) — 18:38.
4. Louie Abuhamda (PC) — 20:25.
5. Mohammed Razzak (PC) — 20:31.

Course: Paterson Catholic; Distance: 3 mi.
Team records: Paterson Catholic (2-2); Hawthorne (0-5).

Mahwah 27, Waldwick 28
Mahwah 31, Passaic Tech 24
Passaic Tech 28, Waldwick 30

1. Craig Masiers (M) — 17.27.
2. Rich Straut (W) — 17.38.
3. Sherwin Tann (PCT) — 17.57.
4. David Sung (M) — 17.58.
5. Jerry Martin (W) — 18.04

Course: Waldwick; Distance: 3.1 mi.
Team records: Mahwah (5-1); Waldwick (2-2); PCT (4-0).

Saddle Brook 20, Eastern Christian 35
Saddle Brook 20, Glen Rock 31
Eastern Christian 20, Glen Rock 38

1. Ryan Ing (GR) — 18.50.
2. Mike Terpstra (EC) — 19.11.
3. Danny Schuman (SB) — 19.35.
4. Timothy Toddma (GR) — 20.01.
5. Mike Demosey (SB) — 20.05.

Course: Garret Mt.; Distance: 3.1 mi.
Team records: Saddle Brook (4-1); E. Christian (3-3); Glen Rock (3-3).

Don Bosco Tech 15, Pompton Lakes 50

1. John Pawlowski (DBT) — 18:24.
2. Jay Donnelly (PL) — 20:26.
3. Keith Papoert (DBT) — 21:50.
4. Mike Sabla (DBT) — 22:12.
5. Mario Torchia (DBT) — 22:28.

Course: Westside Park, Paterson; Distance: 3.0 mi.
Team records: Don Bosco Tech 1-4; Pompton Lakes 0-5.

Garfield 18, Midland Park 42
Garfield 19, Paul VI 40
Midland Park 20, Midland Park 41

1. John Parrillo (G) — 18:27.
2. Mike Alfonso (G) — 18:28.
3. Shane Barber (P) — 18:48.
4. Craig Davis (MP) — 19:08.
5. Tom Rabolli (G) — 19:30.

Course: Century Field; Distance: 3.0 mi.
Team records: Garfield 3-1; Midland Park 3-3; Paul VI 0-6.

Girls meets

NNJIL

Teaneck 21, Paramus Catholic 36

1. Jeanine Limone (T) — 21:38.
2. Carmel Geraghty (PC) — 22:15.
3. Matilda Miranda (T) — 23:13.
4. Stacy Bentley (T) — 23:17.
5. Dede Burke (PC) — 24:12.

Course: Teaneck; Distance: 3.1 mi.
Team records: Teaneck 1-1; Paramus Catholic 0-2.

BCSL National

Palisades Park 15, Bogota 50

1. Nicole Brown (PP) — 24.24.
2. Angela Allegretta (PP) — 24.44.
3. Ann Sourek (PP) — 25.19.
4. Nikki Savers (B) — 26.12.
5. Melanie Picciano (PP) — 27.09.

Course: Garret Mt.; Distance: 3.1 mi.
Team records: Palisades Park (1-0); Bogota (0-1).

NBIL

N. Highlands 15, Westwood 50

1. Keri Riley (NH) — 24:39.
2. Katie Morris (NH) — 24:39.
3. Caroline Preece (NH) — 24:39.
4. Meg Maher (NH) — 26:05.
5. Jen Boilerman (W) — 26:11.

Course: Westwood; Distance: 3.1 mi.
Team records: Northern Highlands 3-0; Westwood 0-3.

Demarest 23, Pascack Valley 32

1. Deirdre Foley (D) — 24.33.
2. Shelley Golden (PV) — 25.43.
3. Mary Caldwell (D) — 26.51.
4. Sue Rhee (D) — 28.34.
5. Carol Yoon (D) — 28.34.

Course: Demarest; Distance: 3.1 mi.
Team records: Demarest (1-2); Pascack Valley (0-3).

Ramsey 15, Ramapo 45

1. Leslie Bunger (Rams) — 23:47.
2. Melissa Rubel (Rams) — 23:48.
3. Elizabeth Raciti (Rams) — 23:49.
4. Janine Veling (Rams) — 23:53.
5. Kim Sheeley (Rams) — 23:53.

Course: Ramapo; Distance: 3.0 mi.
Team records: Ramsey (3-0); Ramapo (0-3).

Pascack Hills 20, Wayne Hills 37

1. Sarah Davey (PH) — 20:19.
2. Chris Hubsmith (PH) — 22:24.
3. Vicky DePasquale (WH) — 22:48.
4. Sharon Roosa (PH) — 22:51.
5. Christina Nitz (PH) — 24:53.

Course: Pascack Hills; Distance: 3.1 mi.
Team records: Pascack Hills 3-0; Wayne Hills 2-1.

NNJIL

Hackensack 23, Paramus 36
Paramus 20, Nutley 37
Hackensack 18, Nutley 43

1. Dickee Voy (P) — 20.36.
2. Sue Haddad (H) — 20.53.
3. Kerry Todling (H) — 21.31.
4. Laura Albro (P) — 22.15.
5. Debbie Golden (N) — 22.25.

Course: Paramus; Distance: 3 mi.
Team records: Hackensack (2-1); Paramus (2-1); Nutley (0-2).

Eastside 15, Montclair 50
Eastside 15, Kennedy 50

1. F. McClure (K) — 24:03.
3. C. Pierre-Louis (M) — 26:07.
4. J. Thomas (ES) — 26:06.
4. S. Mignolli (ES) — 29:57.
5. T. Hamm (ES) — 30:34.

Course: Garret Mt.; Distance: 3.1 mi.
Team records: Kennedy 0-1; Montclair 0-1; East Side 2-0.

B-PSL

Mahwah 24, Passaic Tech 32
Mahwah 15, Waldwick 50
Passaic Tech 15, Waldwick 50

1. Keough (M) — 20.09.
2. Watson (PCT) — 23.16.
3. Gallo (M) — 24.03.
4. Roberti (M) — 25.57.
5. Caruso (W) — 25.59.

Course: Waldwick; Distance: 3.1 mi.
Team records: Mahwah (6-0); Waldwick (0-4); PCT (1-5).

Saddle Brook 25, Eastern Christian 42
Saddle Brook 25, Glen Rock

1. Kathy Acevedo (SB) — 23.16.
2. Sara Busteregm (EC) — 25.44.
3. Tara James (GR) — 26.07.
4. Debbie Wittd (SB) — 27.13.
5. Janine Kooees (EC) — 27.44.

Course: Garret Mt.; Distance: 3.1 mi.
Team records: Saddle Brook (3-1); Glen Rock (3-2); E. Christian (3-3).

Garfield 17, Midland Park 40
Garfield 17, Paul VI 50
Midland Park 18, Paul VI 39

1. Medeana Steidl (G) — 21.44.
2. Nancy Scott (G) — 22.32.
3. Sonia Roman (G) — 22.40.
4. Bel Mader (MP) — 22.46.
5. Leigh Vincz (G) — 23.54.

Course: Century Field; Distance: 3.1 mi.
Team records: Garfield 5-0, Midland Park 2-5, Paul VI 0-5.

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD vs KENNEDY
DATE 9/26/89
TEAM RECORDS: R.H.S. 3-0

DISTANCE 5,000m (3.1)
COURSE RECORD 20:11
COURSE CHARACTER Van Saun Park

WEATHER SUNNY - COOL - GREAT

PLACE	NAME	SCHOOL	TIME	
1.	LIZ FIGLAR	RHS	20:11	* RECORD
2.	EILEEN FITZGERALD	RHS	20:35	
3.	JEN BAUMAN	RHS	21:02	
4.	VANESSA McCLURE	K	21:40	
5.	EILEEN MORITZ	RHS	22:26	
6.	HEATHER FITZGERALD	RHS	23:31	
7.	JILL APOSTLE	RHS	23:31	
8.	MEGAN McCABE	RHS	23:31	
9.	MISSY KLINE	RHS	23:31	
10.	BRIDGET BLANEY	RHS	24:09	
11.	LISA DeCASTRO	RHS	24:31	
12.	JENNY SCHWARTZ	RHS	25:11	
13.	VENESSA BARCO	K	36+	
14.	JUANA MOYA	K	36+	
15.				
16.				
17.				
18.				
19.				
20.				
21.				

SCORING

R.H.S.	J.F. KENNEDY
1	4
2	
3	
5	
6	
FINAL SCORE: 15	INCOMPLETE TEAM FORFIT 50

COMMENTS:

FIRST GIRLS RACE ON THIS COURSE, LIZ HOLDS THE COURSE RECORD! WE ALL RAN FAST TIMES AND A 5 MINUTE TEAM SPREAD IS OUTSTANDING

1-3 :51
1-5 3:20
1-7 3:20
TEAM 5:00

Passaic's Nunez finishes fourth in Bulldog

By Christopher Lawlor
Correspondent

PARAMUS — Dave Pataky of Paramus Catholic and Jessica Grieco of Emerson took different routes to individual titles Saturday at the Bergen Community College Bulldog Invitational.

Pataky, a senior, broke away from a tight pack of runners with 1,200 meters left to capture the Boys Varsity A competition in 16 minutes, 13.7 seconds.

"After the last hill I started to pull away," Pataky said of the Boys A race. "I've run here the last three years and feel it's a different course because the hills are in the beginning."

CROSS-COUNTRY

Grieco (21:03) needed a late surge to hold off hard-charging second-place finisher Nicole Brown of Palisades Park by three-tenths of a second in the Girls B race.

"I felt her [Brown] coming on at the end," said Grieco, who competed in her first meet this season after a busy international cycling schedule. "I could tell by the crowd noise it was close, but I was able to hold her off."

In Girls B, Palisades Park had four runners in the top 15 to outdistance Horace Mann of New York, 38-57. Ann Sourek (third place), Angela Allegretta (ninth) and Melanie Picciano (14th) paced the Tigers on the rolling, three-mile course of the Paramus Country Club.

Nadine Nunez of Passaic was fourth in the Varsity A race, while Davana Medina (eighth) of DePaul was Passaic County's top finisher in Girls B with a time of 21:51.7.

In boys competition, Shawn Fyffe of Passaic was 15th in Varsity A with a time of 17:07.4.

Hackensack, which ran with its top five runners for the first time this season, outdueled Dumont, 63-74, in Girls Varsity A. Sue Haddac (ninth) and Bryana Johnson (14th) led the Comets, who placed four finishers in the top 20. Melissa Wyka (19:57.2) of Fair Lawn took individual honors over Sephora Castro of Union Hill of Jersey City.

"I told the kids to run conservative in the beginning," said Hackensack coach Tom Zaccone. "They have a lot of time on this course because there are rolling, flat sections."

Archbishop Curley of Baltimore, behind senior Matt Ciarpella's winning time of 16:34, easily took Varsity Boys B over Wood-Ridge/Hasbrouck Heigh 47-100. Steve Daft of Curley (16:55 was third, and teammate Gary Myyn (17:24) was ninth. Paul Capuzzo of E erson (fourth in 17:02.1) was the high Bergen County finisher.

Christian Brothers Academy, a perr nial state power, placed five in the top to win Varsity Boys A over Union H 32-94. Paramus was fourth with 1: Rich Sciria (second), Tom Lillis (fift and Matt Flynn (sixth) helped the Li croft school secure the championship.

More than 500 runners from 62 scho representing three states competed cool, dry conditions.

Cross-country

Bulldog Invitational

GIRLS VARSITY B

Team scores

Palisades Park 38, Horace Mann (N.Y.) 57, Rutherford 61, River Dell 87, North Arlington 107, Becton 193.

1.	Jessica Grieco, Emerson	21:03.0.
2.	Nicole Brown, Pal. Park	21:03.3.
3.	Ann Sourek, Pal Park	21:12.2.
4.	Johanna Allman, Dover	21:24.2.
5.	Jennifer Curtin, Horace Mann	21:29.5.
6.	Cathy Rindge, Horace Mann	21:29.3.
7.	Yndira Roberto, Horace Mann	21:51.4.
8.	Davana Medina, DePaul	21:51.7.
9.	Angela Allegretta, Pal. Park	22:04.2.
10.	Erin O'Brien, Horace Mann	22:20.4.
11.	Medeana Sleidi, Garfield	22:27.8.
12.	Nancy Scott, Garfield	22:36.1.
13.	Mary Bills, Rutherford	22:56.9.
14.	Melanie Picciano, Pal. Park	22:57.9.
15.	Sonia Roman, Garfield	23:03.1.
16.	Marissa Faracles, River Dell	23:13.7.
17.	Jane Hadded, Neumann Prep	23:22.1.
18.	Kim Bologna, Rutherford	23:50.1.
19.	Jen Peeoles, Rutherford	23:51.6.
20.	Chris Scura, DePaul	24:05.1.
21.	Tammy Parliment, Ridgefield	24:07.0.
22.	Donna Alvarez, Rutherford	24:12.0.
23.	Nicole Falcone, No. Arlington	24:23.0.
24.	Laura Millar, No. Arlington	24:26.4.
25.	Jennifer Kairys, No. Arlington	24:27.3

GIRLS VARSITY A

Team scores

Hackensack 63, Dumont 74, Edison 90, Union Hill 97, Union 100, North Bergen 111, Immaculate Heart 117.

1.	Melissa Wyka, Fair Lawn	19:57.2.
2.	Sephor Castro, Union Hill	20:07.5.
3.	Kathy McAuliffe, Dumont	20:30.8.
4.	Nadine Nunez, Passaic	20:40.1.
5.	Liane Sullivan, St. Dominic	20:53.5.
6.	Carmel Geraghty, Pat. Catholic	21:20.1.
7.	Chris Willard, Edison	21:30.3.
8.	Tracy Murray, I.H.A.	21:42.4.
9.	Sue Haddac, Hackensack	21:47.5.
10.	Nancy Sauseline, Edison	21:47.5.
11.	Frieda Behrens, Union	22:01.4.
12.	Carla Fernandes, Union	22:01.8.
13.	Jeannette Rodriguez, Union Hill	22:04.
14.	Bivana Johnson, Hackensack	22:18.2.
15.	Nadine Watson, North Bergen	22:22.8.
16.	Tricia Sheehan, Dumont	22:27.7.
17.	Veronica Davi, I.H.A.	22:28.3.
18.	Kerriann Codling, Hackensack	22:30.7.
19.	Sheril Bartke, Hackensack	22:31.2.
20.	Christine Hubsmith, Pascack Hills	22:48.8.
21.	Yvonne Watson, PCT	22:49.3.
22.	Melissa Schaefer, Queen of Peace	22:56.1.
23.	Nyree Padilla, Queen of Peace	23:05.3.
24.	Lean Scala, Dumont	23:07.5.
25.	Debbie Barsotti, N. Bergen	23:21.9.

BOYS VARSITY A

Team scores

Christian Brothers Academy 32, Union Hills (JC) 94, Eastern 127, Paramus 136, Edison 177, Pascack Hills 179, No. Bergen 182, Passaic Tech 185, Hackensack 267, Dumont 280, Passaic 289, Union 293, Eastside 319, Memorial (WNY) 359, Kenneov 380, St. Peter's 467, Indian Hills 505.

1.	Dave Pataky, Paramus Catholic	16:13.7
2.	Rich Sciria, CBA	16:27.2.
3.	Victor Torres, Union Hill	16:33.4.
4.	Mike Shemonsky, Eastern	16:37.7.
5.	Tom Lills, CBA	16:40.8.
6.	Matt Flynn, CBA	16:41.2.
7.	Brian Long, No. Bergen	16:45.7.
8.	Steve Karavas, Ft. Lee	16:50.7.
9.	Pat Dourne, CBA	16:53.1.
10.	Shawn Hynes, Edison	16:53.9.
11.	Peter Graham, Dumont	16:54.6.
12.	Dave Ernst, CBA	16:56.6.
13.	Richie Abrew, Union Hill	16:58.2.
14.	Kevin Beirne, Hackensack	17:04.4.
15.	Shawn Fyffe, Passaic	17:04.4.
16.	Edwin Clark, Union Hill	17:09.0.
17.	Ed Hults, No. Bergen	17:10.9.
18.	Chris Grosso, CBA	17:11.6.
19.	Scott Jackson, Pascack Hills	17:13.4.
20.	Ed Eder, Fair Lawn	17:15.8.
21.	Matt McDonald, Pascack Hills	17:18.4.
22.	David Movie, Eastern	17:19.1.
23.	Sherwin Tann, Passaic Tech	17:22.4.
24.	Darryl Tann, Passaic Tech	17:22.5.
25.	Chris Mal, CBA	17:25.1.

BOYS VARSITY B

Team scores

Archbishop Curley (Md.) 47, Wood-Ridge-Hasb. Heights 100, Rutherford 124, Kittatinny 141, Arts 160, St. Benedicts 177, Becton 231, River Dell 236, Ridgefield Par 241, Glen Rock 257, Emerson 271, DePaul 292, Neumann Prep 312, Harrison 341, Paul VI 391, North Arlington 396, Palisades Park 397, Midland Park 401.

1.	Matt Ciarpella, Arch. Curley	16:34.0.
2.	Nuno Santos, St. Benedicts	16:47.0.
3.	Steve Daft, Arch. Curley	16:55.3.
4.	Paul Caouzzo, Emerson	17:02.1.
5.	Jim Lane, Wallkill Valley	17:05.2.
6.	Ryan Ing, Glen Rock	17:08.7.
7.	Gregg Rubino, W-HH	17:17.6.
8.	Everette Gray, Arts	17:18.1.
9.	Gary Mrvncza, Arch. Curley	17:24.0.
10.	Jeff Koegel, W-HH	17:24.4.
11.	Tom Penna, W-HH	17:24.5.
12.	Jeff Rubino, W-HH	17:31.8.
13.	Alimoti Sutton, St. Benedicts	17:32.5.
14.	Matt Burton, Arch. Curley	17:39.9.
15.	Jason Russell, Rutherford	17:42.3.
16.	Michael Dawson, Becton	17:44.3.
17.	Clarence Burton, Arts	17:49.9.
18.	George Morris, Dover	17:53.3.
19.	Dwayne Golden, Science	17:58.6.
20.	Ed Demosey, Kittatinny	18:02.5.
21.	Dave Lopez, Rutherford	18:03.7.
22.	Brian Viscomi, Kittatinny	18:06.6.
23.	Tim Bournon, Bogota	18:07.5.
24.	Jon Levine, River Dell	18:10.4.
25.	Mark Corcoran, Neumann Prep	18:14.5.

FRESHMEN BOYS A

Individual: 1. Josh Fronefield, Ridgewood, 10:34.8.
Team: Ridgewood A.

FRESHMEN BOYS B

Individual: John Perillo, Garfield, 11:28.2.
Team: St. Benedicts.

FRESHMEN GIRLS

Individual: Janet Lemmon, No. Bergen, 13:50.7.
Team: North Bergen.

JUNIOR VARSITY GIRLS

Individual: Joanna Daikos, St. Dominic, 23.52.1.
Team: Queen of Peace.

JUNIOR VARSITY BOYS

Individual: Marc McDonald, CBA, 17:20.8.
Team: Union Hill.

SOPHOMORE BOYS

Individual: Gary Villatou, Good Counsel, 17:46.3.
Team: Good Counsel.

Boys meets

Thursday

Ramsey 15, Old Tappan 45

1.	Rick Gagnon (R)	17.46.
2.	Dave Castellano (R)	17.47.
3.	Ken Flynn (R)	17.48.
4.	Brendon Greene (R)	17.49.
5.	Steve Nicki (OT)	17.50.

Course: Old Tappan; **Distance:** 3.1 mi.
Team records: Ramsey (5-0); Old Tappan (2-3).

Girls meets

Thursday

Ramsey 15, Old Tappan 50

1.	Kim Sheesley (R)	21.25.
2.	Janine Veeling (R)	21.38.
3.	Melissa Rubei (R)	22.05.
4.	Lori Reid (R)	22.11.
5.	Tammy Bunger (R)	22.13.

Course: Old Tappan; **Distance:** 3.1 mi.
Team records: Ramsey (5-0); Old Tappan.

Northern Highlands 22, Wayne Hills 34

1.	Vicki De Pasquale (WH)	22:43.
2.	Caroline Preece (NH)	23:05.
3.	Katie Morris (NH)	23:09.
4.	Jen Mc Mullen (NH)	23:19.
5.	Meg Maher (NH)	23:44.

Course: Wayne Hills; **Distance:** 2.9 mi.
Team records: No. Highlands (4-1).

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD vs CLIFTON and EASTSIDE
DATE October 3rd 1989
TEAM RECORDS: R.H.S. 5-0
CLIFTON 5-1
EASTSIDE 2-4

DISTANCE EASTSIDE PARK
COURSE RECORD
COURSE CHARACTER ROADS AROUND PARK SOME GOOD HILLS
WEATHER COOL - CLEAR - BEAUTIFUL

PLACE	NAME	SCHOOL	TIME
1.	LIZ FIGLAR	RHS	21:17
2.	EILEEN FITZGERALD	RHS	21:18
3.	SHERON RICHARDSON	C	
4.	JILAND THOMAS	E	
5.	JEN SWAN	C	
6.	JEN BAUMAN	RHS	
7.	EILEEN MORITZ	RHS	
8.	IRENE GORZETANY	C	
9.	MEGAN McCABE	RHS	
10.	LAURA FARINAS	C	
11.	TAMMY WALSH	C	
12.	HEATHER FITZGERALD	RHS	
13.	JILL APOSTLE	RHS	
14.	LISA DECASTRO	RHS	23:25
15.	MICHELE COX	C	23:39
16.	TAMMY HANM	E	24:24
17.	KRISTEN PALCHAER	C	24:29
18.	JENNY SCHWARTZ	RHS	25:41
19.	MICHELE SWISSTUCK	C	25:48
20.	CHRISI MONTANA	C	
21.	BHAUNA MISTRY	C	28:52

SCORING

R.H.S.	CLIFTON
1	3
2	4
5	7
6	9
8	10
FINAL SCORE: 22	33

COMMENTS:

Eastside's team was incomplete Therefore THE SCORE was 15-50 against Eastside.

A wrong turn during the race turned a potentially easy win into one we had to work for. The teams response to this problem was excellent. However we must do a better job of leaving courses!

Times were not obtained for many and the first two times include time added by the wrong turn.

10/6

Season's schedule hitting full stride

CROSS-COUNTRY NOTES

By Paul Schwartz
Correspondent

The area major-meet schedule finally hits full stride Saturday with most of the top teams in action at the Passaic County Coaches Invitational at Garret Mountain or the Shore Invitational at Holmdel County Park.

There was the usual small turnout at the Season Opener Meet in mid-September at Garret. The Ridgewood Preview Meet the second weekend was ravaged by rain, while many teams missed Saturday's Bulldog Invitational at Bergen Community College because of the Jewish High Holy Days.

The 18th annual Cumberland Run is Saturday at River Dell. It is the last year meet founder **Bob Stevenson** will be directing the meet, with **Bill Keith** succeeding him.

The meet is always one of the most enjoyable of the year, with low-key competition among some of the better runners in Bergen County. Defending champions **Steve Karavas** of Fort Lee and **Cathy Rindge** of River Dell return, with Rindge trying to become the first girl to repeat as champion.

Those who did not attend the Bulldog Invitational missed another fine meet, directed by BCC coach **Don Bozzone**.

Some of the state's top teams and runners competed, and while the course records of 15 minutes, 41.2 seconds for the boys, set by **Cesar Gaudin** of Union Hill in 1986; and 18:02.4 for the girls, set by Kittatinny's **Christi Constantin** last year, weren't approached, many of the top times ever run on the course during its five-year history were recorded.

Dave Pataky of Paramus Catholic had the day's fastest time, a speedy 16:13.7, the fifth best on the course. **Victor Torres** of Union Hill had the 14th fastest time ever with a clocking of 16:33.4.

In the girls races, **Melissa Wyka** of Fair Lawn had the 11th fastest time ever in 19:57.2, with **Sephora Castro** of Union Hill 13th in 20:07.5. **Kathy McAuliffe** of Dumont now has the 18th fastest all-time performance at 20:30.8.

Kearny traveled to upstate New York last week to compete in the McQuaid Invitational in Rochester. But to the Kardinals' surprise, when they appeared at the course Sept. 29 to go over the layout, they were informed that the meet had been postponed to this week.

Fortunately, for the Kards and coach **Jim Cifelli**, McQuaid coach **Bob Bradley** helped the team get into the Baldswinville Invitational two hours away, and the Kards responded, finishing second behind New York's top-ranked team, Auburn High School, in the 19-team race. **Uloopi Desai** was eighth and **Tara McDermott** was 12th to lead the Kards.

THE RECORD'S GIRLS CROSS-COUNTRY POLLS

PASSAIC-MORRIS

1. **Wayne Valley** — With a winning streak of more than 100 meets and the state's top trio of Cathy Feeney, Diana Crenshaw, and Lisa Berkowitz, Wayne Valley shoots for No. 1 in New Jersey. **(Points: 50).**
2. **Clifton** — The rebuilt Mustangs have lost only to Ridgewood and are led by Irene Gorzleany and Tammy Walsh. **(Points: 40).**
3. **Passaic** — Nadine Nunez leads a young Passaic team. **(Points: 28).**
4. **Lakeland** — Rachel McLaughlin is one of the best runners in the county. **(Points: 19).**
5. **Hawthorne** — Maureen Cullen leads a renewed Bears team. **(Points: 11).**

Others receiving votes: Wayne Hills and Eastern Christian.

BERGEN GROUP 1-2

1. **Garfield** — The Boilermakers won their 25th consecutive dual meet and 11th this season with a 27-29 victory against third-ranked Mahwah, despite yielding the top two spots. Madonna Steidl and sophomore Nancy Scott lead a balanced pack. **(Points: 41)**
2. **Cresskill** — Jennifer Carlin returned after missing last season because of illness and helped the Cougars to a tight 27-29 victory against fourth-ranked Palisades Park. Rachel Smith is also running well. **(Points: 37)**
3. **Mahwah** — Three-time All-Bergen star Dee Keough is running well and freshman Carli Gallo is improving. **(Points: 32)**
4. **Palisades Park** — The Tigers won the B Division in the Bulldog Invitational. Nicole Brown, Anne Sourek, and Angela Allegretta could carry Palisades Park far. **(Points: 30)**
5. **Rutherford** — Gained third place at the Bulldog Invitational, paced by Mary Bills and Kim Bologna. **(Points: 6)**

Others receiving votes: River Dell, North Arlington, and Saddle Brook.

BERGEN GROUP 3-4

1. **Hackensack** — The Comets, with a nucleus of Sue Haddad, Bryana Johnson, Kerri Codling, and Sheryl Bartke, scored an impressive victory in the Bulldog Invitational. **(Points: 37).**
1. **Ramsey** — Balance describes the Lady Rams, who defeated Hackensack at North Rockland. Kim Sheekey, Janyne Veling, and Melissa Rubel are the top runners. **(Points: 37).**
3. **Dumont** — Kathy McAuliffe is one of the area's best and teammates Tricia Sheehan and Leah Scala make the Huskies dangerous. **(Points: 34).**
4. **Ridgewood** — The perennial Bergen champions have had a slow start, but with Liz Figlar, Eileen Fitzgerald, and Jen Bouman, they should move up by the end of the season. **(Points: 32).**
5. **Bergenfield** — Only a loss to Ramsey mars the otherwise perfect record. Colleen Doyle and Laurie Scalone are the leaders. **(Points: 5)**

Others receiving votes: Northern Highlands, Immaculate Heart Academy, Queen of Peace, Pascack Hills, Holy Angels.

Bergen and Passaic-Morris polls selected by The Record's sports staff. Voting on 5-4-3-2-1 basis.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET Shore Coaches

COURSE Holmdel Park

DATE October 7th 1989

COURSE RECORD 17:35.5 Janet Smith 1983

WEATHER Sunny + Cool

TYPE OF COURSE Grass + Trails 2 Big Hills

over all place	place for R H S	NAME	TIME
3		Liz Figlar	20:29
11		Eileen Fitzgerald	21:37
28		Jen Bauman	22:33
34		Eileen Moritz	22:47
59		Missy Klein	23:39
63		Megan McCabe	23:52
84		Heather Fitzgerald	24:35
Junior Varsity			
14th	(8th)	Lisa DeCastro	24:57

TEAM TOTAL: 135

TEAM PLACE: 2nd

1-5 SPLIT: 3:10

1-7 SPLIT: 4:06

GIRLS A

Team scoring

Hunterdon Central 75, Ridgewood 135, Brick 164, 9, Hackensack 257

1. Monal Chokshi, Bridgewater 19:28.
2. Tara Racciuto, Manalapan 19:59.
3. Liz Figlar, Ridgewood 20:29.
4. Jan Blake, Morris Knolls 20:37.
5. Stella Cinoa, Marlboro 20:53.
11. Eileen Fitzgerald, Ridgewood 21:37.
27. Jen Baumon, Ridgewood 22:31.
31. Sue Haddad, Hackensack 22:39.
33. Eileen Moritz, Ridgewood 22:43..
37. Bryana Johnson, Hackensack 22:50.
42. KerriAnn Codling, Hackensack 23:00.

COMMENTS: A great effort at this time of the year. Our 2nd place finish should help us solidify our goals for later this season. Next time on this course (the state meet) we have to go up the first hill just a little faster (We were perfect today)

Ridgewood, Wayne V. sparkle at Shore meet

CROSS-COUNTRY

HOLMDEL — Ken Flynn of Ramsey won a race at the Shore Invitational for the second consecutive year Saturday, but the big winners at the prestigious meet were the Ridgewood and Wayne Valley girls teams, even though they both finished second.

Ridgewood was a stunning second in the A race, led by Liz Figlar's strong third-place performance. The Maroons, thought to be in jeopardy of losing their stranglehold on the Bergen County Championship after winning nine consectutive titles, scored 135 points, 60 behind Hunterdon Central.

The Maroons defeated defending State titlist Brick Memorial, which finished third. Eileen Fitzgerald was 11th, Jen Baumon 27th, and Eileen Moritz 33rd for Ridgewood.

Wayne Valley finished second to Red Bank Catholic, 67-84, in the C race despite the absence of Passaic County champion Cathy Feeney and Diana Crenshaw, two of the Indians' top three runners. Lisa Berkowitz was seventh, Cindy Rock eighth, and Kara Formosa 16th to lead the Indians.

Flynn won impressively in the B race in 16 minutes, 40 seconds for the day's fourth fastest time. Ramsey was fifth in the team race.

Other outstanding performances were turned in by Rich Cochrane of Wayne Valley, seventh in boys C; Melissa Wyka of Fair Lawn, second in girls B; Dumont, third, C; Kathy McAuliffe of Dumont, fifth, C; Kim Sheekey of Ramsey, 12th, C; and Cathy Acevedo of Saddle Brook, sixth, D.

Cumberland Run

ORADELL — Cathy Rindge of River Dell became the first two-time girls winner in the 18-year history of the Cumberland Run, defeating Ann Sourek of Palisades Park by 20 yards in 20:11.

Palisades Park took five of the top nine places and seven of the first 13 to easily win the girls title, 23-52, over host River Dell.

Junior Moses Mekbeb of Cliffside Park outkicked defending champion Steve Karavas of Fort Lee to win by 35 yards in the boys division. Ridgefield Park placed five runners in a 35-second pack from eighth to 14th places to win the boys title, 55-65, over Bogota.

1:25 Girls Var A

Lane
1 Hightstown
2 Morris Knolls
3 Southern Reg
4 Vineland
5 Ridgewood
6 Highland Reg
7 Hackensack
8 Cherry Hill East
9 Manalapan
10 JP Stevens
11 Roxbury
12 Marlboro
13 Jackson
14 Triton
15 Hunterdon Central
16 Brick Twp
17 Shawnee
18 Cherokee
19 Morristown
20 Edison
21 Westfield
22 Millville
23 Holy Cross
24 Camden(1) .
25 Pemberton Twp(1)

OCTOBER 7TH

Heights/Wood-Ridge discovers its winning formula

By Paul Schwartz
Correspondent

WEST PATERSON — Although their sport is not football, the Hasbrouck Heights/Wood-Ridge boys cross-country team has its own version of the two-minute drill.

The Aviators watch their top foursome of Greg and Jeff Rubino, Jeff Koegel, and Tom Penna finish and then wait for their fifth finisher. If he gets to the finish line in approximately two minutes, Heights-/Wood-Ridge should be able to win most of the major meets it participates in.

Drew Cacciatore, the No. 5 man for the Aviators, finished just over two minutes behind Penna Saturday as Heights defeated Rutherford and Pingry, 95-109-111, to win the Varsity C race at the Passaic County Coaches Invitational. The first four Aviators finished in the top 17, led by the third-place finish of Greg Rubino at Garret Mountain.

"These kids push each other so hard," said co-coach Frank Cunha. "The big difference this year is that they went out and trained all summer."

"We went though the long wait last week and Drew finished pretty far back, so we finished second," said Cunha, referring to the Bulldog Invitational. "But he took 40 seconds off his best time this week. He's got a lot of pressure on him but I think he'll be fine, because the only reason he isn't with the others is the bronchial problems he suffered through this summer."

CROSS-COUNTRY

Hasbrouck Heights/Wood-Ridge was the only local team to win a title, and Bergen County champion Craig Masker of Mahwah, recovering from tendinitis in both knees, ran easily in winning the Varsity C race in 16 minutes, 53.1 seconds.

"I have to take it easy going down hills because that's where it really bothers me," said Masker of the tendinitis. "I need some time to work it out, but I have some time before the counties and states."

Scott Jackson of Pascack Hills ran a personal best of 17:19.4 in finishing a strong second behind Victor Torres of Union Hill in the boys B race. Jackson, a junior, took nearly 25 seconds off of his previous best at the 5,000-meter Garret course.

Darryl Scopes (ninth), Matt McDonald (10th), Jim Cherubini (14th), and Jeff Hanna (18th) also turned in fine races for Pascack Hills, which finished second behind state power Union Hill, 30-50. Ramapo, paced by freshman Frank Baldassare (third) and senior Kevin Monahan (eighth) was a strong third with 72 points.

Rutherford and Mahwah finished third and fourth behind Sussex County standouts Kittatinny and Newton in the girls B race, as Mahwah senior Dee Keough finished second in 20:17.9.

Lakeland's Rachel McLaughlin had the top Passaic County performance of the day, outkicking fellow senior Nadine Nunez of Passaic for second place in the girls A race.

Seton Hall won the Boys'A race, 78-91-92, over North Bergen and defending Passaic champ Passaic Tech. Sherwin Tann was fourth for Tech and brother Darryl was ninth. Shawn Fytfe of Passaic was fifth and Alan Huber of Clifton was seventh.

Clifton's girls were second behind Randolph, 51-67, in the girls A race.

Ridgewood, Wayne V. sparkle at Shore meet

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OCTOBER 7TH

BOYS GROUP C

Team scoring

Wood-Ridge/Hasbrouck Heights 95, Rutherford 109, Pingry 111, Kittatinny 178, St. Benedict's 190, Mahwah 196, Saddle Brook 206, Good Counsel 227, Walkill Valley 271, Glen Rock 273, Becton 285, Westwood 293, Emerson 294, DePaul 303, Harrison 321, Neumann Prep 327, Dover 355, Paul VI 366, Don Bosco Tech 410.

1. Craig Masker, Mahwah — 16:53.1
2. Nuno Santos, St. Benedict's — 17:05.8
3. Greg Rubino, HH/WR — 17:27.2
4. Paul Capuzzo, Emerson — 17:34.3
5. Ed Dempsey, Kittatinny — 17:34.4
6. Jeff Koegel, HH/WR — 17:38.5
7. Gary Villopoto, Good Counsel — 17:41.3
8. Chris Tlack, Boonton — 17:43.2
9. Ryan Ing, Glen Rock — 17:47.2
10. Dave Lopez, Rutherford — 17:49.5
11. Jason Russell, Rutherford — 17:50.6
12. Tim Lear, Pingry — 17:54.4
13. Jeff Rubino, HH/WR — 17:57.8
14. George Morris, Dover — 18:04.6
15. Chris Lear, Pingry — 18:07.1
16. Colin McNamara, Emerson — 18:11.2
17. Tom Penna, HH/WR — 18:12.9
18. Mario Ferreira, Harrison — 18:18.1
19. Murphy Sutton, St. Benedict's — 18:21.6
20. Mike Dawson, Becton — 18:22.9
21. Dave Sung, Mahwah — 18:24.0
22. Lynne Hutton, Paterson Catholic — 18:27.4
23. Mike Terpstra, Eastern Christian — 18:28.2
24. John Pawlowski, Don Bosco Tech — 18:30.5
25. Doug Tansey, Pingry — 18:31.2

GIRLS GROUP A

Team scoring

Randolph 51, Clifton 67, St. Dominic's Academy 74, Union Hill 122, Sparta 125, Holy Angels 171, West Milford 171, Immaculate Heart Academy 194, Ramapo 226, Tenafly 233.

1. Jen Mackey, Sparta — 20:00.5
2. Rachel McLaughlin, Lakeland — 20:27.3
3. Nadine Nunez, Passaic — 20:35.8
4. Sephora Castro, Union Hill — 20:49.7
5. Liane Sullivan, St. Dominic's Academy — 21:05.8
6. Jeanine Honseler, Randolph — 21:34.4
7. Lori Levy, Randolph — 22:00.0
8. Michele Mueller, West Milford — 22:08.8
9. Nadine Watson, North Bergen — 22:22.9
10. Jennifer Maher, Randolph — 22:31.5
11. Tracy Murray, IHA — 22:36.5
12. Jeanine Limone, Teaneck — 22:45.6
13. Irene Gorzelany, Clifton — 22:56.0
14. Sharon Richardson, Clifton — 22:57.3
15. Yvonne Von Watson, Passaic Tech — 23:01.7
16. Tammy Walsh, Clifton — 23:03.1
17. Jeanette Richardson, Union Hill — 23:04.8
18. Jennifer Blake, St. Dominic Academy — 23:07.3
19. Meredith Botta, Holy Angels — 23:20.3
20. Debbie Golden, Nutley — 23:27.5
21. Jelonda Thomas, Eastside — 23:30.7
22. Laura Farinas, Clifton — 23:36.0
23. Kris Hubsmith, Pascack Hills — 23:36.6
24. Jennifer Barnes, Randolph — 23:42.5
25. Ketahi Patel, St. Dominic's — 23:43.7

GIRLS GROUP B

Team scoring

Kittatinny 37, Newton 83, Rutherford 106, Mahwah 112, Emerson 152, Hawthorne 156, Eastern Christian 173, Orange 179.

1. Stephanie Andrasek, Newton — 20:00.0
2. Dee Keough, Mahwah — 20:17.9
3. Becky Nazaro, Pingry — 21:13.0
4. Betty Miller, Kittatinny — 21:20.6
5. Mindy Zwart, Kittatinny — 21:38.9
6. Johanna Altman, Dover — 21:58.0
7. Hildye Foster, Kittatinny — 22:16.2
8. Diane Auter, Newton — 22:17.7
9. Sarah Schaare, Pingry — 22:29.5
10. Dawn Gunther, Kittatinny — 22:40.6
11. Jessica Grieco, Emerson — 22:56.5
12. Carli Gallo, Mahwah — 23:10.6
13. Jane Haddad, Neumann Prep — 23:14.8
14. Maureen Cullen, Hawthorne — 23:27.6
15. Amber Malwinski, Kittatinny — 23:31.7
16. Shamaine Frazier, Orange — 23:32.8
17. Mary Bills, Rutherford — 23:33.9
18. Denise Auter, Newton — 23:35.4
19. Simone Wall, Pompton Lakes — 23:38.9
20. Kim Bologna, Rutherford — 23:56.6
21. Mary Pozycki, Pingry — 24:02.7
22. Jen Podgurski, Kittatinny — 24:04.5
23. Heather Landki, Kittatinny — 24:08.4
24. Jen Peeples, Rutherford — 24:24.7
25. Patricia Potter, Emerson — 24:27.9

FRESHMAN BOYS A

Team winner — Ridgewood A 39.

1. Alexis Espino, Memorial — 11:19.0
2. Dave McCann, Ridgewood — 11:22.8
3. Sadek Alsaidi, Ridgewood — 11:28.0

FRESHMAN BOYS B

Team winner — St. Benedict's 36.

1. Brian Visomi, Kittatinny — 11:20.4
2. Paul Bender, Paterson Cath. — 11:46.4
3. Joe Sessa, Boonton — 12:11.0

FRESHMAN GIRLS

Team winner — North Bergen 50.

1. Heather Bury, West Orange — 13:43.3
2. Janet Lemmon, North Bergen — 14:12.7
3. Nicole Hollar, Paramus — 14:38.3

JUNIOR VARSITY BOYS A

Team winner — Union Hill 25.

1. Jose Llanos, Union Hill — 18:45.6
2. Frank Vega, Union Hill — 19:06.0
3. Willy Benitez, Union Hill — 19:07.2

JUNIOR VARSITY BOYS B

Team winner — Rutherford 16.

1. Sean Murray, Rutherford — 19:41.2
2. Scott Janusko, Rutherford — 19:44.0
3. Brendan McCarthy, Rutherford — 19:54.6

JUNIOR VARSITY GIRLS

Team winner — St. Dominic's Academy 20.

1. Fran LaForgia, Rutherford — 24:44.7
2. Cassandra Grant, Passaic — 24:57.7
3. Reina Patel, St. Dominic's Academy — 25:00.7

Shore Invitational

BOYS A

Team scoring

Paul VI 69, Highland 93, CBA 106, 9, Bergen Catholic 317.

1. Albert Donawa, Camden — 16:19
2. Russ Curley, Columbia — 16:45
3. Vin Cieslak, Paul VI — 16:47
4. Pete Dougherty, Paul VI — 16:49
5. Joe Cranston, Paul VI — 16:54
24. J.R. Meloro, Bergen Catholic — 17:31

BOYS B

Team scoring

Cedar Ridge 66, North Hunterdon 91, Madison Central 175

1. Ray Beyer, Absegami — 16:48
2. Graham Alig, West Windsor — 17:03
3. Scott McGhee, Neptune — 17:09
4. Clinton Bell, Franklin — 17:13
5. Fred Wong, Cedar Ridge — 17:15

BOYS C

Team scoring

Delbarton 113, Cinnaminson 122, Red Bank Catholic 131, 5, Ramsey 203, 14, Dumont 369.

1. Ken Flynn, Ramsey — 16:40
2. Brian Walsh, Chatham — 16:49
3. Brian Norwell, Mendham — 16:58
4. Harry Drew, St. Rose — 17:00
5. Kevin Horty, Delbarton — 17:01
7. Rich Cochrane, Wayne Valley — 17:08
21. Peter Graham, Dumont — 17:45

BOYS D

Team scoring

Haddonfield 109, Whippany Park 144, Delran 174, 14, Waldwick 392.

1. Bryan Spoonire, Asbury Park — 16:24
2. Tim Shanahan, Haddonfield — 16:26
3. Tom Naimola, Mater Dei — 16:56
4. Kevin Underwood, Haddonfield — 17:00
5. Craig McDonald, Asbury Park — 17:04
26. Rich Straut, Waldwick — 18:20
46. Jerry Martin, Waldwick — 18:55

GIRLS A

Team scoring

Hunterdon Central 75, Ridgewood 135, Brick 164, 9, Hackensack 257

1. Monal Chokshi, Bridgewater — 19:28
2. Tara Racciuto, Manalapan — 19:59
3. Liz Figlar, Ridgewood — 20:29
4. Jan Blake, Morris Knolls — 20:37
5. Stella Cinoa, Marlboro — 20:53
11. Eileen Fitzgerald, Ridgewood — 21:37
27. Jen Baumon, Ridgewood — 22:31
31. Sue Haddad, Hackensack — 22:39
33. Eileen Moritz, Ridgewood — 22:43
37. Bryana Johnson, Hackensack — 22:50
42. KerriAnn Codling, Hackensack — 23:00

GIRLS B

Team scoring

Phillipsburg 94, Voorhees 114, Ocean City 122, 10, Bergenfield 248.

1. Christine Engel, Mount Olive — 20:02
2. Melissa Wyka, Fair Lawn — 20:50
3. Kristen Hall, West Morris — 20:55
4. Amy Kilpatrick, Bridgeton — 21:11
5. Kelly Dougherty, Ocean City — 21:18
33. Colleen Doyle, Bergenfield — 22:44
45. Stephanie Tedesco, Bergenfield — 23:15
50. Laurie Scalone, Bergenfield — 23:35

GIRLS C

Team scoring

Red Bank Catholic 67, Wayne Valley 84, Dumont 164.

1. Nicole Willett, Morris Hills — 20:08
2. Charlene Agar, RBC — 20:20
3. Sherry Jenkins, Camden Catholic — 20:33
4. Maryann Livingston, Red Bank — 20:37
5. Kathy McAuliffe, Dumont — 21:20
7. Lisa Berkowitz, Wayne Valley — 21:37
8. Cindy Rock, Wayne Valley — 21:59
12. Kim Sheekey, Ramsey — 22:26
16. Kara Formosa, Wayne Valley — 22:48
21. Janine Veling, Ramsey — 22:53
23. Tara Master, Wayne Valley — 23:07
28. Melissa Rubel, Ramsey — 23:27

GIRLS D

Team scoring

Kingsway 92, Bishop Eustace 122, Delaware Valley 142, 7, Saddle Brook 217.

1. Laurie Townsend, Kingsway — 20:18
2. Jen Nesbitt, Caldwell, Caldwell — 20:43
3. Carl Thomson, Clearview — 20:44
4. Jen Schenberg, Kinnelon — 20:59
5. Michelle Owen, Clearview — 21:21
6. Cathy Acevedo, Saddle Brook — 21:26
19. Krissy Nuccitelli, Saddle Brook — 23:05
22. Jennifer Carlin, Cresskill — 23:11
34. Amy Giannotonio, Cresskill — 23:46

Cross-country

Passaic Coaches

At Garret Mountain

BOYS GROUP A

Team scoring

Seton Hall 78, North Bergen 91, Passaic Tech 92, St. Peter's Prep 129, St. Joseph Regional 149, Passaic 176, Eastside 189, Memorial 189, Clifton 194, Weequahic 233, Kennedy 289, Tenafly 292, West Milford 305, Hudson Catholic 326.

1. Greg Waldron, Seton Hall — 17:02.2
2. Brian Long, North Bergen — 17:11.4
3. Ed Hultz, North Bergen — 17:27.7
4. Sherwin Tann, Passaic Tech — 17:41.1
5. Shawn Fyffe, Passaic — 17:45.0
6. Jim Salmon, St. Peter's — 17:51.0
7. Alan Huber, Clifton — 17:54.0
8. Jean Luc Grand, Seton Hall — 17:57.9
9. Darryl Tann, Passaic Tech — 18:04.0
10. Mike McGlocklin, Seton Hall — 18:04.8
11. Eric DeFalcon, St. Joseph Reg. — 18:05.2
12. Stewart White, Weequahic — 18:06.4
13. Khris White, Eastside — 18:07.6
14. Roy Schweizer, Passaic Tech — 18:08.9
15. Paul Guzman, Eastside — 18:11.6
16. Chris Russo, St. Peter's — 18:13.0
17. Eduardo Fernandez, Hudson Catholic — 18:14.3
18. Jim Galloway, Teaneck — 18:18.5
19. Bishara Ali Abdul-Hamid, Weequahic — 18:22.8
20. Owen Haley, St. Joseph — 18:24.2
21. Rafael Diaz, Kennedy — 18:27.1
22. Jason Gers, St. Peter's — 18:28.6
23. Derrick Maciak, Seton Hall — 18:32.3
24. Anthony Costello, St. Joseph Reg. — 18:35.8
25. Adam Bradle, West Milford — 18:38.1

BOYS GROUP B

Team scoring

Union Hill 30, Pascack Hills 50, Ramapo 72, Sparta 107, Randolph 135, Montville 187, Pascack Valley 187, Indian Hills 199, Nutley 232.

1. Victor Torres, Union Hill — 16:53.4
2. Scott Jackson, Pascack Hills — 17:19.4
3. Frank Baldassare, Ramapo — 17:36.6
4. Jeff Perez, Union Hill — 17:39.0
5. Rich Abreu, Union Hill — 17:50.5
6. Edwin Clarn, Union Hill — 17:56.9
7. Rob Torres, Pascack Valley — 18:00.3
8. Kevin Monahan, Ramapo — 18:11.2
9. Jason Von Voinen, Essex Catholic — 18:14.6
10. Darryl Scopes, Pascack Hills — 18:16.4
11. Matt McDonald, Pascack Hills — 18:21.2
12. Craig Hannon, Sparta — 18:27.0
13. Greg Avre, Randolph — 18:31.0
14. Jim Cherubini, Pascack Hills — 18:34.0
15. Alex Figueroa, Union Hill — 18:35.2
16. Mike Hollar, Sparta — 18:47.6
17. James Sanedy, Essex Catholic — 18:48.9
18. Jeff Hanna, Pascack Hills — 18:55.1
19. Fang Lu, Montville — 18:59.8
20. Porfy Bermudez, Union Hill — 19:00.8
21. Dan D'Amico, Ramapo — 19:04.2
22. Ian Broomfield, Ramapo — 19:07.5
23. Elson Blunt, Sparta — 19:10.4
24. Brian Osoba, Ramapo — 19:11.3
25. Jose Angels, Union Hill — 19:12.4

Cumberland Run

At River Dell

BOYS

Team scoring

Ridgefield Park 55, Bogota 65, River Dell 76, Fort Lee 77, Palisades Park 134, Englewood 146, Leonia 158.

1. Moses Mekbeb, Cliffside Park — 16:09
2. Steve Karavas, Fort Lee — 16:15
3. Jon Levine, River Dell — 17:25
4. Chris Kearns, Leonia — 17:44
5. Mike Ryan, Bogota — 17:54
6. Todd Griepenburg, River Dell — 18:32
7. Tim Bourmann, Bogota — 18:33
8. Chris Kerwin, Ridgefield Park — 18:52
9. Takashi Yasutomi, Fort Lee — 19:00
10. Chris Parisi, Ridgefield Park — 19:07

GIRLS

Team scoring

Palisades Park 23, River Dell 52, Englewood 100, Ridgefield Park 104, Bogota 109, Leonia 111.

1. Cathy Rindge, River Dell — 20:11
2. Ann Sourek, Palisades Park — 20:16
3. Nicole Brown, Palisades Park — 21:04
4. Angela Allegretta, Palisades Park — 21:37
5. Melanie Picciano, Palisades Park — 22:43
6. Lisa Shanno, Leonia — 22:56
7. Charlmaire Hanley, Bogota — 23:08
8. Genevieve Dalton, River Dell — 23:21
9. Laura Lal, Palisades Park — 23:30
10. Denise Barksdale, Englewood — 23:41

Coaches run — 1, Pete Shanno, Leonia — 19:15

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD vs MONTCLAIR & BARRINGER
DATE 10/10/89
TEAM RECORDS: R.H.S. 7-0

DISTANCE 5K VETS FIELD
COURSE RECORD 18:30 JEAN HUGHES '88
COURSE CHARACTER FLAT - GRASS - SAND TRAILS - SIDEWALK
WEATHER COOL, BLUE SKIES

PLACE	NAME	SCHOOL	TIME
1.	LIZ FIGLAR	RHS	19:18
2.	EILEEN FITZGERALD	RHS	20:53
3.	JEN BAUMAN	RHS	20:53
4.	EILEEN MORITZ	RHS	21:22
5.	MISSY KLEIN	RHS	21:27
6.	HEATHER FITZGERALD	RHS	22:34
7.	MEGAN McCABE	RHS	22:34
8.	JILL APOSTLE	RHS	22:34
9.	LISA DECASTRO	RHS	22:34
10.	CHANTALE PIERRE LOUIS	M	24:14
11.	JENNY SCHWARTZ	RHS	24:19
12.	DOREEN BROWN	M	24:44
13.	CAROLYN BAKER	M	26:15
14.	PAULA IRVING	B	28:04
15.	FORD	M	28:04
16.	GWENDOLYN CALLENDER	B	28:08
17.	KELLY JOHNSON	M	30:14
18.	JANIS WILLIAMSON	B	31:06
19.			
20.			
21.			

SCORING

R.H.S.	MONTCLAIR	BARRINGER
1		
2		
3		
4		
5		
FINAL SCORE: 15	50	50

COMMENTS:
MONTCLAIR WON OVER BARRINGER BY FORFIT 15-50.

1-5 split 2:09
1-7 split 3:16

Fast Times and our best 1-5 split this season make this a great effort by our team.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET MANHATTAN
RACE: VARSITY "D"

DATE OCTOBER 14TH, 1989

WEATHER WARM

COURSE VAN COURTLAND PARK 2.5 mi

COURSE RECORD 14:01.9 ERIN KEOGH LANGLEY, VIRGINIA

TYPE OF COURSE DIRT PATH

over all place	place for R H S	NAME	TIME
6		LIZ FIGLAR	16:36
12		EILEEN FITZGERALD	16:56
39		MISSY KLEIN	18:19
40		JEN BAUMAN	18:20
46		EILEEN MORITZ	18:24
54		MEGAN McCABE	18:43
64	(8)	HEATHER FITZGERALD	19:10

TEAM TOTAL: 143

TEAM PLACE: 3RD ONE POINT AHEAD of RED HOOK

1-5 SPLIT: 1:44

1-7 SPLIT: 2:34

COMMENTS: Excellent team effort. Our 1-5 and 1-7 split are improving. Liz went out too fast (But you have to here). We will all fine tune our starts in the next couple of races.

GIRLS VARSITY A

Team scoring

St. Mary 169, Nottingham 187, Niskayuna 200;12, Ramsey 345.

1. Brandy Price, O'Neill — 15:49.1.
2. Carol Edelstein, Kingston — 15:56.0.
3. Beth Hunt, St. Mary — 16:38.6.
4. Debbie Springer, Averill Park — 16:43.2.
5. Nicole Raquet, Clarkstown North — 16:47.2.
20. Kim Sheekey, Ramsey — 17:27.1.

GIRLS VARSITY B

Team scoring

Saratoga 37, Cornwall 120, Warwick Valley 127; 20, Emerson 602.

1. Krissy Haacke, Shaker — 15:11.8.
2. Amie Burtman, Saratoga — 15:27.2.
3. Stacy Pearce, Saratoga — 15:30.8.
4. Staci Snider, Saratoga — 15:52.2.
5. Jean Rhinesi, Liverpool — 16:03.6.

GIRLS VARSITY C

Team scoring

Canastoga 64, Bronxville 89, Delcastle 151; 16, Ramapo 524.

1. Kelly Stankewitz, Canastoga — 15:47.0.
2. Crissy Bandzul, Falmouth — 15:55.6.
3. Maggie Silver, Bronxville — 16:16.7.
4. Heather Pola, Falmouth — 16:27.6.
5. Diane Galavotti, Canastoga — 16:43.1.

GIRLS VARSITY D

Team scoring

Guilderland 82, JFK-Somers 133, Ridgewood 143.

1. Michelle Loschert, North Shore — 15:43.3.
2. Michelle Lafleur, Jordan Elbridge — 15:45.5.
3. Regina Hammond, Red Hook — 15:47.0.
4. Kelly Liljeblad, West Islip — 15:50.2.
5. Cristina Ferrone, Scarsdale — 16:04.9.
6. Liz Figlar, Ridgewood — 16:26.2.
12. Eileen Fitzgerald, Ridgewood — 16:52.0.
39. Missy Klein, Ridgewood — 18:19.0.
40. Jen Bauman, Ridgewood — 18:19.0.
46. Eileen Moritz, Ridgewood — 18:22.0.

GIRLS VARSITY E

Team scoring

Tri-Valley 69, Mount Olive 75, North Hunterdon 128, Queensbury 151, Red Bank Catholic 153; 8, Hackensack 234; 10, Union Hill 289.

1. Kate Landau, Tri-Valley — 14:59.
2. Kristen Rollero, Skaeateles — 15:18.
3. Caryn Landau, Tri-Valley — 15:31.
4. Julie Agar, Red Bank Cath. — 16:02.
5. Christa Engel, Mount Olive — 16:15.
29. Carmel Geraghty, Paramus Catholic — 17:39.
31. Sue Haddad, Hackensack — 17:41.
32. KerriAnn Codling, Hackensack — 17:45.
46. Sheryl Bartke, Hackensack — 18:09.

Girls Eastern States

Team scoring

Washingtonville 120, Newburgh Free Academy 125, Auburn 136;15, Dumont 431; 6, Bergenfield 464.

1. Jennifer Weaver, Auburn — 14:44.1.
2. Deresa Walters, Rochester East — 14:58.9.
3. Sarah Perroti, Clinton Central — 15:12.3.
4. Becky Alfieri, Spencerport Central — 15:29.8.
5. Sarita Pfahl, NFA — 15:30.6.
47. Kathy McAuliffe, Dumont — 17:02.0.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET Manhattan Race: J.V. "B"

DATE October 14, 1989

WEATHER Warm

COURSE Van Courtland Park 2.5 mi.

COURSE RECORD

TYPE OF COURSE

over all place	place for R H S	NAME	TIME
19TH	(7)	Jill Apostle	18:59
67TH	(9)	Lisa De Castro	20:43
68TH	(10)	Jen Schwartz	20:51

TEAM TOTAL: No Team

TEAM PLACE:

1-5 SPLIT:

1-7 SPLIT:

COMMENTS: Jills Time breaks into the Top 7 for the first time!

Manhattan meet attracts locals

CROSS-COUNTRY NOTES

By Paul Schwartz
Correspondent

Most of Bergen and Hudson County's top teams are entered this weekend in the 17th Manhattan College Invitational meet at Van Cortlandt Park in the Bronx. The massive meet features 34 races, including seven boys and six girls varsity races, and more than 8,000 runners.

Some of the Passaic County's top teams, including Passaic, Clifton, and Kennedy, will compete in the annual Essex Catholic Invitational at Branch Brook Park.

Memorial (WNY), Emerson, and Ridgewood are in the Varsity A race at 11:40 a.m., St. Joseph is in B, and Union Hill and Kearny in D.

Cliffside Park and North Bergen are in Varsity E, while Bergen Catholic, Wayne Valley, and Demarest are in F. Don Bosco and Ramapo are in G at 12:46 p.m.

The featured boys race involving local teams should be the C race, with Paramus Catholic, Dumont, Bergenfield, Ramsey, and Hackensack.

Bergenfield and Dumont are in the Girls Eastern States Championship race at 2:56 p.m., but Wayne Valley, a favorite to finish in the top five, was forced to withdraw because of injuries to several of their top runners, including **Catherine Feeney** and **Cindy Rock**.

Feeney was injured in a minor automobile accident a week ago, while Rock has knee problems. The Indians are expected to be ready for the State sectionals Oct. 28.

Ramsey is in the Girls Varsity A race, Emerson and Kearny in B, Ramapo in C, North Bergen and Ridgewood in D, and Hackensack and Union Hill in E.

Reminder to coaches: The Freshman and Junior Varsity Invitational championships are set for Friday, Oct. 27 at Garret Mountain. The meet is sponsored by the Bergen County High School Track Association and The Spike 818-9054 for details.

Notes from the dual meets: Demarest scored impressive victories over Pascack Hills and Ramapo Tuesday in the Northern Bergen Interscholastic League boys race, but Ramapo freshman **Frank Baldassare** continued to impress. Baldassare, third Saturday at the Garret Mountain 5,000-meter course in the Passaic Coaches Invitational, defeated **Scott Jackson** of Pascack Hills and **Scott Urban** of Demarest in a battle of three Bergen County standouts. Baldassare ran a 17:01.



CATHERINE FEENEY
Injury sidelines WV star

Clifton edged Passaic, 27-29, in NNJIL boys action despite an impressive win by Passaic's **Shawn Fyffe** over **Allan Huber** of Clifton.

Ridgewood, Paramus, Dumont, and Passaic Tech remained unbeaten. Clifton easily won the girls meet over Passaic, 20-42, taking second through seventh behind **Nadine Nunez'** winning effort. Ridgewood remained undefeated, but Bergenfield knocked Northern Highlands from the unbeaten ranks, 21-34. Dumont and Cresskill girls also are unbeaten.

Wood-Ridge/Hasbrouck Heights defeated Rutherford, 25-32, in a battle of unbeaten BCSL National boys teams. **Greg** and **Jeff Rubino** went 1-2 to beat the Bulldogs' **Jason Russell** in the first of many duels this month between the two Group 2 powers.

The Record's boys cross-country polls

PASSAIC-MORRIS

1. **Passaic Tech** — A close third-place finish in the Passaic Coaches meet keeps the Bulldogs atop the standings. Sherwin and Daryl Tann are joined by Roy Schweizer near the front. **(Points: 50)**
2. **Clifton** — A tight dual-meet victory against Passaic made up for a tight loss to the Indians at the Passaic Coaches meet. **(Points: 33)**
2. **Passaic** — Shawn Fyffe has a chance to win the County A title. **(Points: 33)**
4. **Eastside** — The Ghosts, led by Khris White and Paul Guzman, are coming on and might make a run at the Passaic County top spot. **(Points: 22)**
5. **Lakeland** — Coach Dick Shutte has another deep team that will be a threat in the Passaic County championship. **(Points: 7)**

Others receiving votes: Wayne Valley, 3; and Eastern Christian 1.

BERGEN GROUP 1-2

1. **Hasbrouck Heights/Wood-Ridge** — An impressive victory at the Passaic Coaches meet and a 25-32 dual-meet victory against Rutherford moves the Aviators/Blue Devils into first. **(Points: 50)**
2. **Rutherford** — An injury to Chris McCafferty has slowed the Bulldogs, who hope to repeat their Triple Crown performance of last year — league, County, and State sectional titles. **(Points: 38)**
3. **Mahwah** — Craig Masker continues to get healthy and Dave Sung has had a fine season, but the Thunderbirds are not in the same class as the top two. **(Points: 23)**
4. **Saddle Brook** — The Falcons were blown out by Passaic Tech, but so have 10 other teams. The Falcons are probably the area's best Group 1 team. **(Points: 19)**
5. **Ridgefield Park** — A terrific pack, led by Chris Kerwin and Chris Parisi, won the Cumberland Run. If the pack stays tight, they could surprise in the in the County meet next week. **(Points: 11)**

Others receiving votes: Emerson, 4; Becton, 2; Glen Rock, 2; Bogota 1.

BERGEN GROUP 3-4

1. **Ridgewood** — The Maroons, led by Eric Boucher and freshman sensation Josh Fronefield, had an impressive showing in the East Coast Invitational. The Maroons look tough to beat. **(Points: 47)**
2. **Ramsey** — Ken Flynn won a race at the Shore Invitational for the second consecutive year and the Rams finished fifth in the balanced C race. A big race for the Rams at the Manhattan Invitational. **(Points: 39)**
3. **Paramus** — The Spartans have been hiding on major-meet Saturdays, but have excelled in dual meets. Jason Barnes, Rob Seidel, and Sean Albert lead the Spartans. **(Points: 32)**
4. **Bergen Catholic** — Bergen Catholic struggled last week at the Shore Invitational, but look for the Crusaders to bounce back this week. **(Points: 13)**
5. **Paramus Catholic** — The dark-horse team is led by Dave Pataky, who might be running as well as anyone in the county now. **(Points: 8)**

Others receiving votes: Demarest, 5; Pascack Hills, 4; and Ramapo 2.

Bergen and Passaic-Morris polls selected by The Record's sports staff. Voting on 5-4-3-2-1 basis.

Van Cortlandt awes first-timers

By Paul Schwartz
Correspondent

CROSS-COUNTRY

NEW YORK — The Manhattan Invitational cross-country meet is unlike any other faced by area runners.

In the next three weeks, they'll chase championships at the league, County, and State sectional levels. But all they chased yesterday were the ghosts at the most renowned cross-country course in America — the 2½-mile route at Van Cortlandt Park.

The course, unchanged in more than 25 years, has been host to most of the greatest Eastern runners of all time. Saturday, many of Bergen County's best runners and teams ran over ground once covered by Alberto Salazar and Joan Benoit Samuelson, among others. And while none won races, most came away impressed.

"I like this place a lot," said Ridgewood junior Eric Boucher, seventh in the Boys A race. "It's shorter than most courses we run and has a lot of hills instead of one big hill [unlike the Garret Mountain course that is the scene of most major area meets]."

"I like the whole tradition of this place," said Bergen Catholic's J.R. Meloro, 20th in the F race. "It's harder and faster than most other courses, and it's probably too fast for me. But I like coming here."

Of course, the feeling is not unanimous for the Van Cortlandt course.

"I hate this course," said Ramsey junior Ken Flynn, who also happened to turn in the day's best performance by a local runner. Flynn finished second in the C race, in 12:48.2, one of the fastest times by a Bergen runner in recent years.

"Flynn won three consecutive age-group championships here in the early 1980's, and they've influenced his view of Van Cortlandt. "I've always felt pressure here because I did so well when I was so young, and I'd much rather run at a place like Garret where I feel more comfortable."

Ramsey senior Kim Sheekey was 20th in the Girls A race, but enjoyed the experience. "I like running in the woods, and I like the rolling hills here," said Sheekey, an All-Bergen performer last year. "It's easier to manage than the one big hill at Garret."

The Ridgewood girls turned in the top team performance of the day, finishing a strong third in the Girls D race with 143 points. Guilderland HS won the race with 82 points, and J.F. Kennedy of Somers, N.Y., was second with 132.

"This team is surprising me," said Ridgewood coach Jacob Brown. "They keep coming on, and they improve with every race."

The Maroons were led by Liz Figlar, who ran 16:26.2 for sixth place. Teammate Eileen Fitzgerald was 12th.

Others with good team performances were the Ramsey boys (fourth in Boys C) and Hackensack girls (8th in Girls E). Individual standouts included Dave Pataky of Paramus Catholic, 13th in the C, Moses Mekbeb, ninth in the E, and Kathy McAuliffe of Dumont, 47th in the very competitive Eastern States race.

Perhaps the two finest performances of the day came from freshmen. Josh Fronefield led a 1-2-3-7 finish by the Ridgewood freshmen in the Boys B Frosh race in 8:22.8 for the 1½-mile race. And Frank Baldassare of Ramapo ran the full varsity course in 13:48.2, and finished a very impressive 15th in the Boys G race.

Nunez wins at Essex

NEWARK — Passaic's Nadine Nunez ran away from the field to win the Essex Catholic Invitational at Branch Brook Park Saturday.

Nunez ran 19:19 for the 5000-meter course to beat Uloopi DeSai of Kearny by more than 100 meters. Kearny, with DeSai, Anna Mateus, and Tara McDermott finishing 2-3-5, easily won the team race with 30 points. Queen of Peace, paced by the 23rd-place finish of Nyree Padilla, was third with 151. North Bergen was fourth and Clifton sixth in the girls race.

Shawn Fyffe of Passaic finished fifth in the Boys A race, won by Russell Curley of Columbia in 16:06. Fyffe was timed in 16:27. Allan Huber of Clifton was 10th in 16:46. St. Joseph (Metuchen) won the team race with 52 points. Passaic Tech was fourth at 132, Clifton ninth, and Eastside 11th.

Lawrenceville won the B race, with Neumann Prep, DePaul, Don Bosco Tech, and Queen of Peace finishing 8-9-10-11.

Cross-county

Essex Cath. Invitational

At Branch Brook Park, Newark

GIRLS

Team scoring

Kearny 42, Lawrenceville 120, Queen of Peace 151, North Bergen 167, Union 179, Edison 180, Clifton 189, Clifford Scott 206, Millburn 256, Newark West Side 399, St. Vincent's (Newark) 442.

1. Nadine Munez (Passaic) — 19:19.
2. Loopi Desai (Kearny) — 19:43.
3. Anna Mateus (Kearny) — 19:47.
4. Kate O'Sullivan (Lawrenceville) — 20:01.
5. Tara McDermott (Kearny) — 20:15.
6. Heather Bury (West Orange) — 20:32.
7. Carla Fernandez (Union) — 20:39.
8. Rosalee Walters (Clifford Scott) — 20:40.
9. Tara Warrick (Lawrenceville) — 20:42.
10. Mackie Morrow (Cranford) — 20:50.

BOYS

Varsity B

Team scoring

Lawrenceville 38, Millburn 85, St. Benedicts's (Newark) 127, Arts (Newark) 133, Essex Catholic 177, Morris Catholic 192, Clifford Scott 212, Neumann Prep 235, DePaul 245, Don Bosco Tech 273, Queen of Peace 298.

1. Tom Malmoli (Mater Dei) — 15:44.
2. Nuno Santo (St. Benedict's) — 16:13
3. Wolfgang Wagner (Lawrenceville) — 16:28.
4. Chris Ternoey (Lawrenceville) — 16:33.
5. Jason Rinsky (Millburn) — 16:42.
6. Gary Villatoro (Good Counsel) — 16:53.
7. Mosi Sutton (St. Benedict's) — 16:55.
8. Wes Taft (Lawrenceville) — 16:56.
9. Elliot Krichman (Millburn) — 16:56
10. Clarence Burton (Arts) — 17:07.

Varsity A

Team scoring

St. Joseph's (Metuchen) 52, Edison 124, Seton Hall Prep 126, Passaic Tech 132, Columbia 181, Cranford 184, Montclair 205, Livingston 209, Clifton 220, Union 238, Eastside 240.

1. Russell Curley (Columbia) — 16:06.
2. Greg Waldron (Seton Hall Prep) — 16:18.
3. Rui Ornelas (Kearny) — 16:20.
4. Steve Novitsky (St. Joseph's, Metuchen) — 16:23.
5. Shawn Fyffe (Passaic) — 16:27.
6. Kelly Rogers (Montclair) — 16:29.
7. Ernesto Perez (Newark West Side) — 16:30
8. Chris Horan (St. Joseph's Metuchen) — 16:30.
9. Matt Doherty (St. Joseph's Metuchen) — 16:41.
10. Allen Huber (Clifton) — 16:46.

Manhattan Invitational

At Van Cortlandt Park

BOYS VARSITY A

Team scoring

Centereach 120, Suffern 134, Shenendehowa 159; 13, Ridgewood 348; 25, Emerson 606.

1. Steve Breit, Port Jefferson — 12:59.3
2. Tim Cox, Suffern — 13:09.0.
3. Chris Hogan, Utica — 13:16.5.
4. Brendan Mullahey, St. Francis Prep — 13:19.2.
5. Sean Boyle, Suffern — 13:23.5.
7. Eric Boucher, Ridgewood — 13:26.1.
24. Paul Capuzzo, Emerson — 13:57.8.

BOYS VARSITY B

Team scoring

Guilderland 84, Monroe-Woodbury 133, Queensbury 159; 16, St. Joseph Regional 428.

1. Tim Grein, Washingtonville — 12:49.5.
2. Pat Van Boden, Corcoran — 12:59.3.
3. Charlie Lainhart, Guilderland — 13:04.6.
4. Jim Trautman, Monroe-Woodbury — 13:14.7.
5. Brian Norwell, Mendham — 13:22.2.

BOYS VARSITY C

Team scoring

Baldwinsville 76, Cambridge-Rindge & Latin 87, JFK-Bellmore 149, Ramsey 200; 8, Paramus Catholic 257; 12, Dumont 408; 13, Hackensack 433.

1. Mike Going, Wheatley — 12:45.0.
2. Ken Flynn, Ramsey — 12:48.2.
3. Joe Saraceni, Baldwinsville — 12:53.2.
4. Eric Handelman, Rindge and Latin — 13:17.7.
5. Matt Aldrich, Rindge and Latin — 13:29.2.
13. Dave Pataky, Paramus Catholic — 13:45.9.
20. Kevin Beirne, Hackensack — 14:01.7.
24. Peter Graham, Dumont — 14:09.0.
35. Rick Gagnon, Ramsey — 14:18.0.
38. Dave Castellano, Ramsey — 14:20.0.
42. Todd Neumann, Ramsey — 14:22.0.

BOYS VARSITY D

Team scoring

CBA Lincroft 55, Union Hill 130, Colonie 145.

1. Mark Delfs, Colonie — 12:55.5.
2. Cornelius Jones, Delcastle — 13:06.5.
3. Anthony Stewart, Delcastle — 13:09.0.
4. Victor Torres, Union Hill — 13:25.6.
5. Jason Palmer, Averill Park — 13:26.2.
16. Rich Abreu, Union Hill — 13:51.4.

BOYS VARSITY E

Team scoring

Monacan 93, St. Anthony 124, Brockton 136; 9, North Bergen 269; 22, Cliffside Park 695.

1. Wayne Newsome, Hope — 13:02.0.
2. Mark Fadil, Liverpool — 13:11.0.
3. Kevin McKeown, St. Anthony's — 13:14.6.
4. Anthony Errico, Tottenville — 13:20.0.
5. Kevin Agnew, Tri-Valley — 13:23.5.
8. Moses Mekbeb, Cliffside Park — 13:47.2.
13. Brian Long, North Bergen — 13:56.3.
24. Ed Hulls, North Bergen — 14:10.0.

BOYS VARSITY F

Team scoring

Cicero North 82, Bishop Hendricken (RI) 131, Longwood 141; 8, Bergen Catholic 275; 12, Demarest 362.

1. Bryan Spoonire, Asbury Park — 12:56.0.
2. Bill Khan, Cicero North — 13:05.5.
3. Kevin Collins, Cicero North — 13:07.3.
4. Bill Madden, Swampscott — 13:12.0.
5. Mark Szkolnik, Cicero North — 13:17.3.

BOYS VARSITY G

Team scoring

Chaminade 67, Henninger 99, St. Raphael 111; 11, Ramapo 360.

1. Kevin Hogan, Westhampton Beach — 12:46.7.
2. Kevin Murphy, Chaminade — 13:15.8.
3. Wilbur Mathis, Henninger — 13:21.2.
4. Sparky Crafts, Niskayuna — 13:21.9.
5. Michael Franks, Chaminade — 13:22.9.
16. Frank Baldassare, Ramapo — 13:59.8.

Bergen's best run at Garret Saturday

By Paul Schwartz
Correspondent

CROSS-COUNTRY NOTES

The 25th annual Bergen County cross-country group championships are set for Saturday at Garret Mountain. College entrance exams have pushed back the opening race from 10 a.m. to 12:30 p.m., with the final race at 4 p.m.

Here's a look at the races.

GROUP 1 BOYS (3:25 p.m.) — Teams to beat: Saddle Brook, defending champion Bogota, Becton, and Waldwick. **Runners to watch:** Paul Capuzzo and Colin McNamara of Emerson; Kevin Ryan, Bogota; and Rich Straut, Waldwick.

GROUP 2 BOYS (3:45 p.m.) — Teams to beat: Hasbrouck Heights/Wood-Ridge, defending champion Rutherford, Mahwah, and Northern Highlands. **Runners to watch:** defending champion Craig Masker of Mahwah; Jeff Koegel and Greg Rubino, Heights-Wood-Ridge; and Jon Levine, River Dell.

GROUP 3 BOYS (1:20 p.m.) — Teams to beat: defending champion Paramus, Ramsey, Dumont, Demarest, Pascack Hills, and Ramapo. **Runners to watch:** two-time defending champion Ken Flynn, Ramsey; Jason Barnes, Paramus; if healthy, GianRaciti of Ramsey; freshman Frank Baldassare, Ramapo; Moses Mekbeb, Cliffside Park; and Scott Jackson, Pascack Hills.

GROUP 4 BOYS (1:40 p.m.) — Teams to beat: defending champion Ridgewood, Bergen Catholic, and Paramus Catholic. **Runners to watch:** Eric Boucher of Ridgewood; J.R. Meloro of Bergen Catholic; Dave Pataky of Paramus Catholic; and Kevin Beirne of Hackensack.

GROUP 1 GIRLS (2:45 p.m.) — Teams to beat: defending champion Palisades Park, Saddle Brook, and Cresskill. **Runners to watch:** 1987 champion Cathy Acevedo, Saddle Brook; defending champion Jessica Grieco, Emerson; Jen Carlin, Cresskill; and Ann Sourek and Nicole Brown, Palisades Park.

GROUP 2 GIRLS (3:05 p.m.) — Teams to beat: defending champion Garfield, Mahwah, River Dell, and Rutherford. **Runners to watch:** 1986-87 champion Dee Keough, Mahwah; defending champion Cathy Rindge, River Dell; and Keri Riley, Northern Highlands.

GROUP 3 GIRLS (12:40 p.m.) — Teams to beat: defending champion Bergenfield, Paramus, Ramsey, and Dumont. **Runners to watch:** Vickee Foy, Paramus; defending champion Sarah Davey, Pascack Hills; Kathy McAuliffe, Dumont; and Kim Sheekey, Ramsey.

GROUP 4 GIRLS (1:00 p.m.) — Teams to beat: five-time defending champion Ridgewood, and Hackensack. **Runners to watch:** Liz Figlar and Eileen Fitzgerald, Ridgewood; and Carmel Geraghty, Paramus Catholic.

THE RECORD'S GIRLS CROSS-COUNTRY POLLS

PASSAIC-MORRIS

1. **Wayne Valley** — Injuries to Cathy Feeney and Cindy Rock raise questions about the Indians' depth. But their fine second-place finish in the B race at the Shore should be an indication of what the Indians can do if healthy. **(Points: 50).**
2. **Clifton** — The fine balance of the Mustangs makes them a dangerous team in County and State sectional competition. **(Points: 40).**
3. **Passaic** — Nadine Nunez captured the Essex Catholic Invitational. **(Points: 30).**
4. **Lakeland** — Rachel McLaughlin is perhaps the best non-Wayne Valley runner in the county. **(Points: 19).**
5. **Hawthorne** — Maureen Cullen leads a renewed Bear team. **(Points: 11).**

BERGEN GROUP 1-2

1. **Garfield** — Though the Boilermakers have been quiet recently, they will make some noise at the Bergen Group 2 and Bergen-Passaic Scholastic League meets in the next week. **(Points: 42).**
2. **Palisades Park** — A Bergen County Scholastic League National-Olympic championship, spurred by the 3-4 finish of Ann Sourek and Nicole Brown, could carry the Tigers to their second straight Bergen 1 title. **(Points: 38).**
3. **Cresskill** — Jennifer Carlin is in good shape after upsetting defending BCSL National-Olympic champ Jessica Grieco of Emerson in the league meet. Rachel Smith and Amy Giannotonio give the Cougars a potent trio. **(Points: 32).**
4. **Mahwah** — Dave Radway always gets his team ready for major meet competition. Dee Keough is ready for a shot at the Bergen Meet of Champions titles. **(Points: 22).**
5. **Saddle Brook** — Cathy Acevedo and Krissy Nuccitelli lead a team that finished an impressive seventh in the D race at the Shore Invitational. A dark horse. **(Points: 12)**

Others receiving votes: Rutherford 3, Northern Highlands 1.

BERGEN GROUP 3-4

1. **Ridgewood** — The Maroons shot into first place with a powerful second-place performance in the Shore A race and followed it with a fine third-place race at the Manhattan Invitational. **(Points: 50).**
2. **Hackensack** — The Comets, who struggled at the Shore meet, improved in a race of the Manhattan Invitational and still have a shot at the Bergen 4 title. **(Points: 29).**
3. **Ramsey** — The Rams have a balanced pack, with Kim Sheekey continuing to run well. If Liz Raciti is healthy, they should run well in the Bergen 3 race. **(Points: 26).**
4. **Dumont** — Dumont won the BCSL American championship as Kathy McAuliffe easily captured the individual title. The Huskies went 1-2-5-8 and figure to battle Ramsey for the group title. **(Points: 25).**
5. **Bergenfield** — The Bears were overmatched in the Eastern States championship but should do well in a tightly matched Group 3 race. **(Points: 11).**

Bergen and Passaic-Morris polls selected by The Record's sports staff. Voting on 5-4-3-2-1 basis.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BERGEN GROUP IV CHAMPS

COURSE GARRET MOUNTAIN

DATE OCTOBER 21ST 1989

COURSE RECORD

WEATHER WINDY + COLD

TYPE OF COURSE VERY WET - ALTERED BECAUSE OF RAIN - RAN ROAD AROUND K of LAKE

over all place	place for R H S	NAME	TIME
2		LIZ FIGLAR	20:46.8
3		EILEEN FITZGERALD	21:33.8
4		JEN BAUMAN	21:58.4
11		JILL APOSTLE	23:32.3
12		MEGAN McCABE	23:32.7
13		MISSY KLINE	23:36.1
15		EILEEN MORITZ	23:57.1

TEAM TOTAL: 25

TEAM PLACE: 1ST

1-5 SPLIT: 2:46

1-7 SPLIT: 3:10

COMMENTS: We showed Hackensack who is boss of Group IV Today. Great Team Effort. We have a problem however in knowing where the course goes! Some of you must get lost in your own house! Liz took a wrong turn for a few steps But this probably didn't change the out come of her race against Melissa Wyka. Also Eileen M. and Missy took a wrong turn but the team was ~~saved~~ saved by the close running of Jill + Megan. #6+7 in C.C. should always be alert because you never know when you are needed.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BERGEN GROUP CHAMPS - ALL GROUP J.V. COURSE GARRET MT

DATE 10/21/1989 COURSE RECORD

WEATHER TYPE OF COURSE

over all place	place for RHS	NAME	TIME
1ST		HEATHER FITZGERALD	23:57.4
5TH		JENNY SCHWARTZ	25:50.6

TEAM TOTAL:

TEAM PLACE:

1-5 SPLIT:

1-7 SPLIT:

COMMENTS:

Girls finish close, but yet so far away

GIRLS CROSS-COUNTRY

By Paul Schwartz
Correspondent

WEST PATERSON — Close finishes in team competition and easy individual victories were the order of the day in the Bergen County girls group cross-country championships Saturday at Garret Mountain.

Palisades Park, Northern Highlands, and Ramsey all won titles by five points or less to join perennial Group 4 champion Ridgewood as team winners, while only in the Group 4 race won by Melissa Wyka of Fair Lawn was the individual margin closer than 15 seconds.

Northern Highlands' first-ever win in Group 2 was by the narrowest of margins as the Highlanders needed a tiebreaker to defeat Mahwah after the teams finished deadlocked at 53. Highlands' sixth finisher, Megan Meighan, easily outdistanced Mahwah's sixth runner to provide the margin of victory.

Mahwah's Dee Keough won the race, by 200 yards over freshman teammate Carli Gallo in 21 minutes, 13.6 seconds. But Highlands took the next two places with Caroline Preece and Keri Riley and went on to earn the title.

Ramsey placed five runners in the top 17 to edge Dumont, 53-55, for its first Group 3 title. Dumont's Kathy McAuliffe won the individual title in 21:38.7, 90 yards ahead of defending champion Sarah Davey of Pascack Hills, and Dumont placed four runners in the top 14.

But the veteran Rams, paced by seniors Kim Sheekey (fourth), and Janine Veling (eighth), got help from fourth-place Queen of Peace, which placed five runners between Dumont's fourth and fifth finishers.

"The girls put in a lot of work and it paid off," said Ramsey coach John Kirchoff. "But Dumont and Bergenfield are very strong teams and they'll be hard to beat again."

Palisades Park edged Cresskill, 37-42, in what amounted to a virtual dual meet, with only race winner Cathy Acevedo of Saddle Brook and fourth-place finisher Jessica Grieco of Emerson breaking up the top nine.

Cresskill took four in the first nine to three for Palisades Park, but Melanie Picciano and Laura Lai also finished in the top 15 for the Tigers, while Cresskill's fifth girl was 18th. Acevedo, who also won in 1987, finished 60 yards ahead of Jen Carlin of Cresskill in 21:09.1.

Ridgewood, as usual, dominated Group 4, taking seven of the top 15 slots for a 25-40 win over Hackensack and its sixth consecutive title. The Group 4 individual race was the closest of the day, as Wyka held off Liz Figlar of Ridgewood by 30 yards in the day's best time, 20:39.0.

Wyka took the lead midway the race, when Figlar momentarily went off course, and the Fair Lawn junior, who missed most of last season with a stress fracture, never let Figlar back into the lead.

Eileen Fitzgerald and Jen Bauman finished 3-4 for the Maroons while Jill Apostle, Megan McCabe, Missy Klein, and Eileen Moritz all finished in the top 15.



STEVE AUCHARD/THE RECORD
Kathy McAuliffe of Dumont wins the Group 3 girls championship.



STEVE AUCHARD/THE RECORD

Paramus runners lead the pack at the start of the Group 3 boys race at Garret Mountain. The Spartans won the team title.

Day of firsts at Bergen group meet

By Paul Schwartz
Correspondent

BOYS CROSS-COUNTRY

WEST PATERSON — Saturday was a day of firsts at the Bergen County boys group cross-country championships at Garret Mountain.

It was the first time:

- Waldwick, a Group 1 school, won a County title;
- a team repeated in Group 2 (Rutherford) since 1980;
- any Group 2 runner repeated as champion (Mahwah's Craig Masker);
- and a runner won three consecutive group titles (Ramsey's Ken Flynn in Group 3).

But the day of firsts created many questions as to who will be first at the Bergen County Meet of Champions Nov. 4.

Several runners and teams are expected to battle for the Bergen County title in two weeks, hopefully on the regular 5,000-meter Garret course. The heavy rains this week forced meet co-directors Brian Rodak and Ray Scegrist to make a hasty, but intelligent decision to modify the course for the safety of the runners.

The revised course and its slowness made times less meaningful than usual but Flynn, Masker, and Group 4 champion Eric Boucher of Ridgewood all showed signs of being capable of winning the County title.

And Paramus figures to battle Group 4 champion Ridgewood for the team title, with Ramsey and Bergen Catholic potential threats.

Waldwick placed four runners in the top 10 to defeat BCSL Olympic champion Becton, 46-67, for the Group 1 title. Warriors coach Jim Husk credited some fine work by his third and fourth runners, Kyle Alessi and Drew Caruso — who finished ninth and 10th overall — for propelling Waldwick. Paul Capuzzo of Emerson beat teammate Colin McNamara by 45 yards in 17 minutes, 55.8 seconds for the individual title.

Masker routed Greg Rubino of Wood-Ridge/Hasbrouck Heights by 250 yards in 16:59.8 for the Group 2 title. Masker looked very sharp and continued his recovery for knee injuries that have hampered him all season.

Rutherford placed five runners in the top 15, paced by Jason Russell's third-place finish to defeat Wood-Ridge/Heights, 44-55, reversing a loss in Wednesday's Bergen County Scholastic League National meet.

"That was Jason's best race of the year," said Bob Hemmel of Rutherford, whose team became the first since Queen of Peace in 1979-80 to win back-to-back titles in Group 2. "And Dave Lopez ran another solid race."

Flynn's mastery of Group 3 competition continued by 115 yards over Moses Mekbeb of Cliffside Park in the day's best time of 16:48.3. Flynn is confident that his good running can continue.

"I feel comfortable, even though I didn't like the new course very much," said Flynn. "I'm looking forward to the Meet of Champs."

Paramus placed four runners in the top 10 to hold off Ramsey, 38-57, for the Group 3 team title. Sophomore Sean Albert was fourth for the Spartans, followed by Jason Barnes in sixth, Rob Seidel in ninth, and John Nugent in 10th.

Boucher won by 150 yards over Dave Pataky of Paramus Catholic in 17:00.6 and led his team to an easy 35-60 win over the Paladins.

"Tom Stevenson really picked us up today," said Ridgewood coach Larry Coyle, referring to the senior who finished fifth. "Our freshman and sophomore also came through."

The coach was referring to Josh Fronefield and Vin Fortunato, respectively.

■ Summaries S-20

Cross-country

Bergen County Championships

At Garret Mountain

GROUP 1 BOYS

Team scoring

Waldwick 46, Becton 67, Saddle Brook 82, Emerson 94, Bogota 138, Palisades Park 155, Dwight-Englewood 160, North Arlington 199, Midland Park 206, Ridgefield 278.

1. Paul Capuzzo, Emerson — 17:55.8*
2. Colin McNamara, Emerson — 18:05.5*
3. Rich Straut, Waldwick — 18:10.8
4. Chris Kearns, Leonia — 18:33.0*
5. Tim Bouman, Bogota — 18:37.4*
6. Jerry Martin, Waldwick — 18:43.9
7. Mike Dawson, Becton — 18:49.3
8. Mike Ryan, Bogota — 18:58.4*
9. Kyle Alessi, Waldwick — 19:01.3
10. Drew Caruso, Waldwick — 19:06.7
11. Alex Van Deusen, Becton — 19:15.3
12. Tim Dawson, Becton — 19:17.3
13. Mike Dempsey, Saddle Brook — 19:24.5
14. Jim Nyulassy, Saddle Brook — 19:34.1
15. Carl Van Dyk, Becton — 19:42.4
16. Ryan O'Connell, Cresskill — 19:47.3
17. Mike Passafaro, Saddle Brook — 19:56.2
18. Matt Dunne, Emerson — 19:58.9
19. Dan Chung, Dwight-Englewood — 20:06.8
20. Danny Schuman, Saddle Brook — 20:08.1
21. Craig Davis, Midland Park — 20:15.5
22. Mike McGinnity, Palisades Park — 20:16.5
23. Rob Cole, Waldwick — 20:23.8
24. Eric Sackson, Waldwick — 20:28.9
25. Jeremy Bouman, Bogota — 20:30.6

GROUP 2 BOYS

Team scoring

Rutherford 44, Wood-Ridge Hasbrouck Heights 55, Mahwah 99, River Dell 119, Northern Highlands 124, Ridgefield Park 131, Westwood 159, Garfield 188, Glen Rock 201.

1. Craig Masker, Mahwah — 16:59.8
2. Greg Rubino, Wood-Ridge/Hasb. Hgts — 17:50.0
3. Jason Russell, Rutherford — 17:52.5
4. Jon Levine, River Dell — 17:57.0*
5. Dave Lopez, Rutherford — 17:59.9
6. Jeff Rubino, Wood-Ridge/Hasb. Hgts — 18:08.7
7. Jeff Koegel, Wood-Ridge/Hasb. Hgts — 18:10.8
8. Tom Penna, Wood-Ridge/Hasb. Hgts — 18:11.5
9. Wonpa Lee, Rutherford — 18:22.9
10. Brad Clauss, Westwood — 18:28.6*
11. David Sung, Mahwah — 18:32.4
12. Chris McCafferty, Rutherford — 18:41.3
13. Matt MacDonald, Mahwah — 18:45.8
14. Chris Kerwin, Ridgefield Park — 18:56.6*
15. Jeff Tollefson, Rutherford — 18:58.4
16. Rob Reeder, Northern Highlands — 19:07.2
17. Matt Liebi, Northern Highlands — 19:17.8
18. Jeff Snider, Northern Highlands — 19:23.5
19. Tim Kodama, Glen Rock — 19:33.6
20. Scott Schroeder, Lyndhurst — 19:39.7
21. Todd Griepenburg, River Dell — 19:41.9
22. Paul Pizzimenti, Rutherford — 19:45.2
23. Mike Alfonso, Garfield — 19:52.6
24. Scott Janusko, Rutherford — 20:01.0
25. Andy Oddo, Garfield — 20:03.4

GROUP 3 BOYS

Team scoring

Paramus 38, Ramsey 57, Pascack Hills 87, Dumont 114, Ramapo 120, Cliffside Park 143, Pascack Valley 167, Tenafly 193, Bergenfield 219, Old Tappan 255.

1. Ken Flynn, Ramsey — 16:48.3
2. Moses Mekbeb, Cliffside Park — 17:11.1*
3. Frank Baldassare, Ramapo — 17:17.9*
4. Sean Albert, Paramus — 17:29.0
5. Steve Karavas, Fort Lee — 17:31.4*
6. Jason Barnes, Paramus — 17:37.8
7. Peter Graham, Dumont — 17:41.9*
8. Scott Urban, Demarest — 17:43.1*
9. Rob Seidel, Paramus — 17:47.5
10. John Nugent, Paramus — 17:52.7
11. Dave Castellano, Ramsey — 18:02.2
12. Scott Jackson, Pascack Hills — 18:04.2
13. Rick Gagnon, Ramsey — 18:11.3
14. Matt McDonald, Pascack Hills — 18:18.2
15. Todd Newmann, Ramsey — 18:21.8
16. Ken Pavlinec, Paramus — 18:23.6
17. Darryl Scopes, Pascack Hills — 18:28.4
18. Sean McCann, Dumont — 18:30.2*
19. Scott Winrow, Demarest — 18:38.6*
20. Rob Torres, Pascack Valley — 18:39.3*
21. Kevin Monahan, Ramapo — 18:54.2*
22. Kevin Fitzgibbon, Dumont — 18:58.4*
23. Jeff Hanna, Pascack Hills — 19:04.8
24. Jason Shaw, Cliffside Park — 19:10.8
25. Alvin Gonzalez, Cliffside Park — 19:11.1

GROUP 4 BOYS

Team scoring

Ridgewood 35, Paramus Catholic 60, Bergen Catholic 88, Hackensack 94, St. Joseph Regional 118, Don Bosco 142, Teaneck 188.

1. Eric Boucher, Ridgewood — 17:00.6
2. Dave Pataky, Paramus Catholic — 17:31.6
3. Kevin Belrne, Hackensack — 17:47.4*
4. Josh Fronefield, Ridgewood — 17:51.1
5. Tom Stevenson, Ridgewood — 17:57.8
6. Sergio Ferrer, Hackensack — 18:12.1*
7. Ed Eder, Fair Lawn — 18:13.6*
8. Chris Woletz, Paramus Catholic — 18:16.5
9. Eric DeFalcon, St. Joseph — 18:24.6*
10. James Galloway, Teaneck — 18:28.2*
11. Randy Becker, Bergen Catholic — 18:33.7
12. Jon Berntsen, Ridgewood — 18:40.7
13. Mike Ulshoefer, Bergen Catholic — 18:42.3
14. Mike Fraysse, Paramus Catholic — 18:42.6
15. Vin Fortunato, Ridgewood — 18:44.7
16. Anthony Castellito, St. Joseph — 18:45.1*
17. Steve Barardo, Paramus Catholic — 18:47.8
18. Jerry Coleman, Ridgewood — 18:59.0
19. Dan Amend, Bergen Catholic — 19:02.1
20. Darin Blatt, St. Joseph — 19:04.1*
21. Jim Coker, Fair Lawn — 19:04.8*
22. Matt Sweeney, Don Bosco — 19:09.0
23. Bergen Catholic — 19:09.9
24. Joe Borchard, Paramus Catholic — 19:10.6
25. Mark Wojcik, Paramus Catholic — 19:13.4

ummaries

GROUP 1 GIRLS

Team scoring

Palisades Park 37, Cresskill 42, Emerson 89, Saddle Brook 98, North Arlington 111, Midland Park 143.

1. Cathy Acevedo, Saddle Brook — 21:09.1*
2. Jen Carlin, Cresskill — 21:25.2
3. Anne Sourek, Palisades Park — 21:32.9
4. Jessica Grieco, Emerson — 22:13.8
5. Nicole Brown, Palisades Park — 22:32.
6. Angela Allegretta, Palisades Park — 22:47.4
7. Amy Giannantonio, Cresskill — 22:53.4
8. Rachel Smith, Cresskill — 23:28.4
9. Jackie Kuhlmeier, Cresskill — 23:36.2
10. Charlmarie Hanley, Bogota — 23:37.6*
11. Melanie Picciano, Palisades Park — 23:49.6
12. Lisa Shanno, Leonia — 24:17.3
13. Nicole Falcone, North Arlington — 24:30.0
14. Laura Lai, Palisades Park — 24:43.1
15. Noelle Spassoff, Emerson — 24:46.6
16. Nikki Savres, Bogota — 24:52.9
17. Patti Potter, Emerson — 24:58.2
18. Meredith Rotondo, Cresskill — 25:03.1
19. Jennifer Horn, Palisades Park — 25:13.3
20. Kerith Lewis, Cresskill — 25:18.8
21. Kathy Hevang, Palisades Park — 25:21.4
22. Laura Miller, North Arlington — 25:28.3
23. Jen Kairys, North Arlington — 25:36.2
24. Janine Rogers, Saddle Brook — 25:47.7
25. Stephanie Cuomo, Saddle Brook — 26:29.7

GROUP 2 GIRLS

Team scoring

Northern Highlands 53*, Mahwah 53, Garfield 60, Rutherford 80, River Dell 96, Ridgefield Park 138.

*** Northern Highlands wins on better finish by sixth runner.**

1. Dee Keough, Mahwah — 21:13.6
2. Carly Gallo, Mahwah — 22:04.1
3. Caroline Preece, Northern Highlands — 22:10.6
4. Keri Riley, Northern Highlands — 22:31.5
5. Medeana Steidl, Garfield — 22:50.4
6. Cathy Rindge, River Dell — 22:58.1*
7. Tara James, Glen Rock — 23:07.2*
8. Nancy Scott, Garfield — 23:20.6
9. Sonia Roman, Garfield — 23:30.3
10. Holly Chaput, River Dell — 23:37.7*
11. Kim Bologna, Rutherford — 24:01.4
12. Katie Morris, Northern Highlands — 24:09.0
13. Jen Peeples, Rutherford — 24:09.5
14. Jen Thompson, Mahwah — 24:28.8
15. Leigh Vincze, Garfield — 24:26.3
16. Denise Barksdale, Dwight-Morrow — 24:33.4
17. Fran Lafarga, Rutherford — 24:38.4
18. Stef Roberti, Mahwah — 24:44.4
19. Megan Maher, Northern Highlands — 25:14.4
20. Jen McMullan, Northern Highlands — 25:15.1
21. Jeannette Kropiewnicki, Ridgefield Park — 25:25.4
22. Mary Bills, Rutherford — 25:27.3
23. Marie Hollinger, Mahwah — 25:33.3
24. Emily Farrington, River Dell — 25:42.3
25. Jen Tomlinson, Rutherford — 25:47.8

GROUP 3 GIRLS

Team scoring

Ramsey 53, Dumont 55, Bergenfield 68, Queen of Peace 77, Pascack Hills 140, Paramus 150, Ramapo 178, Tenafly 197.

1. Kathy McAuliffe, Dumont — 21:38.7
2. Sarah Davey, Pascack Hills — 22:01.3*
3. Kim Sheekey, Ramsey — 22:11.0
4. Vickee Foy, Paramus — 22:15.2*
5. Tricia Sheehan, Dumont — 22:53.0
6. Christine Mannino, Bergenfield — 22:57.7
7. Brenda McGowan, Bergenfield — 23:03.2
8. Janine Veling, Ramsey — 23:09.8
9. Cathy Gallagher, Queen of Peace — 23:13.5*
10. Colleen Doyle, Bergenfield — 23:19.7
11. Tricia Brady, Dumont — 23:27.8
12. Melissa Rubel, Ramsey--23:32.3
13. Leslie Bunger , Ramsey — 23:37.9
14. Leah Scala, Dumont — 23:39.4
15. Melissa Schaefer, Queen of Peace — 23:42.5
16. Ana Vendrell, Queen of Peace — 23:46.8
17. Laurie Reid, Ramsey — 24:06.0
18. Nyree Padilla, Queen of Peace — 24:16.9
19. Karen LaFarga, Queen of Peace — 24:19.7
20. Falima Pereira, Queen of Peace — 24:20.2
21. Christine Hubsmith, Pascack Hills — 24:24.7
22. Paula Martin, Bergenfield — 24:31.7
23. Michelle Francis, Bergenfield — 24:35.9
24. Diana Dovletian, Dumont — 24:40.7
25. Gabrielle Panepinto, Tenafly — 24:45.5

GROUP 4 GIRLS

Team scoring

Ridgewood 25, Hackensack 40, Immaculate Heart Academy 96, Teaneck 114, Holy Angels 116.

1. Melissa Wyka, Fair Lawn — 20:39.0*
2. Liz Figlar, Ridgewood — 20:46.8
3. Eileen Fitzgerald, Ridgewood — 21:33.8
4. Jen Bauman, Ridgewood — 21:58.4
5. Carmel Geraghty, Paramus Catholic — 22:26.2*
6. Tracy Murray, IHA — 22:46.4
7. Kerriann Codling, Hackensack — 22:51.6
8. Bryana Johnson, Hackensack — 23:10.6
9. Sue Haddad, Hackensack — 23:17.8
10. Sheryl Barlke, Hackensack — 23:18.7
11. Jill Apostle, Ridgewood — 23:32.3
12. Megan McCabe, Ridgewood — 23:32.7
13. Missy Klein, Ridgewood — 23:36.7
14. IHA — 23:42.5
15. Eileen Moritz, Ridgewood — 23:57.1
16. Deirdre Burke, Paramus Catholic — 24:01.6
17. Stacy Weisfield, Hackensack — 24:08.8
18. Lisa Napoli, Hackensack — 24:24.7
19. Veronica Davi, IHA — 24:28.3
20. Teri Martin, Hackensack — 24:38.7
21. no card — 24:39.3
22. Hadas Tal, Fair Lawn — 24:46.6
23. Matilda Miranda, Teaneck — 24:52.9
24. Jeanine Limone, Teaneck — 24:55.5
25. Stacey Bentley, Teaneck — 25:17.2

*** Indicates individual qualifier for Meet of Champions.**

JV BOYS GROUP 3-4

Team scoring

Paramus Catholic A 24, Ridgewood A 65, Hackensack 79.

1. Rich Guinther, Paramus Catholic — 19:10.0.
2. Dennis Connors, Ridgewood — 19:25.3.
3. Jeff Ware, Paramus Catholic — 19:33.0.
4. Matt Winfield, Ridgewood — 19:41.2.
5. Andy Sullivan, Paramus Catholic — 19:57.1.

JV BOYS GROUP 1-2

Team scoring

Rutherford 15, River Dell 48, Glen Rock 69.

1. Brendan McCartney, Rutherford — 19:55.0.
2. Sean Murray, Rutherford — 20:21.4.
3. Justin Harrison, Rutherford — 20:27.3.
4. Jason Murray, Rutherford — 20:43.0.
5. Eric Olsen, Becton — 21:19.0.

JV GIRLS

Team scoring

Hackensack 44, Palisades Park 72, Rutherford 78.

1. Heather Fitzgerald, Ridgewood — 23:57.4.
2. Laura McDonald, Queen of Peace — 25:22.2.
3. Felicia Peavy, Hackensack — 25:39.2.
4. Evelyn Alvarez, Palisades Park — 25:42.5.
5. Jen Schwartz, Ridgewood — 25:50.6.

FROSH BOYS GROUP 3-4

Team scoring

Ridgewood A 49, Paramus Catholic A 58, Hackensack 92.

1. Dave McCann, Ridgewood — 10:59.9.
2. Sadek Alsaidi, Ridgewood — 11:02.3.
3. Mike Pfaff, Hackensack — 11:05.4.
4. Regan Ladisic, Paramus Catholic — 11:14.1.
5. Courtney Davis, Hackensack — 11:32.9.

FROSH BOYS GROUP 1-2

Team scoring

Garfield 20, Palisades Park 35.

1. John Perillo, Garfield — 11:20.0.
2. Justin Benitez, Lyndhurst — 11:56.0.
3. Brian Cortez, Garfield — 12:13.0.
4. Gil Benitez, Lyndhurst — 12:17.0.
5. Joe Junguzza, Leonia — 12:20.0.

SUNDAY, OCTOBER 22, 1989



STEVE AUCHARD/THE RECORD

Sarah Davey of Pascack Hills, right, gives a congratulatory hug to Kathy McAuliffe after the Dumont star won the Bergen Group 3 title.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET N.N.J.I.L. CHAMPIONSHIP

DATE 24 OCTOBER 1989

WEATHER BEAUTIFUL

COURSE GARRET MOUNTAN

COURSE RECORD

TYPE OF COURSE COURSE STILL FULL OF MUD CHANGED TO ROAD WAY

over all place	place for R H S	NAME	TIME
1		LIZ FISLAR	20:35
3		EILEEN FITZGERALD	21:26
7		JEN BAUMAN	22:27
9		EILEEN MORITZ	22:48
12		JILL APOSTLE	23:09
13		MISSY KLEIN	23:15
16		MEGAN Mc CABE	23:23

[illegible] [illegible] 6TH GRADERS

TEAM TOTAL:

TEAM PLACE: FIRST

1-5 SPLIT: 2:34

1-7 SPLIT: 2:48

COMMENTS:

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET NNJIL J.V. CHAMPIONSHIP COURSE Garret Mt

DATE 24 Oct 1989 COURSE RECORD

WEATHER Beautiful TYPE OF COURSE changed to road way because of Mud.

over all place	place for R H S	NAME	TIME
1		HEATHER FITZGERALD	24:32
2		LISA DECASTRO	24:44
3		JENNY SCHWARTZ	25:44

TEAM TOTAL: Incomplete Team

TEAM PLACE:

1-5 SPLIT:

1-7 SPLIT:

COMMENTS:

Business as usual at league meets

CROSS-COUNTRY

No surprises emerged from either individuals or teams as most of the area's top Group 3 and 4 squads tuned up for Saturday's State sectional meet at the Northern Bergen Interscholastic League and Northern New Jersey Interscholastic League meets Tuesday.

Bergen County Group 3 boys champion Paramus placed five runners in the top 20 overall and five in the top 10 of the NNJIL Pacific Division to beat Paramus Catholic, 28-48, for the division title.

Bergen Group 4 titlist Ridgewood, led by Eric Boucher's victory and freshman sensation Josh Fronefield's fourth-place finish, placed four in the top 20 of the overall meet and easily defeated Bergen Catholic, 31-75, in the league's Atlantic Division. Had Ridgewood and Paramus been matched, Paramus would have emerged a 52-60 victor.

Boucher finished 15 seconds ahead of Pacific winner Dave Pataky of Paramus Catholic, with Paramus senior Jason Barnes in third.

In the girls race, Ridgewood took seven of the top 16 spots in the overall race and easily defeated Clifton, 21-50, in the Atlantic Division for its ninth league or division title in 10 years in the NNJIL. Liz Figlar of Ridgewood easily defeated Nadine Nunez of Passaic to win the individual title.

Hackensack won the Pacific Division, placing five in the top 10 of the division for a 29-66 win over Immaculate Heart Academy. Tracy Murray of Immaculate Heart Academy, who was fourth overall, won the Pacific race.

The closest competition was in the girls' NBIL Division 2 meet at Demarest, where Bergen Group 3 champ Ramsey edged Group 2 champion Northern Highlands, 35-36.

Melissa Wyka of Fair Lawn, who defeated Figlar for the Bergen 4 title Saturday, won the NBIL meet in 20:29, easily outrunning Sarah Davey of Pascack Hills. Kim Sheekey of Ramsey was third. Four other Rams finished in the top 15 overall to offset a 3-4-9 finish by Northern Highlands' Kari Riley, Caroline Preece, and Katie Morris.

Bergenfield, spurred on by Colleen Doyle's sixth-place overall finish, easily captured the Division 1 title, 19-67, over Ramapo.

Ken Flynn of Ramsey took his second straight league title, outrunning freshman Frank Baldassare of Ramapo in 16:39 to help the Rams garner their sixth straight Division 2 title, 37-56 over Pascack Hills. Rick Gagnon was sixth for the Rams. Baldassare's finish powered Ramapo to an easy 29-72 win over Old Tappan for the Division 1 title.

Cross-country

NNJIL boys

ATLANTIC DIVISION

Ridgewood 31, Bergen Catholic 75, Clifton 118, St. Joseph 120, Montclair 121, Passaic 123, Eastside 137, Kennedy 191.

PACIFIC DIVISION

Paramus 28, Paramus Catholic 48, Hackensack 67, Bloomfield 106, Don Bosco 124, Nutley 151.

RESULTS

1.	Eric Boucher (R)	16:50.
2.	Dave Pataki (PC)	17:05.
3.	Jason Barnes (P)	17:08.
4.	Josh Fronefield (R)	17:18.
5.	Allen Huber (C)	17:27.
6.	Kevin Beirne (H)	17:36.
7.	Shawn Albert (P)	17:44.
8.	Shawn Fyffe (P)	17:48.
9.	Kelly Rogers (M)	17:52.
10.	John Nugent (P)	17:53.
11.	Brian Garrido (B)	17:57.
12.	Bob Seidel (P)	17:58.
13.	Chris Woletz (PC)	17:59.
14.	Tom Stephenson (R)	18:02.
15.	Randy Becker (BC)	18:04.
16.	John Bernstein (R)	18:08.
17.	Eric DeFalcon (SJ)	18:10.
18.	Raul Guzman (E)	18:11.
19.	Sergio Ferrer (H)	18:15.
20.	Ken Pavlinec (P)	18:33.

Atlantic Junior varsity winner — Matt Hall, Ridgewood.

Atlantic Freshman winner — Dave McCann, Ridgewood.

Pacific Junior varsity winner — Gavin Hoppie, Paramus Catholic.

Pacific Freshman winner — Mike Pfaff, Hackensack.

NNJIL girls

ATLANTIC DIVISION

Ridgewood 21, Clifton 50, Passaic 69. Eastside and Kennedy did not score.

PACIFIC DIVISION

Hackensack 29, Immaculate Heart 66, Paramus 73, Teaneck 81, Nutley 97.

RESULTS

1.	Liz Figler (R)	20:35.
2.	Nadine Nunez (P)	21:15.
3.	Eileen Fitzgerald (R)	21:26.
4.	Tracy Murray (IHA)	21:46.
5.	Vickee Foy (P)	21:57.
6.	Keri Ann Codling (H)	22:26.
7.	Jen Bauman (R)	22:27.
8.	Irene Gorzelany (C)	22:40.
9.	Eileen Moritz (R)	22:48.
10.	Sue Haddad (H)	22:53.
11.	Cheryl Bartke (H)	22:54.
12.	Jill Apostle (R)	23:09.
13.	Missy Klien (R)	23:15.
14.	Debbie Golden (N)	23:18.
15.	Tammy Walsh (C)	23:20.
16.	Megan McCabe (R)	23:23.
17.	Laura Farinas (C)	23:31.
18.	Michelle Cox (C)	23:32.
19.	Jolanda Thomas (E)	23:42.
20.	Vanessa McClure (K)	23:46.

Atlantic Junior varsity winner — Heather Fitzgerald, Ridgewood.

Atlantic Freshman winner — Sherri Williams, Eastside.

Pacific Junior varsity winner — Tracy Proano, Hackensack.

Pacific Freshman winner — Anne Marie, Nutley.

NBIL boys

DIVISION 1

Ramapo 29, Old Tappan 72, Fair Lawn 78, Bergenfield 87, Wayne Hills 117, Indian Hills 118.

DIVISION 2

Ramsey 37, Pascack Hills 56, Demarest 64, Northern Highlands 89, Pascack Valley 115, Westwood 136

RESULTS

1.	Ken Flynn (RSY)	16:39.
2.	Frank Baldassare (RAM)	16:53.
3.	Scott Jackson (PH)	17:17.
4.	Scott Urban (D)	17:25.
5.	Tom Martin (D)	17:30.
6.	Rick Gagnon (RSY)	17:35.
7.	Scott Winrow (D)	17:36.
8.	Dave Castellano (RSY)	17:37.
9.	Kevin Monahan (RAM)	17:39.
10.	Darryl Scopes (PH)	17:41.
11.	Rob Reeder (NH)	17:48.
12.	Ed Eder (FL)	17:54.
13.	Matt McDonald (PH)	17:58.
14.	Todd Newman (RSY)	18:01.
15.	Jim Coker (FL)	18:03.

NBIL girls

DIVISION 1

Bergenfield 19, Ramapo 67, Old Tappan 67, Wayne Hills 71.

DIVISION 2

Ramsey 35, Northern Highlands 36, Pascack Hills 58, Demarest 89.

RESULTS

1.	Mellissa Wyka (FL)	20:29.
2.	Sarah Davey (PH)	21:03.
3.	Kim Sheekey (RSY)	21:15.
4.	Kari Riley (NH)	21:24.
5.	Carolyn Preece (NH)	21:36.
6.	Collen Doyle (B)	21:48.
7.	Christine Hubsmith (PH)	21:52.
8.	Brenda McGrawan (B)	22:05.
9.	Katie Morris (NH)	22:12.
10.	Janine Veling (RSY)	22:14.
11.	Christine Manning (B)	22:32.
12.	Laurie Reid (RSY)	22:35.
13.	Vicki DePasquale (WH)	22:38.
14.	Mellissa Rubel (RSY)	22:41.
15.	Leslie Bunger (RSY)	22:55.

Freshman boys winner — Benoy Thanjan, Old Tappan.

Freshman girls winner — Hanas Tai, Fair Lawn.

Team Results ATLANTIC Boys

Varsity Boys

1- Ridgewood	31 pts.	(1,2,6,8,14)
2- Bergen Catholic	75 pts.	(7,11,17,19,21)
3- Clifton	118 pts.	(3,13,33,34,35)
4- St. Joseph	120 pts.	(9,15,18,36,42)
5- Montcalir	121 pts.	(5,23,30,31,32)
6- Passiac	123 pts.	(4,12,29,37,44)
7- Eastside	137 pts.	(10,24,25,38,40)
8- J.F. Kennedy	191 pts.	(20,28,39,51,53)

J.V. Boys

1- Bergen Catholic	29 pts.	(2,3,7,8,9)	6th man 10th
2- Ridgewood	29 pts.	(1,4,5,6,13)	6th man 14th
3- St. Joseph	80 pts.	(11,15,17,18,19)	

All other teams no score

Freshman Boys

1- Ridgewood	15 pts.	(1,2,3,4,5)
2- Bergen Catholic	78 pts.	
3- Clifton	114 pts.	
4- J.F. Kennedy	118 pts.	
5- Ridgewood "B"	125 pts.	
6- St. Joseph	136 pts.	
7- Eastside	143 pts.	

All other teams no score.

Team Results ATLANTIC Girls

Varsity Girls

1- Ridgewood	21 pts.	(1,3,4,6,7)
2- Clifton	50 pts.	(5,9,11,12,13)
3- Passiac	69 pts.	(2,14,16,18,19)

All other teams no score

J.V. Girls

No team score

Freshman Girls

1- Nutley	15 pts.	(1,2,3,4,5,)

All other teams no score

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET Frosh + J.V. Invitational Championship
"J.V. + Frosh State Sectionals"

COURSE Garret Altered To Road

DATE 27 October 1989

COURSE RECORD _____

WEATHER Sunny + Warm

TYPE OF COURSE _____

over all place	place for R H S	NAME	TIME
1		Heather Fitzgerald	23:40
6		Lisa De Castro	24:47
14		Jenny Schwartz	25:55

J-V Girls

Pascack Valley (1)	Rutherford	Bergenfield	Holy Angels	Teaneck (1)
Cliffside Park (1)	Queen of Peace	Mahwah (3)	Ridgefield(1)	Englewood
Hackensack	Palisades Park	Dumont (4)	Ridgewood	Tenafly
River Dell (3)	Waldwick (1)	Dickinson	Wayne Valley (1)	Bayonne (3)
St. Dominic	Memorial (3)			

TEAM TOTAL: No TEAM SCORE

TEAM PLACE:

1-5 SPLIT:

1-7 SPLIT:

COMMENTS: Nice Win for Heather. Excellent run for all 3 of us. The number 3 is the problem. We must get more People out next year so our fine J.V. Team can bring home the Team Trophy also!

SECTIONAL CROSS-COUNTRY

FRESHMEN BOYS

Group A

Team scoring:

1, Hopatcong 81; 2, Garfield 81; 3, Englewood 89; 4, Dumont 108; 5, Harrison 112; 6, Secaucus 142; 7, Fort Lee 181; 8, Palisades Park 208; 9, Becton 243.

1. John Perillo, Garfield ____ 11:06.
2. Chris Bellin, Pascack Valley ____ 11:28.
3. Carl Neuman, Pascack Valley ____ 11:33.
4. Justin Benitez, Lyndhurst ____ 11:43.
5. Misha Simmonos, Dumont ____ 11:48.
6. Brian Gortez, Garfield ____ 11:59.
7. Eliot Mitchell, Englewood ____ 12:07.
8. Jonathan Peppard, Fort Lee ____ 12:10.
9. Chris Hurrell, Secaucus ____ 12:13.
10. Gilbert Benitez, Lyndhurst ____ 12:15.

Group B

Team scoring

1, Ridgewood 15; 2, North Bergen 134; 3, Ramsey 150; 4, Lakeland 156; 5, Hudson Catholic 168; 6, Tenafly 168; 7, Ridgewood B 168; 8, Fair Lawn 177; 9, Kearny 185; 10, Cliffside Park 192; 11, Kennedy 241; 12, Teaneck 241.

1. Dave McCann, Ridgewood ____ 10:49.
2. Sadek Alasidi, Ridgewood ____ 10:55.
3. Josh Fronefield, Ridgewood ____ 11:05.
4. Matt Cawley, Ridgewood ____ 11:26.
5. Alec Yankus, Ridgewood ____ 11:30.
6. Tim Barra, Hackensack ____ 11:37.
7. Luis Velez, Kennedy ____ 11:47.
8. Mike Colucci, Ridgewood ____ 11:49.
9. Evan Zullow, Tenafly ____ 11:59.
10. Joe D'Argenio, Lakeland ____ 12:00.

JUNIOR VARSITY GIRLS

Team scoring:

1, Wayne Valley 35; 2, Hackensack 69; 3, Palisades Park 126; 4, St. Domenic 130; 5, Queen of Peace 142; 6, Dumont 143; 7, Holy Angels 193; 8, Rutherford 203; 9, Dickinson 220; 10, Union Hill 261.

1. Heather Fitzgerald, Ridgewood ____ 23:43.
2. Juanita Tosado, Memorial ____ 28:54.
3. Samantha Doren, Wayne Valley ____ 24:10.
4. Debbie Speert, Wayne Valley ____ 24:35.
5. Mandy Lavalle, Kearny ____ 24:46.
6. Lisa DeCastro, Ridgewood ____ 24:50.
7. Jen Getty, Wayne Valley ____ 25:05.
8. Mary Caldwell, Demarest ____ 25:25.
9. Evelyn Alvarez, Palisades Park ____ 25:32.
10. Yuko Setoguchi, Hackensack ____ 25:36.

FRESHMEN GIRLS

Team scoring:

North Bergen 28; 2, Paramus 85; 3, Nutley 108; 4, St. Domenic 112; 5, Union Hill 113; 6, Rutherford 145; 7, Queen of Peace 161; 8, Kearny 187.

1. Jolene Smith, North Bergen ____ 13:33.
2. Hadas Tal, Fair Lawn ____ 13:39.
3. Ann Forfa, Nutley ____ 14:06.
4. Janet Lemmon, North Bergen ____ 14:09.
5. Cari Ganguzza, Wayne Valley ____ 14:10.
6. Darlene Hemberger, No. Bergen ____ 14:10.
7. Jessica Mintier, Paramus Catholic ____ 14:18.
8. Karen Hansen, Queen of Peace ____ 14:24.
9. Nicole Hollar, Paramus ____ 14:34.
10. Kim Moore, Hackensack ____ 14:35.

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 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 DeSai**, **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.

CROSS-COUNTRY NOTEBOOK

The Record's boys cross-country polls

BERGEN GROUP 1-2

1. **Rutherford** — Jason Russell, Dave Lopez, and Chris McCafferty all ran their top races of the year, and the Bulldogs defended their County Group 2 title, catching Hasbrouck Heights/Wood-Ridge. **(Points: 47)**
2. **Hasbrouck Heights/Wood-Ridge** — Their first loss all year to a Bergen County school was more a result of a fine team race by Rutherford than any letdown by the fine Wood-Ridge quartet that finished in the top eight. **(Points: 43)**
3. **Waldwick** — A fabulous three days for the Warriors, who did not compete in major meets all fall. Rich Straut, Jerry Martin, Kyle Alessi, and Drew Caruso all finished in the top 10 as Waldwick won the Bergen Group 1 County and Bergen-Passaic Scholastic League Carpenter meets. **(Points: 28)**
4. **Mahwah** — Dave Sung has had a solid year, and Craig Masker is rounding into shape for a shot at a second Bergen title. **(Points: 20)**
5. **Becton** — The Wildcats followed their first league championship (the Bergen County Scholastic League Olympic) with a second place in Bergen Group 1. Mike Dawson leads the pack. **(Points: 6)**

Others receiving votes: Saddle Brook 3, River Dell 2, Emerson 1.

BERGEN GROUP 3-4

1. **Ridgewood** — The Bergen County Group 4 title belongs to the Maroons for the fifth time in seven years, and the Maroons have won 11 league or division titles since 1974. But Paramus is closing fast. **(Points: 46)**.
2. **Paramus** — The Spartans came out of hibernation with a bang in winning the Bergen Group 3 and Northern New Jersey Interscholastic League Pacific titles and would have beaten Ridgewood had the NNJIL meet not been broken into divisions. **(Points: 42)**.
3. **Ramsey** — The loss of Gian Raciti has hurt, but Ramsey captured its sixth straight Northern Bergen Interscholastic League or division title and 16th overall title since 1970. (The other 10 were in the B-PSL). Dave Castellano, Rick Gagnon, and Todd Newman are greatly improved. **(Points: 32)**.
4. **Paramus Catholic** — The Paladins were second to Ridgewood in Bergen Group 4 and to Paramus in the NNJIL Pacific, with Dave Pataky and Chris Woletz leading the field. **(Points: 10)**
5. **Bergen Catholic** — With J. R. Meloro out ill, the Crusaders are a pack team without a leader, but still dangerous. **(Points: 7)**.

Others receiving votes: Pascack Hills 6, Hackensack 4, Dumont 2, Ramapo 1.

PASSAIC-MORRIS

1. **Passaic Tech** — With seven runners in the top 14 at the BPSL King meet, the Bulldogs are poised to earn a second straight Passaic title next Friday. **(Points: 50)**.
2. **Clifton** — A solid third-place finish in the NNJIL Atlantic with Allan Huber having a shot at the Passaic County title. **(Points: 30)**.
3. **Passaic** — Shawn Fyffe has a chance to win the County A title, but the rest of the team must improve on last week's sixth-place NNJIL Atlantic finish (just five points from third). **(Points: 27)**.
4. **Lakeland** — Kevin Gamarello, Jeff Spesbes, and Sean Ramsay went 3-4-5 as the Lancers edged West Milford, 44-47, in the Northern Hills Skyline. **(Points: 19)**.
5. **West Milford** — Adam Baird and Doug Tappan make the Highlanders a threat in next Friday's Passaic meet. **(Points: 16)**.

Others receiving votes: Eastside 5, Wayne Valley 2, Eastern Christian 1.

Bergen and Passaic-Morris polls selected by The Record's sports staff. Voting on 5-4-3-2-1 basis.

Time for cream to run to the top

By Paul Schwartz
Correspondent

CROSS-COUNTRY

The 25th annual State sectional championships are today, a week earlier this season because of Scholastic Aptitude Tests. The condition of the Garret Mountain course in West Paterson is questionable because of last week's rains, but good weather all week should make the races exciting as usual.

The top five teams and 10 individuals qualify for the State group meet Nov. 11 at Holmdel.

Here's a a look at each group:

GROUP 1 BOYS — Probable champion: Waldwick. Potential local qualifiers: Becton, defending champ Bogota, Emerson, Saddle Brook. Championship contenders: Paul Capuzzo and Colin McNamara, Emerson; and Rich Straut, Waldwick.

GROUP 2 BOYS — Championship contenders: Wood-Ridge/Hasbrouck Heights, defending champ Rutherford, Hopatcong. Potential local qualifiers: Mahwah, Northern Highlands. Probable champion: Defending champ Craig Masker of Mahwah.

GROUP 3 BOYS — Championship contenders: Union Hill, Paramus, Ramsey. Potential local qualifiers: Demarest, Dumont, Pascack Hills, Ramapo. Probable champion: defending champ Ken Flynn of Ramsey.

GROUP 4 BOYS — Championship contenders: Ridgewood, defending champion Vernon. Potential local qualifiers: Clifton, Lakeland, Passaic Tech, West Milford. Probable champion: Eric Boucher, Ridgewood.

GROUP 1 GIRLS — Championship contenders: Defending champ Palisades Park, Cresskill. Potential local qualifiers: Eastern Christian, Emerson, Saddle Brook. Probable champion: 1987 champ Cathy Acevedo, Saddle Brook.

GROUP 2 GIRLS — Probable champion: Defending champ Kittatinny. Potential local qualifiers: Garfield, Mahwah, Northern Highlands, Rutherford. Championship contenders: Stephanie Andrasak, Newton; 1986 Group 1 champ Dee Keough, Mahwah.

GROUP 3 GIRLS — Probable champion: Defending champ Wayne Valley. Potential area qualifiers: Bergenfield, Dumont, Queen of Peace, Ramsey. Probable champion: Defending champion Catherine Feeney, Wayne Valley.

GROUP 4 GIRLS — Championship contenders: Defending champ Kearny, Ridgewood. Potential local qualifiers: Clifton, Hackensack, Immaculate Heart. Championship contenders: Uloopi DeSai and Anna Mateus, Kearny; Liz Figlar, Ridgewood; Melissa Wyka, Fair Lawn; Rachel McLaughlin, Lakeland.



ROBERT S. TOWNSEND/THE RECORD

Wayne Valley's Catherine Feeney is looking to repeat as champion in the sectional Group 3 girls race at Garret Mountain today.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET STATE SECTIONAL CHAMPIONSHIP NORTH I GROUP IV

COURSE GARRET ALTERED TO ROAD

DATE OCTOBER 28 1989

COURSE RECORD

WEATHER SUNNY + WARM ACTUALLY VERY HOT FOR THIS TIME OF YEAR

TYPE OF COURSE

over all place	place for R H S	NAME	TIME
1	1	LIZ FIGLAR	20:18
9	6	EILEEN FITZGERALD	21:51
18	14	EILEEN MORITZ	22:51
25	21	MEGAN McCABE	23:18
26	22/64	JILL APOSTLE	23:19
42		MISSY KLEIN	24:20
49		JEN BAUMAN	24:59

TEAM TOTAL: 64 PTS

TEAM PLACE: 2ND

1-5 SPLIT: 3:01

1-7 SPLIT: 4:41

COMMENTS: Congratulations to Liz for a Major championship win. She reversed her country finish with Wyker, continued her domination of Nancy and beat some quality Kearney Runners. Eileen F. was tough going out with the leaders - Nice job from our team today. Eileen M, Megan, and Jill continue their steady running. Missys illness and Jen's tired legs are things we all need to prevent next week.

SCHOOLS IN RACE

Eastside
Hackensack
Passaic
Ridgewood
Vernon
North Bergen
Lakeland (1)
Academy of the Holy Angels
J. F. Kennedy (3)
Dickinson (2)
Kearny
Clifton
Passaic Co. Tech
Tenack
Bayonne (4)
Paramus Catholic (2)
Memorial, W. New York
Fair Lawn (2)
Immaculate Heart Academy

Palisades Park Group 1 champ

By Paul Schwartz
Correspondent

GIRLS CROSS-COUNTRY

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 and still annihilate a solid field at the Group 3 race of the State sectional cross-country 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 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), all of whom had had their ups and downs all season.

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, after winning by only five points over the same opponent the week before.

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, for its third straight sectional title. But Ridgewood junior Liz Figlar avenged a loss and established herself as the pre-race favorite to win the Bergen Meet of Champions title next saturday.

Figlar ran the day's third best time, 20:18, and defeated Passaic's Nadine Nunez by more than 100 meters. Melissa Wyka of Fair Lawn, who had beaten Figlar last week in the Bergen Group 4 race, was a distant seventh.

"I didn't think I was going to win before the race started," said Figlar. "I wasn't running really well but I was still in the lead. I slowed down to give up the lead, but no one else wanted to pass me. Then I finally started to feel better and ran the second half of the race better than the first half."



LIZ FIGLAR
Has day's third-best time

Kittatinny won its fifth straight Group 2 title, 40-61, over Hopatcong, with Northern Highlands third. Favored Dee Keough of Mahwah fell twice, once while leading the race by more than 100 yards, and struggled to finish sixth, nearly 90 seconds behind winner Patty Miller of Kittatinny. In fact none of the Bergen County girls group winners could repeat at the sectionals, as Group 3 girls champ Kathy McAuliffe of Dumont finished seventh.

In all, 14 area girls teams and 10 individuals qualified for the State group meet at Holmdel Nov. 11, joining 14 boys teams and 12 individuals.

CROSS-COUNTRY SUMMARIES

At Garret Mountain

GROUP 1 BOYS

Team scoring

Waldwick 41, Saddle Brook 59, Emerson 100, Becton 112, Bogota 129, Palisades Park 179, Secaucus 193, North Arlington 201, Leonia 236, Midland Park 253, Pompton Lakes 273.

1. Paul Capuzzo, Emerson — 17:55.
2. Rich Straut, Waldwick — 18:22.
3. Chris Kearns, Leonia — 18:30.*
4. Mike Dempsey, Saddle Brook — 18:34.
5. Colin McNamara, Emerson — 18:38.
6. Jerry Martin, Waldwick — 18:41.
7. Kyle Alessi, Waldwick — 19:08.
8. Mike Dawson, Becton — 19:09.
9. Drew Caruso, Waldwick — 19:10.
10. Ryan O'Connell, Cresskill — 19:14.*
11. Tim Bouman, Bogota — 19:19.
12. Danny Schuman, Saddle Brook — 19:23.
13. Jim Nyulassy, Saddle Brook — 19:29.
14. Mike Ryan, Bogota — 19:40.
15. Mike Passafero, Saddle Brook — 19:58.
16. Tim Dawson, Becton — 20:08.
17. Craig Danis, Midland Park — 20:09.
18. Eric Jackson, Waldwick — 20:10.
19. Bob Passafero, Saddle Brook — 20:11.
20. Rob Call, Waldwick — 20:21.
21. Mike McGinnity, Palisades Park — 20:28.
22. J.P. Donnelly, Pompton Lakes — 20:33.
23. Jeremy Bouman, Bogota — 20:42.
24. Tony Dominos, North Arlington — 20:46.
25. Keith Kaspar, Secaucus — 20:52.

GROUP 2 BOYS

Team scoring

Rutherford 92, Kittatinny 97, Hopatcong 98, Mahwah 170, Northern Highlands 174, Wood-Ridge/Hasbrouck Heights 179, Wallkill Valley 189, River Dell 213, Garfield 255, Sussex Tech 258, Harrison 265, Ridgefield Park 270, Lyndhurst 301, Westwood 304, Glen Rock 317, Englewood 416, Hawthorne 476.

1. Craig Masker, Mahwah — 16:55.
2. Jim Lame, Wallkill Valley — 17:13.*
3. Scott Searle, Hopatcong — 17:29.
4. Jeff Koegel, Wood-Ridge/Hasbrouck Heights — 17:37.*
5. Greg Rubino, Wood-Ridge/Hasbrouck Heights — 17:45.*
6. Jeff Rubino, Wood-Ridge/Hasbrouck Heights — 17:45.*
7. Jason Russell, Rutherford — 17:53.
8. Mario Ferreiro, Harrison — 17:55.*
9. Brian Viscomi, Kittatinny — 17:59.
10. Dave Lopez, Rutherford — 18:01.
11. Mark Leon, Hopatcong — 18:03.
12. Ryan Ing, Glen Rock — 18:07.
13. Jon Levine, River Dell — 18:11.
14. Brad Clauss, Westwood — 18:12.
15. Rick Caro, Hopatcong — 18:29.
16. Dave Sung, Mahwah — 18:31.
17. Ed Dempsey, Kittatinny — 18:38.
18. Wonpa Lee, Rutherford — 18:49.
19. Greg Meehan, Kittatinny — 18:58.
20. Matt MacDonald, Mahwah — 19:01.
21. Rob Reeder, Northern Highlands — 19:02.
22. Scott Nause, Kittatinny — 19:05.
23. Matt Liebi, Northern Highlands — 19:08.
24. Mark Williams, Sussex Tech — 19:10.
25. Tim Kodama, Glen Rock — 19:11.

GROUP 3 BOYS

Team scoring

Paramus 55, Union Hill 75, Ramsey 84, Pascack Hills 125, High Point 154, Ramapo 161, Dumont 164, Demarest 183, Sparta 225, Wayne Valley 268, Pascack Valley 281, Tenafly 325, Newton 331, Indian Hills 334.

1. Ken Flynn, Ramsey — 16:31.
2. Victor Torres, Union Hill — 16:48.
3. Rich Cochrane, Wayne Valley — 16:58.*
4. Mosec Mekbeb, Cliffside Park — 17:03.*
5. Frank Baldassare, Ramapo — 17:11.*
6. Jason Barnes, Paramus — 17:14.
7. Rob Seidel, Paramus — 17:31.
8. Peter Graham, Dumont — 17:31.*
9. Steve Karavas, Fort Lee — 17:32.*
10. Mark Anderson, High Point — 17:32.
11. Scott Jackson, Pascack Hills — 17:44.
12. Sean Albert, Paramus — 17:49.
13. Scott Urban, Demarest — 17:51.
14. John Nugent, Paramus — 17:55.
15. Dave Castellano, Ramsey — 17:58.
16. Edwin Ciarn, Union Hill — 18:01.
17. Tom Martin, Demarest — 18:02.
18. Jeff Perez, Union Hill — 18:05.
19. Rich Gagnon, Ramsey — 18:09.
20. Rich Abreu, Union Hill — 18:11.
21. Sean McCann, Dumont — 18:15.
22. Matt McDonald, Pascack Hills — 18:17.
23. Craig Hannon, Sparta — 18:21.
24. Ken Pavlinec, Paramus — 18:23.
25. Todd Newman, Ramsey — 18:26.

GROUP 4 BOYS

Team scoring

Ridgewood 65, Vernon 71, North Bergen 117, Hackensack 131, Passaic Tech 160, Memorial 170, Eastside 225, Clifton 235, West Milford 250, Dickinson 259, Passaic 260, Fair Lawn 310, Kennedy 326, Ferris 380.

1. Eric Boucher, Ridgewood — 17:10.
2. Adolfo Solano, Dickinson — 17:18.*
3. Rui Ornelas, Kearny — 17:18.*
4. Kevin McGill, Vernon — 17:18.
5. Josh Fronefield, Ridgewood — 17:18.
6. Ed Hults, North Bergen — 17:21.
7. Shawn Fyffe, Passaic — 17:23.*
8. Kevin Beirne, Hackensack — 17:28.
9. Allen Huber, Clifton — 17:41.*
10. Jon Berntsen, Ridgewood — 17:47.
11. Brian Krozelnick, Vernon — 17:52.
12. Brian Long, North Bergen — 17:58.
13. Sergio Ferrer, Hackensack — 18:01.
14. Tom Stevenson, Ridgewood — 18:05.
15. Damian Gomm, Vernon — 18:05.
16. Khris White, Eastside — 18:10.
17. Adam Baird, West Milford — 18:12.
18. Alexis Espino, Memorial — 18:13.
19. James Galloway, Teaneck — 18:13.
20. Mike Pfaff, Hackensack — 18:15.
21. John Burns, Vernon — 18:17.
22. Dave Ascensio, Vernon — 18:21.
23. Daryl Tann, Passaic Tech — 18:25.
24. Pedro Viera, Kearny — 18:25.
25. Raul Guzman, Eastside — 18:26.

GROUP 1 GIRLS

Team scoring

Palisades Park 31, Cresskill 92, Eastern Christian 100, North Arlington 112, Saddle Brook 113, Emerson 114, Pomton Lakes 155, Midland Park 185.

1. Ann Sourek, Palisades Park — 21:24.
2. Cathy Acevedo, Saddle Brook — 22:25.
3. Jen Carlin, Cresskill — 22:39.
4. Nicole Brown, Palisades Park — 23.06.
5. Angela Allegretta, Palisades Park — 23:14.
6. Jessica Grieco, Emerson — 23:40.*
7. Nicole Falcone, North Arlington — 23:43.
8. Melanie Picciano, Palisades Park — 23:46.
9. Meredith Rotondo, Cresskill — 23:48.
10. Lisa Shanno, Leonia — 24:08.*
11. Laura Millai, North Arlington — 24:56.
12. Rachel Smith, Cresskill — 24:57.
13. Simone Wall, Pompton Lakes — 24:58.
14. Laura Lai, Palisades Park — r25:12.
15. Noelle Spassof, Emerson — 25:16.
16. Sara Vugteneen, Eastern Christian — 25:21.
17. Lisa Vigteneen, Eastern Christian — 25:28.
18. Kathy Hwang, Palisades Park — 25:35.
19. Danalyn Adams, Pompton Lakes — 25:43.
20. Sue Voorman, Eastern Christian — 25:48.
21. Jennifer Horn, Palisades Park — 25:51.
22. Lisa Ertle, North Arlington — 25:58.
23. Jeannie Koops, Eastern Christian — 26:30.
24. Stephanie Cuomo, Saddle Brook — 26:55.
25. Charmaine Hanley, Bogota — 26:58.

GROUP 2 GIRLS

Team scoring

Kittatinny 40, Hopatcong 61, Northern Highlands 105, Garfield 108, Rutherford 129, Mahwah 143, River Dell 148, DePaul 200, Hawthorne 218, Ridgefield Park 245.

1. Patty Miller, Kittatinny — 20:49.
2. Erika Levai, Hopatcong — 21:15.
3. Mindy Zwart, Kittatinny — 21:20.
4. Dawn Crowley, Hopatcong — 21:55.
5. Davina Medina, DePaul — 22:11.*
6. Dee Keough, Mahwah — 22:14.*
7. Cathy Rindge, River Dell — 22.16.*
8. Medeina Steidl, Garfield — 22:22.
9. Caroline Preece, Northern Highlands — 22:26.
10. Dawn Gunther, Kittatinny — 22:29.
11. Carli Gallo, Mahwah — 22:48.
12. Hallie Foster, Kittatinny — 22:48.
13. Nancy Scott, Garfield — 23:02
14. Anita Malinowski, Kittatinny — 23:06.
15. Chris Oakes, Hopatcong — 23:12.
16. Katie Morris, Northern Highlands — 23:20.
17. Keri Riley, Northern Highlands — 23:30.
18. Sonia Roman, Garfield — 23:36.
19. Cassandra Jessee, Hopatcong — 23:41.
20. Mary Bills, Rutherford — 23:49.
21. Sue Pike, Hopatcong — 23:55.
22. Maureen Cullen, Hawthorne — 24:03.
23. Fran Laforgia, Rutherford — 24:09.
24. Christina Scura, DePaul — 24:10.
25. Holy Chapot, River Dell — 24:18.

GROUP 3 GIRLS

Team scoring

Wayne Valley 54, Ramsey 112, Bergenfield 129, St. Dominic Academy 133, Newton 135, Dumont 138, Queen of Peace 182, Union Hill 187, Sparta 198, High Point 202, Paramus 227, Ramapo 327.

1. Stephanie Andrasek, Newton — 19:50.
2. Liane Sullivan, St. Dominic — 20:05.
3. Jen Mackey, Sparta — 20:20.*
4. Catherine Feeney, Wayne Valley — 20:37.
5. Sephora Castro, Union Hill — 20:38.*
6. Lisa Berkowitz, Wayne Valley — 21:07.
7. Kathy McAuliffe, Dumont — 21:15.*
8. Diana Crenshaw, Wayne Valley — 21:49.
9. Kim Sheekey, Ramsey — 21:59.
10. Colleen Doyle, Bergenfield — 22:08.
11. Vickee Foy, Paramus — 22:13.
12. Jeanette Rodriguez, Union Hill — 22:23.
13. Brenda McGowen, Bergenfield — 22:28.
14. Diana Auter, Newton — 22:35.
15. Cindy Rock, Wayne Valley — 22:42.
16. Jennifer Blake, St. Dominic — 22:43.
17. Janine Veling, Ramsey — 22:47.
18. Meghan Oesen, High Point — 22:48.
19. Tricia Sheehan, Dumont — 22:51.
20. Denise Auter, Newton — 22:58.
21. Tara Master, Wayne Valley — 23:10.
22. Jen Dolce, High Point — 23:11.
23. Laura Albro, Paramus — 23:16.
24. Melissa Rubel, Ramsey — 23:18.
25. Louise Chiu, Wayne Valley — 23:19.

GROUP 4 GIRLS

Team scoring

Kearny 28, Ridgewood 64, Vernon 93, Hackensack 97, Clifton 125, North Bergen 150, West Milford 178, IHA 210, Holy Angels 244.

1. Liz Figlar, Ridgewood — 20:18.
2. Nadine Nunez, Passaic — 20:41.*
3. Ana Mateus, Kearny — 20:49.
4. Uloopi DeSai, Kearny — 20:59.
5. Rachel McLaughlin, Lakeland — 20:59.*
6. Tara McDermott, Kearny — 21:28.
7. Melissa Wyka, Fair Lawn — 21:36.*
8. Michelle Mueller, West Milford — 21:48.*
9. Eileen Fitzgerald, Ridgewood — 21:51.
10. Martha Leproski, Vernon — 21:54.
11. Tracy Murray, IHA — 22:00.
12. Jamie Cowan, Kearny — 22:03.
13. Beth Bourque, Kearny — 22:28.
14. Shannon Siragusa, Vernon — 22:37.
15. Ann Marie Ricciardi, Kearny — 22:38.
16. Sue Haddad, Hackensack — 22:42.
17. Vanessa McClure, Kennedy — 22:45.
18. Eileen Moritz, Ridgewood — 22:51.
19. Bryana Johnson, Hackensack — 23:02.
20. Sharon Richardson, Clifton — 23:03.
21. Sheryl Bartke, Hackensack — 23:05.
22. Virginia Gonzalez, Vernon — 23:06.
23. Nadine Watson, North Bergen — 23:14.
24. Jolene Smith, North Bergen — 23:14.
25. Megan McCabe, Ridgewood — 23:18.

* — qualified for NJSIAA State group meet Nov. 11.

JUNIOR VARSITY BOYS

Groups 1-2

Team scoring

1, Rutherford 15; 2, River Dell 55; 3, Ridgefield 73.

1. Scott Janasko, Rutherford — 19:37.
2. Jason Murry, Rutherford — 19:45.
3. Sean Murry, Rutherford — 21:14.
4. Justin Harrison, Rutherford — 21:19.
5. Pete Lepresti, Rutherford — 21:26.
6. Jim Sparo, Rutherford — 21:37.
7. Steve Greenberg, River Dell — 21:38.
8. Tim Badger, Rutherford — 21:41.
9. Mike Levine, River Dell — 21:50.
10. James Bonnell, Ridgefield — 21:50.

GROUPS 3-4

Team scoring:

1, Union Hill 32; 2, Ridgewood 84; 3, Hudson Catholic 100; 4, Dickinson 112; 5, Nutley 143; 6, Hackensack 146; 7, Memorial 170; 8, Tenafly 221; 9, Bayonne 221; 10, Dumont 238; 11, Queen of Peace 341.

1. Scott Downes, Bayonne — 18:46.
2. Frank Veua, Union Hill — 19:06.
3. Rafael Perez, Union Hill — 19:06.
4. Willis Bentinez, Union Hill — 19:13.
5. Jeremy Maichvik, Nutley — 19:18.
6. Nunie Pority, Union Hill — 19:23.
7. Eric Ortiz, Memorial — 19:32.
8. Matt Hall, Ridgewood — 19:44.
9. Rich Rivera, Dickinson — 19:52.
10. Jason Sawyer, Hackensack — 19:53.



Photo by Kim Niland

Lady Maroon harriers — Standing, from left, Megan McCabe, Liz Figlar, Eileen Fitzgerald, Jill Apostle and Lisa DeCastro. Seated, from left, Jenny Schwartz, Jen Bauman, Heather Fitzgerald and Missy Klein. Eileen Moritz was not present when photo was taken. AND BRIDGET BLANEY

'Improvements,' team effort sparked Lady Maroon harriers to Bergen laurels in Group 4

By JAMIE ROBERTS

"We lost the two top kids in the county (Jean Hughes and Lynn Collazo) and didn't expect to do much this year," said coach Jacob Brown. "But a couple of the girls made big improvements and we've had a real team effort."

The improvements have helped the young Ridgewood girls cross-country team to suprising success this season.

"I've never had a most-improved award but I'm thinking about one now for one of two girls," Brown continued.

They are senior Jen Bauman and junior Eileen Moritz. Bauman has lowered her course time by "at least" 1 1/2 minutes and Moritz by nearly three. They alternate as the 3-4 runners behind senior Liz Figlar (1) and soph Eileen Fitzgerald.

The linchpin of the squad is veteran Figlar, who has "come out of the shadow" of Hughes and Collazo and "beaten some pretty good runners" this season.

Most recently, the senior won the North Jersey Section 1, Group 4 race, as Ridgewood finished second to Kearny, and was second to Fair Lawn's Melissa Wyka, as Ridgewood won the Bergen Group 4 title.

"She (Figlar) has gotten much faster," the coach noted. "Maybe because she was so good in track the improvement has not been dramatic, but she has improved.

"Eileen (Fitzgerald) did not run cross-country last year and was an unknown quantity," Brown continued. "But we had seen her in track and thought she could run pretty fast."

Right behind the first four are freshman Megan McCabe, sophomores Jill Apostle and Lisa DeCastro, junior Jenny Schwartz and seniors Heather Fitzgerald and Missy Klein, who tend to run in a pack not far off the pace of a race.

The Lady Maroons also finished second in the Shore Coaches Meet at Holmdel and third in their race at the Manhattan Invitational. They were scheduled to compete Saturday (Nov.4) in the Bergen Meet of Champions over Garret Mountain's tortuous course, then the State Group 4 championship event.

Ridgewood puts title on the line

By Paul Schwartz
Correspondent

No team has won back-to-back Bergen County Boys Meet of Champions cross-country titles since Bergen Catholic completed a five-year streak in 1983. Ridgewood hopes to become the first public school to repeat at 3 p.m. Saturday at Garret Mountain.

The Maroons, triple crown winners of the Northern New Jersey Interscholastic League Atlantic, Bergen Group 4, and State sectional Group 4 titles, will face a strong challenge from Paramus, a triple crown winner in Group 3. The Spartans hope to become only the fourth different team to win in the 17-year history of the meet, joining Ridgewood, Bergen Catholic, and Paramus Catholic.

Ridgewood's duo of junior **Eric Boucher** and frosh **Josh Fronefield** has run better than Paramus' one-two punch of **Jason Barnes** and **Rob Seidel**. And the teams appear evenly matched at the three and four spots. But Paramus and soph **Ken Pavlinec** hold a distinct advantage over the Maroons in the key No. 5 slot, which could be enough to cinch the title.

Group 3 runner-up Ramsey should be third, with Group 2 powers Rutherford and Hasbrouck Heights/Wood-Ridge contending with Paramus Catholic and Bergen Catholic for fourth and fifth.

Defending champion **Craig Masker** of Mahwah, trying to become the first repeat winner since **Kevin Byrne** in 1974-1975, is questionable for the race because of lingering tendinitis. Junior **Ken Flynn** of Ramsey is favored, with Boucher, **Moses Mekbeb** of Cliffside Park, and freshman **Frank Baldassare** of Ramapo probable top five finishers.

CROSS-COUNTRY NOTEBOOK

Ridgewood should be untested in winning its 10th straight girls title. Hackensack, Ramsey, Bergenfield, and Dumont should complete the top five.

The girls race is wide open with juniors **Kathy McAuliffe** of Dumont, **Melissa Wyka** of Fair Lawn, **Liz Figlar** of Ridgewood, seniors **Dee Keough** of Mahwah, and **Cathy Acevedo** of Saddle Brook all possible winners.

TRIPLE CROWN UPDATE — Ridgewood's boys claimed their fourth triple crown, tying Ramsey. Paramus and Waldwick became the 16th and 17th teams to win a triple crown for the first time. Palisades Park became the 8th girls team to win a triple crown.

Boucher became the first Group 4 runner to win the triple crown since Tom Hughes of Ridgewood in 1980, while Masker and Flynn became the first two-time triple crown winners since **Ian Leavesley** of Mahwah in 1978-1979. No Bergen County girl has won a triple crown since **Jasmin Jones** of Hackensack in 1986.

The Record's girls cross-country polls

PASSAIC-MORRIS

1. **Wayne Valley** — The Indians roll along with a seventh straight sectional title, and later today they will seek a fourth straight Passaic County win. They'll get it. **(Points: 50)**
2. **Clifton** — Sharon Richardson led the Mustangs into the final qualifying spot for the Group 4 State Meet. **(Points: 40)**
3. **Eastern Christian** — The Eagles, captured their first B-PSL Carpenter title and qualified for the State Group 1 championship for the first time. **(Points: 30)**
4. **West Milford** — Michelle Mueller's eighth-place finish in the Group 4 sectional was a pleasant surprise. **(Points: 19)**
5. **DePaul** — Davina Medina's fifth in the Group 2 race was another pleasant surprise. **(Points: 11)**

BERGEN GROUP 1-2

1. **Palisades Park** — The first Bergen County triple crown (league, County group, and State sectional) winner since Saddle Brook in 1987 keeps getting better. Might threaten at the Group 1 meet. **(Points: 47)**
2. **Northern Highlands** — The Highlanders edged Mahwah for the Group 2 county title on the strength of a strong sixth runner. A one-point loss to Group 3 power Ramsey and a strong third behind Kittatinny and Hopatcong at the sectionals followed. **(Points: 38)**
3. **Garfield** — The Boilermakers have slid after a marvelous start. But they are the Bergen-Passaic Scholastic League King Division champions and qualified for both the State group meet and the Bergen Meet of Champions. **(Points: 30)**.
4. **Cresskill** — An uncharacteristically poor race in the Group 1 sectionals cost the Cougars dearly. **(Points: 15)**
5. **Mahwah** — The Thunderbirds were edged by Northern Highlands in the counties and by Garfield in the B-PSL. But they failed to qualify for the State group meet. **(Points: 12)**

Others receiving votes: Rutherford 7, North Arlington 1.

BERGEN GROUP 3-4

1. **Ridgewood** — Though Kearny easily defeated the Maroons for the Group 4 sectional title, Ridgewood should have little trouble winning a 10th straight Meet of Champions title. **(Points: 50)**
2. **Hackensack** — The Comets are a solid team with some good runners. But their pack philosophy can't compete with Ridgewood's 1-2 punch of Liz Figlar and Eileen Fitzgerald. **(Points: 32)**
3. **Ramsey** — In a very balanced and competitive Group 3, the Rams continue to hold off the Bergen opposition, although they remain no match for Wayne Valley. **(Points: 24)**
4. **Bergenfield** — The Bears won the Northern Bergen Interscholastic League Division 1 title and had a good third-place finish in the State sectionals. **(Points: 19)**
5. **Dumont** — The Huskies missed qualifying for the State meet by just three points in the competitive Group 3 race, after losing the County Group 3 race by two points. **(Points: 16)**

Others receiving votes: Queen of Peace 9.

Bergen and Passaic-Morris polls selected by The Record's sports staff. Voting on 5-4-3-2-1 basis.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET Bergen County Meet of Champs

DATE November 4, 1989

WEATHER Cool - Clear - Beautiful

COURSE Garret Mt - Altered Road Course
286 yards longer than regular course

COURSE RECORD _____

TYPE OF COURSE _____

over all place	place for R H S	NAME	TIME
2	1	Liz Figlar	20:18.6
3	2	Eileen Fitzgerald	20:46.5
13	8	Jen Bauman	21:55.5
20	13	Eileen Moritz	22:22.4
27	20	Missy Klein	22:57.8
28	21	Jill Apostle	22:59.2
36	29	Megan McCabe	23:14.9

TEAM TOTAL: 44

TEAM PLACE: 1st

1-5 SPLIT: 2:39

1-7 SPLIT: 2:56

COMMENTS: Great Run - All ran their best - Eileen Fitzgerald with the most dramatic improvement! We are the best in Bergen County. Liz lost a close one and will know to hang on closer in the future - Even the best kicker must be close at the end.

Fair Lawn's Wyka holds on to victory

By Paul Schwartz
Correspondent

CROSS-COUNTRY

WEST PATERSON — Melissa Wyka broke away from the pack and started up the final hill at Garret Mountain with a big lead. The Bergen County Girls Meet of Champions title was in sight less than 600 yards away.

But the Fair Lawn junior was wobbling, all but spent from the effort that had opened the margin over Liz Figlar of Ridgewood. Figlar was 80 yards behind and closing.

Wyka continued up the hill and Figlar kept coming . . . 70 yards behind . . . then 60 . . . 50 . . . 40 . . . 30 . . . 20. Now Wyka reached the final tree with just 150 yards to go and Figlar was racing hard . . . 15 yards . . . then 10 . . . then 5.

Finally, Wyka staggered across the finish line first with Figlar still a step short for the closest finish in meet history.

"I didn't know she had gotten so close until after the finish line," said Wyka, 30 minutes after the race. "I felt awful coming up the hill and my left leg is still shaking."

"I was really tired but I know she doesn't run the hill well," said Figlar, the junior who led Ridgewood to its 10th straight girls team championship, 44-109, over surprising Palisades Park, the first Group 1 school to crack the top three. "I finally saw how close she was when I reached the tree and tried to get her. But I just couldn't do it."

Wyka was joined as an individual champion by Ramsey junior Ken Flynn, who reversed last year's runner-up finish to Craig Masker of Mahwah.Paramus defeated Ridgewood and Ramsey, 65-78-89, to claim its first boys title.

While Wyka's win came by a hair, Flynn's was indicative of the dominance he had shown all season.

After Cliffside Park's Moses Mekbeb forced the early pace, Flynn took the lead midway through and stayed with Masker until the final mile.

"I threw in a little spurt right before we came to the final hill and I got 20 yards on him there," said Flynn, who was clocked in 16 minutes, 17.8 seconds, the fastest time on the altered Garret course. Flynn ran away from Masker to win by 100 yards.

The hill also was crucial in Paramus' first win.

"We were out of it before we got to the hill," said Paramus coach Brian Rodak. "Jason Barnes was way back and he looked like he'd never get back into it."

But Barnes rallied and finished 12th, four spots behind teammate Rob Seidel. John Nugent was 14th and Sean Albert 27th for the Spartans, whose fifth runner, Ken Pavlinec, was 42nd.

Ridgewood's 10th straight win was in many ways the sweetest for coach Jacob Brown. Ridgewood was not expected to win the title before the season started, but with Figlar and sophomore Eileen Fitzgerald finishing 2-3, and with four other teammates in the top 28, the win was an easy one.

Jen Bauman finished 13th, Eileen Moritz 20th, Missy Klein 27th, and Jill Apostle 28th for the Maroons.

"This is a totally diffferent team than the past with a re-formed attitude," said Brown. "Liz is the dominant runner, but there's no dominant personality and the team has blended together very well.

"We got a break when Missy Klein transferred from Northern Highlands and decided to run cross-country this year, but the improvement from people like Moritz and Bauman was the difference."

Said Figlar: "Last fall, after we won, I thought it would be the last one. But a lot of people improved a lot, especially Jen Bauman and Eileen Moritz."

Youth was served as seven of the top 10 girls and five of the boys were underclassmen. Freshmen Frank Baldassare of Ramapo and Carli Gallo of Mahwah were seventh in their respective races.

Cross-country

Bergen Meet of Champions

at Garret Mtn., West Paterson

BOYS TEAM SCORING

Paramus 65, Ridgewood 78, Ramsey 89, Bergen Catholic 125, Paramus Catholic 128, Rutherford 150, Pascack Hills 154, Wood-Ridge/Hasbrouck Heights 176, Mahwah 216, Waldwick 231, Saddle Brook 308, Becton 314.

1.	Ken Flynn, Ramsey	16:17.8.
2.	Craig Masker, Mahwah	16:37.3.
3.	Eric Boucher, Ridgewood	16:40.0.
4.	Moses Mekbeb, Cliffside Park	16:54.5.
5.	Steve Karavas, Fort Lee	17:00.6.
6.	Peter Graham, Dumont	17:07.6.
7.	Frank Baldassare, Ramapo	17:13.2.
8.	Rob Seidel, Paramus	17:15.9.
9.	Kevin Beirne, Hackensack	17:18.1.
10.	Dave Pataky, Paramus Catholic	17:21.3.
11.	Paul Capuzzo, Emerson	17:27.7.
12.	Jason Barnes, Paramus	17:31.4.
13.	Scott Jackson, Pascack Hills	17:32.8.
14.	John Nugent, Paramus	17:34.4.
15.	Rick Gagnon, Ramsey	17:37.4.
16.	Josh Fronefield, Ridgewood	17:37.8.
17.	Jason Russell, Rutherford	17:38.4.
18.	Jon Berntsen, Ridgewood	17:39.9.
19.	Matt McDonald, Pascack Hills	17:41.4.
20.	Jeff Koegel, W-R/HHH	17:45.2.
21.	Gregg Rubino, W-R/HH	17:48.1.
22.	Tom Stevenson, Ridgewood	17:48.4.
23.	Chris Woletz, Paramus Catholic	17:50.7.
24.	Jon Levine, River Dell	17:51.0.
25.	Ed Eder, Fair Lawn	17:51.8.
26.	Jim Coker, Fair Lawn	17:52.4.
27.	Sean Albert, Paramus	17:56.7.
28.	Colin McNamara, Emerson	17:57.8.
29.	Dave Castellano, Ramsey	17:58.1.
30.	Jeff Rubino, W-R/HH	17:59.3.
31.	Scott Urban, Demarest	17:59.7.
32.	Rob Torres, Pascack Valley	18:01.8.
33.	Randy Becker, Bergen Catholic	18:02.3.
34.	Todd Newmann, Ramsey	18:02.6.
35.	Mike Ulshoefer, Bergen Catholic	18:02.9.
36.	Sean McCann, Dumont	18:03.4.
37.	J.R. Meloro, Bergen Catholic	18:04.1.
38.	Wonpa Lee, Rutherford	18:05.7.
39.	Dave Lopez, Rutherford	18:07.7.
40.	John Fitzsimmons, Bergen Catholic	18:07.9.
41.	Rich Guinther, Paramus Catholic	18:08.3.
42.	Ken Pavlinec, Paramus	18:12.1.
43.	No card	18:13.4.
44.	Brad Clauss, Westwood	18:14.4.
45.	Rich Straut, Waldwick	18:16.5.
46.	James Galloway, Teaneck	18:19.7.
47.	Dave Sung, Mahwah	18:20.6.
48.	Chris Kearns, Leonia	18:23.6.
49.	Joe Borchard, Paramus Catholic	18:24.9.
50.	Drew Caruso, Waldwick	18:26.0.

GIRLS TEAM SCORING

Ridgewood 44, Palisades Park 109, Ramsey 113, Dumont 115, Hackensack 118, Northern Highlands 125, Garfield 148, Bergenfield 160, Immaculate Heart Academy 205, Emerson 250. Cresskill and Mahwah did not run full teams.

1.	Melissa Wyka, Fair Lawn	20:18.2.
2.	Liz Figlar, Ridgewood	20:18.6.
3.	Eileen Fitzgerald, Ridgewood	20:46.5.
4.	Cathy Acevedo, Saddle Brook	20:55.3.
5.	Kathy McAuliffe, Dumont	21:01.0.
6.	Jen Carlin, Cresskill	21:10.8.
7.	Carli Gallo, Mahwah	21:29.8.
8.	Vickee Foy, Paramus	21:30.4.
9.	Keri Riley, Northern Highlands	21:37.4.
10.	Tracy Murray, IHA	21:39.4.
11.	Anne Sourek, Palisades Park	21:46.5.
12.	Caroline Preece, Northern Highlands	21:55.2.
13.	Jen Bauman, Ridgewood	21:55.5.
14.	Amy Giannantonio, Cresskill	21:59.1.
15.	Medeana Steidl, Garfield	22:01.7.
16.	Cathy Rindge, River Dell	22:06.0.
17.	Nicole Brown, Palisades Park	22:15.9.
18.	Nancy Scott, Garfield	22:18.8.
19.	Kerriann Codling, Hackensack	22:20.7.
20.	Eileen Moritz, Ridgewood	22:22.4.
21.	Tricia Sheehan, Dumont	22:26.9.
22.	Melissa Rubel, Ramsey	22:32.4.
23.	Colleen Doyle, Bergenfield	22:41.3.
24.	Katie Morris, Northern Highlands	22:49.2.
25.	Leslie Bunger, Ramsey	22:54.7.
26.	Angela Allegretta, Palisades Park	22:57.4.
27.	Missy Klein, Ridgewood	22:57.8.
28.	Jill Apostle, Ridgewood	22:59.2.
29.	Sue Haddad, Hackensack	23:00.9.
30.	Breda McGowan, Dumont	23:01.9.
31.	Trica Brady, Dumont	23:04.7.
32.	Sheryl Bartke, Hackensack	23:08.2.
33.	Christine Mannino, Bergenfield	23:09.9.
34.	Bryana Johnson, Hackensack	23:12.7.
35.	Janine Veling, Ramsey	23:13.8.
36.	Megan McCabe, Ridgewood	23:14.9.
37.	Jessica Grieco, Emerson	23:18.0.
38.	Rachel Smith, Cresskill	23:18.9.
39.	Holly Chaput, River Dell	23:19.2.
40.	Leah Scala, Dumont	23:19.6.
41.	Teri Martin, Hackensack	23:24.3.
42.	Stacey Weisfeld, Hackensack	23:33.4.
43.	Melanie Picciano, Palisades Park	23:35.4.
44.	Laurie Reid, Ramsey	23:38.1.
45.	Sonia Roman, Garfield	23:44.7.
46.	Kim Sheekey, Ramsey	23:56.6.
47.	Charlmaine Hanley, Bogota	24:03.6.
48.	Leigh Vincze, Garfield	24:05.3.
49.	Veronica Davi, IHA	24:06.9.
50.	Jackie Kuhlmeier, Cresskill	24:09.0.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET STATE GROUP IV CHAMPIONSHIP

COURSE HOLMDEL

DATE 11/11/89

COURSE RECORD

WEATHER WARM – SUNNY BEAUTIFUL

TYPE OF COURSE

over all place	place for R H S	NAME	TIME
7	(4)	EILEEN FITZGERALD	20:31.8
8	(5)	LIZ FIGLAR	20:34.5
60	(51)	JEN BAUMAN	22:23
63	(54)	EILEEN MORITZ	22:26
70	(60)	MISSY KLEIN	22:46
100	(89)	JILL APOSTLE	23:49
109	96	MEGAN MCCABE	24:06

TEAM TOTAL: 174

TEAM PLACE: 8TH

1-5 SPLIT: 2:15

1-7 SPLIT: 3:35

COMMENTS:

Business as usual for Ramsey star

By Paul Schwartz
Correspondent

CROSS-COUNTRY

HOLMDEL — The performance that carried Ken Flynn of Ramsey to the Group 3 State championship Saturday was not much different than the kind produced by the talented junior in major cross-country races all season.

Flynn got out slowly but in good position, moved up on the lead runners by midway through, and broke open the race in the final mile to win easily.

That's a pattern Flynn established early in his sensational season and hopes to continue, at least for one more week.

"He's had a very smooth year," said Ramsey coach John Kirchof after Flynn became the first Bergen County boy to win a group title since Ian Leavesley of Mahwah captured Group 1 in 1979. "He has had some shin problems but his foot doctor designed a wrap for him that has worked well, and he's such a competitive runner he's controlled every race."

Flynn was joined by seven other individuals and the Palisades Park girls team as qualifiers for Saturday's Meet of Champions, also at Holmdel County Park. His winning time of 16 minutes, 19 seconds for the 5,000-meter course was the fastest of the day among the six boys winners. Flynn won the New Jersey State Interscholastic Athletic Association race by the same 100 meters he seems always to win by.

"I was really nervous after I saw in the paper that I was picked to win the race," said Flynn. "But when I started running I forgot about being nervous and concentrated on running."

Craig Masker of Mahwah, the last Bergen County runner to beat Flynn (at last year's Bergen Meet of Champs), ran a fine race to place second in Group 2 behind Bryan Spoonire of Asbury Park.

"We let Bryan get away and concentrated on our own races," said Masker. "I didn't take second until about a half-mile before the finish."

Palisades Park turned in a spectacular team performance to take second behind perennial Group 1 girls titlist Bishop Eustace. The Tigers placed four runners in the top 17 and finished only 26 points behind Eustace, 56-82.

Junior Nicole Brown and senior Ann Sourek finished 10-11, while sophomore Melanie Picciano and junior Angela Allegretta were 16th and 17th respectively.

"I knew the top four girls were ready to run," said veteran coach Jim Nichols. "Our fifth girl has been sick, but the top four did so well, her bad race didn't hurt us."

Bergen County seemed to have a monopoly on eighth-place finishes, recording five in the 10 races.

Dave Pataky of Paramus Catholic was eighth in the Parochial A race, shaking off a year filled with frustration to qualify as one of four Bergen boys in the Meet of Champs. Cathy Acevedo of Saddle Brook was eighth in the Group 1 race, while Dumont junior Kathy McAuliffe was eighth in Group 2.

Bergen County runner-up Liz Figlar was eighth in the Group 4 race, but the junior was edged by sophomore teammate Eileen Fitzgerald, who was seventh. But the most surprised and surprising eighth-place finisher was sophomore Caroline Preece of Northern Highlands in Group 2.

Preece, who was ninth in the sectional race two weeks ago, had run 24:50 on the same course in a TAC qualifying race Nov. 5. But she ran more than three minutes faster for her eighth-place finish.

"I'm not sure what happened, but it hurts," said Preece, belying her pain with a broad smile.

Junior Eric Boucher was ninth to lead Ridgewood to a sixth-place Group 4 finish. Paramus, the Bergen County champion, struggled for the first time all season and finished a disappointing sixth in Group 3, only one point ahead of Ramsey.

Waldwick was seventh in Group 1 boys, Rutherford sixth in Group 2, and Paramus Catholic was eighth in Parochial A. Ridgewood's girls were eighth in Group 4 and Garfield was eighth in Group 2.

The top three teams and 10 individuals in each group qualified for the State championship race Saturday.

HIGH SCHOOL SUMMARIES

Cross-country

NJSIAA group championships

At Holmdel

PAROCHIAL A BOYS

Team scoring

Paul VI (Haddonfield) 40, Christian Brothers Academy 64, Red Bank Catholic 126, St. Joseph (Metuchen) 166, Notre Dame 174, Delbarton 180, Seton Hall Prep 205, Paramus Catholic 221, Bergen Catholic 229, Holy Spirit 273, Holy Cross 291, St. Peter's 322, Camden Catholic 364, St. John Vianney 378, Don Bosco Prep 402, Bishop Ahr 409, Hudson Catholic 449, Essex Catholic 469, Immaculata 471, St. Joseph Regional 530.

1. Joe Cranston, Paul VI — 16:28.
2. Vin Cieslik, Paul VI — 16:47.
3. Tom Lillis, CBA — 16:56.
4. Kevin Harty, Delbarton — 16:58.
5. Rich Sciria, CBA — 17:00.
6. Pete Dougherty, Paul VI — 17:01
7. Rob Forberger, Camden Catholic — 17:04.
8. Dave Pataky, Paramus Catholic — 17:05.
9. Marc Mc Donald, CBA — 17:13.
10. Pat Campbell Holy Cross — 17:19.
33. Joe Borhard, Paramus Catholic — 18:10.
37. Chris Woletz, Paramus Catholic — 18:16.
40. Rich Hayes, Bergen Catholic — 18:18.
43. Randy Becker, Bergen Catholic — 18:25.
47. Mike Ulshoefer, Bergen Catholic — 18:29.
48. Dan Amend, Bergen Catholic — 18:31.
49. John Fitzsimmons, Bergen Catholic — 18:32.

PAROCHIAL B BOYS

Team scoring

Pingry 80, Sacred Heart 91, St. Benedicts 119, St. Rose 123, Gloucester Catholic 151, St. Augustine 171, Our Lady of Good Council 223, Bishop Eustace 229, Wildwood Cathlolic 231, Mater Dei 235, Eastern Christian 263, De Paul 265, St. Joseph (Hammonton) 274, Msr. Donovan 315, Don Bosco Tech 398, Oratory Prep 496.

1. Tom Naimoli, Mater Dei — 16:31.
2. Harry Drew,St. Rose — 16:41.
3. Mark Silvieri,St. Augustine — 16:50.
4. Nuno Santo, St. Benedict's — 17:04.
5. Ron Kornafel, St. Augustine — 17:17.
6. Jason Polaha, Sacred Heart — 17:31.
7. Jeff Mastroly, St. Rose — 17:36.
8. Tedd Callinan, Gloucester Catholic — 17:40.
9. Jim Mc Elhatton, Wildwooc Catholic — 17:51.
10. Tim Lear, Pingry — 17:54.
19. John Pavlowski, Don Bosco Tech — 18:32.
26. Chris Shaw, DePaul — 18:46.
34. Mike Terpstra,Eastern Christian — 19:12.
42. Doug De Visser, Eastern Christian — 19:35.
43. Jim Mc Cormick, DePaul — 19:36.

GROUP 1 BOYS

Team scoring

Haddonfield 57, Whippany Park 117, Riverside 143, Haddon Township 153, Metuchen 165, Henry Hudson 196, Waldwick 224, Wildwood 229, Governor Livingston 233, Bound Brook 257, Burlington Township 262, Newark Arts 276, Saddle Brook 286, Highland Park 309, Middlesex 314, Emerson Borough 318, Bogota 392, Becton 425.

1. Matt Martin, Haddon Township — 16:44.
2. Tim Shanahan, Haddonfield — 17:05.
3 Kirk Earney, Haddon Township — 17:13.
4. Kevin Underwood, Haddonfield — 17:21.
5. Larry Weiss, Metuchen — 17:23.
6. Brian Durham, Burlington — 17:24.
7. Ron Brock, Riverside — 17:24.
8. Kevin Schilling, Pitman — 17:26.
9. Shawn Brock, Riverside — 17:30.
10. Matthew Sanson, North Warren — 17:49.
16. Colin Mc Namara, Emerson — 18:03.
28. Rich Straut, Waldwick — 18:28.
32. Chris Kearns, Leonia — 18:34.
40. Drew Caruso, Waldwick — 18:42.
41. Paul Capuzzo, Emerson Borough — 18:42.
42. Mike Ryan, Bogota — 18:48.
45. Jim Nyulassy, Saddle Brook — 18:53.
46. Jerry Martin, Waldwick — 18:55.
49. Kyle Alessi, Waldwick — 19:03.

GROUP 2 BOYS

Team scoring

Cinnaminson 82, Millburn 134, Chatham 156, Clearview 167, Holmdel 178, Rutherford 204, Somerville 206, Kittatiny 220, Manchester Twp. 232, Delran 234, Delaware Valley 260, Penns Grove 278, Boonton 312, Hackettstown 326, Hopatcong 335, Mahwah 353, Hopewell Valley 368, Northern Highlands 400, Ridge 413.

1. Bryan Spoonire, Asbury Park — 16:28.
2. Craig Masker, Mahwah — 16:56.
3. Craig Mc Donald, Asbury Park — 17:00.
4. Brian Walsh, Chatham — 17:02.
5. John Peluso, Manchester Twp. — 17:13.
6. Jim Lame, Wallkill Valley — 17:14.
7. Artie Del Cruz, Northern Burlington — 17:17.
8. Chris Lee, Holmdel — 17:18.
9. Demond Joyner, Asbury Park — 17:20.
10. Jason Rinsky, Millburn — 17:22.
15. Greg Rubino, Wood-Ridge/Hasbrouck Heights — 17:49.
16. Jason Russell, Rutherford — 17:55.
17. Jeff Rubino, Wood-Ridge/Hasbrouck Heights — 17:57.
27. Mario Ferreira, Harrison — 18:05.
33. Dave Lopez, Rutherford — 18:08.
47. Wonpa Lee, Rutherford — 18:34.
48. David Sung, Mahwah — 18:36.

GROUP 3 BOYS 25. JEFF KOEGEL 18:03

Team scoring

Highland Regional 70, Cedar Ridge 100, Bridgeton 161, Union Hill 178, Eastern 210, Paramus 220, Ramsey 221, West Morris 237, Mendham 268, Hamilton North 270, Phillipsburg 296 and Ranracos Valley 296, Morris Hills 325, Hamilton East 338, Mt. Olive 344, Pascack Hills 348, Ocean Twp. 361, Voorhees 390, Absegami 394, High Point 435.

1. Ken Flynn, Ramsey — 16:19.
2. Ray Beyer, Absegami — 16:40.
3. Rich Cochrane, Wayne Valley — 16:47.
4. Chris Shields, Mendham — 16:47.
5. Shane De Gannes, Woodrow Wilson — 16:50.
6. Joe Pawlisk, Ocean Twp. — 16:52.
7. Chad Beer, Morris Hills — 16:53.
8. Chris Simon, Highland Reg. — 16:55.
9. Jerry Franks, Highland Reg. — 16:56.
10. Clinton Bell, Franklin — 17:03.
12. Victor Torres, Union Hill — 17:13.
15. Steve Karavas, Fort Lee — 17:17.
22. Rob Seidel, Paramus — 17:25.
25. Peter Graham, Dumont — 17:33.
28. Moses Mekbeb, Cliffside Park — 17:40.
29. Jeffrey Perez, Union Hill — 17:40.
30. Rick Gagnon, Ramsey — 17:41.
33. Dave Castellano, Ramsey — 17:46.
37. Scott Jackson, Pascack Hills — 17:53.
39. John Nugent, Paramus — 17:56.
45. Edwin Clark, Union Hill — 18:04.
50. Sean Albert, Paramus — 18:16.

GROUP 4 BOYS

Team scoring

Toms River North 104, Cherokee 109, Toms River East 113, North Hunterdon 144, Shawnee 166, Ridgewood 176, Newark East Side 201, Middletown South 220, North Bergen 247, Westfield 254, Madison Central 255, Morristown 271, Vernon 344, Edison 397, Manalapan 401, Elizabeth 403, Passaic Tech 405, Morris Knolls 406, Vineland 415, Hackensack 429.

1. Russell Curley, Columbia — 16:20.
2. Albert Donawa,Camden — 16:20.
3. Ihab Massry, Toms River North — 16:48.
4. Dan Avis, Westfield — 16:59.
5. Jody Carlson, Pemberton — 17:02.
6. Ben Jezovnik, Shawnee — 17:07.
7. Marc Micali, Toms River East — 17:11.
8. Rui Ornelas, Kearny — 17:12.
9. Eric Boucher, Ridgewood — 17:15.
10. Dorian Fenner, Newark East Side — 17:18.
13. Shawn Fyffe, Passaic — 17:24.
21. Allen Huber, Clifton — 17:34.
24. Ed Hults, North Bergen — 17:37.
30. Kevin Beirne, Hackensack, 17:47.
34. Jon Berntsen, Ridgewood, 17:53.
46. Ed Vezzola, North Bergen, 18:00.
48. Tom Stevenson, Ridgewood, 18:02.

25. JOSH FRONEFIELD 17:42

GROUP 1 GIRLS

Team scoring

Bishop Eustace 56, Palisades Pk. 82, Mater Dei 96, Newark Arts 155, Sacred Heart 202, Pitman 211, Haddonfield 230, Metuchen 242, Keansburg 249, Schalick 268, Keyport 270, Eastern Christian 275, Verona 299, Saddle Brook 312, Henry Hudson 315, North Arlington 347.

1. Cheryl Keating, Sacred Heart — 20:27.
2. Jennifer Schenberg, Kinnelon — 20:56.
3. Kelly Dobson, Mater Dei — 21:08.
4. Becky Nazario, Pingry — 21:14.
5. Dawn Pfeiffer, Bishop Eustace — 21:18.
6. Tara De Shayes, Haddonfield — 21:19.
7. Jessica Smith, Bishop Eustace — 21:25.
8. Cathy Acevedo, Saddle Brook — 21:33.
9. Lisa Skultety, Bishop Eustace — 21:34.
10. Nicole Brown, Palisades Park — 22:13.
11. Ann Sourek, Palisades Park — 22:17.
14. Jen Carlin, Cresskill — 22:22.
16. Melanie Picciano, Palisades Park — 22:34.
17. Angela Allegretta, Palisades Park — 22:35.
25. Jessica Grieco, Emerson — 23:03.
34. Amy Giannantonio, Cresskill — 23:34.
38. Nicolle Faicone, North Arlington — 24:00.
48. Lisa Vugteveen, Eastern Christian — 24:32.

GROUP 2 GIRLS

Team scoring

Kittatiny 66, Hopatcong 110, Kingsway 136, Caldwell 139, Delaware Valley 155, Sommerville 200, Immaculata 209, Garfield 217, Northern Highlands 237, Holmdel 310, Pt. Pleasant Boro 316, Manchester Twp. 340, Jefferson 348, Rutherford 350, Delsea 351, Madison Borough and Manasquan 356, Millburn 369, Summit 451.

1. Michele Owen, Clearview — 20:08.
2. Lori Townsend, Kingsway — 20:15.
3. Jen Nesbitt, Caldwell — 20:33.
4. Carrie Thompson Clearview — 21:02.
5. Tabitha Francks, Gloucester Catholic — 21:03.
6. Mindy Zwart, Kittatinny — 21:04.
7. Stacey Hempel, Carteret — 21:12.
8. Caroline Preece, Northern Highlands — 21:30.
9. Cathy Miller, Somerville — 21:30.
10. Johanna Altman, Dover — 21:31.
22. Davana Medina, DePaul — 21:20.
24. Cathy Rindge, River Dell — 22:27.
26. Nancy Scott, Garfield — 22:38.
35. Mediana Steidl, Garfield — 23:10.
49. Keri Riley, Northern Highlands — 23:47.

GROUP 3 GIRLS

Team scoring

Mt. Olive 71, Phillipsburg 106, Red Bank Catholic 114, Wayne Valley 154, Hamilton East 169, West Morris 173, Ocean City 193, St. John Vianney 222, Voorhes 228, St. Dominic 262, Newton 296, Highland 313, Mainland 318, Watchung Hills 354, Bridgeton 364, Ramsey 366, Holy Spirit 375, Bergenfield 384, Cranford 512.

1. Charlene Agar, Red Bank Catholic — 19:49.
2. Stephanie Andrasek, Newton — 20,01.
3. Nicki Willett, Morris Hills) — 20:05.
4. Christine Engel, Mount Olive — 20:16.
5. Kristen Hall, West Morris — 20:35.
6. Sherry Jenkins, Camden Catholic — 20:39.
7. Kelly Donnellon, Mount Olive — 20:41.
8. Kathy Mc Auliffe, Dumont — 20:41.
9. Marianne Livingston, Red Bank Regional — 20:45.
10. Mary Pat Erickson, Red Bank Catholic — 20:48.
19. Catherine Feeney, Wayne Valley — 21:12.
26. Diana Crenshaw, Wayne Valley — 21:34.
43. Lisa Berkowitz, Wayne Valley — 22:17.

GROUP 4 GIRLS

Team scoring

Brick 80, Toms River East 108, Paul VI (Hadd.) 111, Kearny 125, Hunterdon Central 139, North Hunterdon 153, Morris Knolls 170, Ridgewood 174, Bridgewater-Raritan 237, Shawnee 302, Newark East Side 334, Roxbury 358, Morristown 373, Madison Central 375, Toms River North 379, Clifton and Vernon 386, Hackensack 397, Middletown South 484.

1. Monal Chokski, Bridgewater-Raritan — 19:27.
2. Tara Riccuito, Manalapan — 19:59.
3. Sandy Wright, Paul VI — 20:02.
4. Stella Cinoa, Marlboro — 20:17.
5. Rachel McLaughlin, Lakeland — 20:29.
6. Colleen Spillane, Brick — 20:30.
7. Eileen Fitzgerald, Ridgewood — 20:32.
8. Liz Figlar, Ridgewood — 20:35.
9. Lillian Foti, Brick — 20:37.
10. Erinn Carmody, Paul VI — 20:42.
14. Ana Mateus, Kearny — 20:48.
19. Nadine Nunez, Passaic — 20:59.
24. Uloopi Desai, Kearny — 21:06.
29. Tara Mc Dermott, Kearny — 21:16.
34. Michelle Mueller, West Milford — 21:28.
36. Jamie Cowan, Kearny — 21:37.
42. Melissa Wyka, Fair Lawn — 21:53.

Ramsey's Flynn a solid second in Meet of Champs

By Paul Schwartz
Correspondent

HOLMDEL — Though there were four or five contenders in the State Cross-Country Meet of Champions Saturday, Ken Flynn of Ramsey was concerned with only one — Bryan Spoonire of Asbury Park.

Unfortunately, Spoonire executed his race plan better than the Ramsey junior and held him off by 35 meters to win the State Meet of Champions' 5,000-meter course in 16 minutes, 5 seconds.

Craig Masker of Mahwah was sixth. Three other area boys finished in the top 30, as did three runners in the girls race. Bridgewater-Raritan freshman Monal Chokshi won the girls race, and Paul VI of Haddonfield and Mount Olive won the boys and girls team races.

"It wasn't really the race I wanted to run," said Flynn, who finished ninth as a sophomore last year. "I went out in good position, but the race went out so fast that I was always chasing the lead pack and I was never able to catch them."

Spoonire, also a junior, took the race out with Tom Naimoli of Mater Dei and Joe Cranston of Paul VI (Haddonfield). The trio was caught by Camden's Albert Donawa and Pete Dougherty of Paul VI to form a pack of five for most of the race.

Flynn, following his usual strategy, hung back, well off the pace, but began to move up in the second half.

"I led Kenny for the first half-mile or so," said Masker, who moved up from a 15th place finish last year to win All-State honors. "Then he picked it up, and I was running 11th out of the bowl," he said referring to last mile-plus of the race.

Masker moved into eighth and saw Flynn two spots ahead, 15 to 20 meters behind the top pack.

"I knew if I could get up near Ken, I'd have a chance for the top five," he said. "But Kenny started picking off the front-runners."

Flynn passed Naimoli and Dougherty and moved into fourth. He then passed Cranston and Donawa into second place, but Spoonire was out of reach.

"Ken ran a good race, but I think he let Spoonire get away a little too much," said Ramsey coach John Kirchof.

Wayne Valley junior Rich Cochrane was 17th and junior Eric Boucher of Ridgewood 24th. Dave Pataky of Paramus Catholic was 27th.

The top local girl finishers were Liz Figlar and Eileen Fitzgerald of Ridgewood, 18th and 21st, respectively. Dumont's Kathy McAuliffe was 30th.

Palisades Park, the only area team to qualify for the meet, had a more than respectable showing, with a solid eighth-place finish in the 12-team girls field. Ann Sourek led the Tigers with a 43rd-place finish. Nicole Brown was 51st.

The Tigers beat both other Group 1 schools in the field, reversing a loss to Bishop Eustace, winners of the Group 1 title last week, and also finished ahead of Group 2 Hopatcong and Group 3 Kingsway.

CROSS-COUNTRY

Cross-country
Meet of Champions

At Holmdel

Boys team scoring

Paul VI (Haddonfield) 50, Highland 89, CBA 105, Toms River East 161, Haddonfield 189, Red Bank Catholic 203, Cinnaminson 211, Toms River North 220, Cedar Ridge 232, Bridgeton 251, Cherokee 254, Pingry 310, Chatham 314, Millburn 370, Whippany Park 372, Sacred Heart 391, St. Benedict's 402, Riverside 458.

1.	Bryan Spoonire, Asbury Park	16:05.
2.	Ken Flynn, Ramsey	16:12.
3.	Joe Cranston, Paul VI	16:13.
4.	Albert Donawa, Camden	16:15.
5.	Harry Drew, St. Rose	16:21.
6.	Craig Masker, Mahwah	16:21.
7.	Tom Naimoli, Mater Dei	16:22.
8.	Russell Curley, Columbia	16:30.
9.	Pete Dougherty, Paul VI	16:32.
10.	Matt Martin, Haddoin Two.	16:35.
17.	Rich Cochrane, Wayne Valley	16:49.
24.	Eric Boucher, Ridgewood	16:54.
27.	Dave Pataky, Paramus Catholic	16:57.

Girls team scoring

Mount Olive 76, Toms River East 82, Paul VI 84, Brick Twp. 112, Red Bank Catholic 133, Phillipsburg 146, Kittatinny 192, Palisades Park 207, Hopatcong 213, Kingsway 250, Mater Dei 260, Bishop Eustace 261.

1.	Monal Chokshi, Bridgewater-Raritan	19:13.
2.	Christine Engel, Mount Olive	19:30.
3.	Marianne Livingston, Red Bank Reg.	19:35.
4.	Kristen Hall, West Morris	19:42.
5.	Nikki Willett, Morris Hills	19:51.
6.	Jen Schenberg, Kinnelon	20:05.
7.	Sherry Jenkins, Camden Catholic	20:06.
8.	Stella Cinoa, Marlboro	20:07.
9.	Michele Owen, Clearview	20:10.
10.	Jennifer Nesbitt, Caldwell	20:12.
18.	Liz Figlar, Ridgewood	20:37.
21.	Eileen Fitzgerald, Ridgewood	20:44.
30.	Kathy McAuliffe, Dumont	21:06.
43.	Ann Sourek, Palisades Park	21:23.
44.	Caroline Preece, Northern Highlands	21:24.
51.	Nicole Brown, Palisades Park	21:40.
69.	Angela Allegretta, Palisades Park	22:49.
70.	Melanie Picciano, Palisades Park	22:49.
82.	Laura Lai, Palisades Park	23:58.
92.	Kathy Hwang, Palisades Park	24:44.
98.	Evelyn Alvarez, Palisades Park	25:36.

We were a few seconds slower and a few places behind last week. We are probably 2 weeks past our peak. Next year we will peak for this one and maybe Kunney beyond! Eileen and Liz had a great year and are the first Ridgewood girls in 3 years to run in the meet of champs.

The Record's final girls cross-country polls

BERGEN GROUP 1-2

1. **Palisades Park** — A first-ever appearance in the State Meet of Champions will climax an amazing season for the Tigers, whose only losses were to Ridgewood in the Bergen Girls Meet of Champions and Bishop Eustace in the State Group 1 race. **(Points: 50)**.
2. **Northern Highlands** — Sophomore Caroline Preece was the surprise, qualifying eighth in the State Group 2 championship. Highlands finished ninth after a strong fifth-place performance in the Meet of Champions. **(Points: 36)**.
3. **Garfield** — The Boilermakers finished seventh in the Meet of Champions and eighth in the State Group 2 meet to wrap up a solid season, coach Bob Franzmann's second consecutive undefeated campaign. **(Points: 34)**.
4. **Cresskill** — Jen Carlin finished a solid 14th in the Group 1 race, but injuries kept the Cougars' from fielding complete teams in the County championship and State group meet. **(Points: 11)**.
5. **Mahwah** — The Thunderbirds edged into fifth spot based on a fairly strong overall season, despite losing Dee Keough to mononucleosis for the final two races. **(Points: 10)**.

Others receiving votes: Rutherford 7. Emerson 1, and North Arlington 1.

BERGEN GROUP 3-4

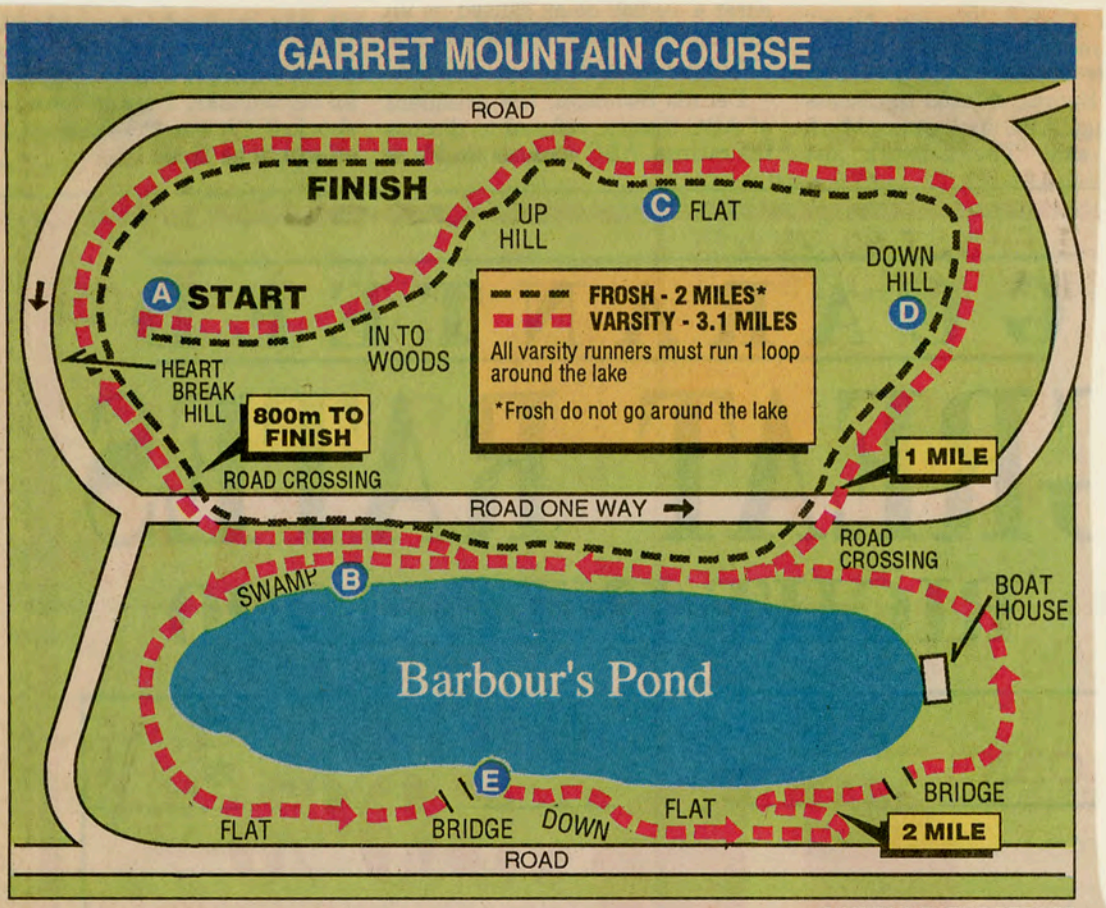
1. **Ridgewood** — An amazing 10th consecutive Bergen championship was followed by a competitive eighth place in the Group 4 meet. Eileen Fitzgerald and Liz Figlar are in the State Meet of Champions. **(Points: 50)**.
2. **Hackensack** — The Comets stumbled near the end of the season, finishing fourth in the Bergen Meet of Champions and suffering through a difficult Group 4 race. But overall, only Ridgewood was better this year. **(Points: 32)**.
3. **Ramsey** — The asthma that hampered Kim Sheekey in the final two races hampered the Rams' finish. But Ramsey had a successful season overall. **(Points: 27)**.
4. **Dumont** — The Huskies finished third in the tight Meet of Champions, but trail Hackensack and Ramsey because they failed to qualify for the State group meet. But Kathy McAuliffe's eighth-place finish gives Dumont a representative at the State Meet of Champions. **(Points: 23)**.
5. **Bergenfield** — The Bears won the NBIL Division 1 title and had a good third-place finish in the State sectionals, despite fading to seventh at the Bergen Meet of Champions. **(Points: 14)**.

Others receiving votes: Queen of Peace 4.

PASSAIC-MORRIS

1. **Wayne Valley** — The Indians had their worst race in years but still finished fourth at the State Group 3 race for the second consecutive year. The Indians easily captured their fourth consecutive County title. **(Points: 50)**.
2. **Clifton** — The Mustangs were second at the Passaic County championships and defeated Hackensack at the Group 4 meet. **(Points: 40)**.
3. **West Milford** — Michelle Mueller was 34th in the strong Group 4 meet. West Milford took third in Passaic County. **(Points: 30)**.
4. **DePaul** — Sophomore Davina Medina was the second-highest local finisher in the State Group 2 race, with a 22nd place finish. **(Points: 17)**.
5. **Eastern Christian** — The Eagles were a respectable 12th in their first Group 1 State appearance and should do even better next year. **(Points: 13)**.

Bergen and Passaic-Morris polls selected by The Record's sports staff. Voting on 5-4-3-2-1 basis.



RICH RAINEY/THE RECORD

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 2½-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



PHOTOS BY COLLETTE FOURNIER/THE RECORD

Sand is one of many obstacles that can hamper a runner along the Garret Mountain cross-country course.

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, Ridgefield Park	1981	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 Lipkus, Immaculate Conception	1981	15:51
	Joe D'Costa, Englewood	1982	15:51
	Eric Berntsen, Ridgewood	1986	15:51
9.	Caiphus Vilakazi, Pascack Hills	1983	15:52
10.	Rich Hubbard, Hackensack	1982	15:54
	Harry Carle, Bergen Catholic	1984	15:54
	Pierre Letennier, Manchester	1984	15:54
13.	Mike Palmer, Caldwell	1981	15:58
	John Murphy, Monroe-Woodbury	1980	15:58
15.	Art Almeida, Kearny	1987	15:59.5
16.	Rob Schwartz, Demarest	1982	16:00
	David Greenblatt, Teaneck	1984	16:00
18.	Tom Hughes, Ridgewood	1980	16:00.3
19.	Cesar Gaudin, Union Hill	1986	16:02
20.	Yves Letennier, Manchester	1981	16:03
	Hector Rivera, Memorial	1984	16:03
22.	Mark Crumblish, Washingtonville	1981	16:03.4
23.	George Gusciora, Saddle Brook	1981	16:05
24.	Frank Scoczynski, Kearny	1984	16:07
	Kevin McCabe, Ridgewood	1987	16:07
26.	Jim Siedliski, Pascack Hills	1983	16:08
	Rich Falcone, Vernon	1987	16:08
28.	Frank Lamberti, Mahwah	1982	16:09
	Andy O'Donnell, Hopatcong	1983	16:09
30.	J.J. Clark, Columbia	1980	16:11
	Neil McLaughlin, Centerreach	1981	16:11
	Chris Moore, Emerson	1986	16:11
33.	Bill Fletcher, Bergen Catholic	1981	16:12
	John Trautman, Monroe-W'dbury	1983	16:12
	Jeff Brown, Northern Highlands	1985	16:12
36.	Andy Latinsics, Lakeland	1982	16:13
	Jim Herdman, Hunterdon Central	1983	16:13
	Wesley Coke, Kennedy	1983	16:13
39.	Jose Galvez, Emerson (UC)	1981	16:14
	Jack Hay, Lenape Valley	1984	16:14
41.	Sergio DelaVega, Emerson UC	1980	16:15
42.	Joe Jackson, Teaneck	1981	16:16
	Tom Albright, Nutley	1982	16:16
	Bill Farquhar, Ridgefield Park	1984	16:16
	Doug Palmadessa, Bergen Cath.	1985	16:16
	Kevin McOwen, Mahwah	1985	16:16
47.	Pat McGlynn, River Dell	1981	16:17
	John Logsdon, Nutley	1982	16:17
	Mike DiVincent, North Bergen	1982	16:17
	Curtis McNair, Passaic	1985	16:17

Girls top 50

1.	Christi Constantin, Kittatinny	1987	17:58.5
2.	Toni Ann Angione, Bergenfield	1984	18:00.4
3.	Lisa Pakutka, 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 Scutro, Ridgewood	1984	18:32
10.	Lisa Herman, Wayne Valley	1983	18:38
11.	Laura Riebold, Lakeland	1981	18:53
	Rose Coley, Kennedy	1982	18:53
13.	Cathy Paz, Clifton	1986	18:54
14.	Pattie McCluskey, 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
	Colleen Murphy, DePaul	1982	19:14
	Jen Mizzone, Wayne Valley	1985	19:14
23.	Stacey Aromando, Whip. Park	1980	19:15
24.	Chrissy Klimek, Clifton	1984	19:15.3
25.	Shirley Daniel, Kennedy	1981	19:18
	Dee Keough, Mahwah	1987	19:18
27.	Liz Duarte, Kearny	1987	19:20
28.	Mary Ellen McGowan, Pasc. Val	1980	19:21
	Eileen Schultz, N. Highlands	1983	19:21
30.	Jean Hughes, Ridgewood	1988	19:22
31.	Carol Dickstein, Ridgewood	1980	19:23
	Alyson Perre, Passaic Valley	1983	19:23
33.	Vickie Scozzafava, Boonton	1984	19:24
34.	Sue Parker, Pascack Valley	1981	19:25
	Terri Grivas, Dumont	1986	19:25
36.	Julie Craig, Northern Highlands	1981	19:28
37.	Amy Kempf, Paramus	1986	19:31
38.	Norine D'Arcy, Ridgewood	1985	19:32
	Lynne Collazo, Ridgewood	1988	19:32
40.	Cricket Batz, Hunterdon Central	1980	19:35
	Colleen Wright, Ridgewood	1981	19:35
	Donna Schiefer, Kearny	1983	19:35
	Yolanda Santana, Dover	1984	19:35
	Jen Hughes, Ridgewood	1985	19:35
45.	Lynn Puchalski, Dover	1981	19:36
	Stephanie Zwirn, Pascack Hills	1983	19:36
47.	Sue Hollister, Jefferson	1982	19:37
48.	Kathy Jones, Ramsey	1980	19:38
	Kathy Duffy, Ridgewood	1980	19:38
	Jill Robertson, Jefferson	1982	19:38
	Vicky Gusciora, Saddle Brook	1983	19:38
	Laura Drake, Wayne Valley	1987	19:38

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 blotted 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 few areas of the course not shrouded by thickets of timber.

* *

1989 ALL NNJIL CROSS COUNTRY TEAM
GIRLS ATLANTIC DIVISION

FIRST TEAM

RUNNER	SCHOOL	YEAR
LIZ FIGLAR	RIDGEWOOD	JUNIOR
NADINE NUNEZ	PASSAIC	SENIOR
EILEEN FITZGERALD	RIDGEWOOD	SOPHOMORE
JEN BAUMAN	RIDGEWOOD	SENIOR
IRENE GORZELANY	CLIFTON	SENIOR
EILEEN MORITZ	RIDGEWOOD	JUNIOR
JILL APOSTLE	RIDGEWOOD	SOPHOMORE
MISSY KLEIN	RIDGEWOOD	SENIOR
TAMMY WALSH	CLIFTON	SENIOR

SECOND TEAM

RUNNER	SCHOOL
MEGAN McCABE	RIDGEWOOD
LAURA FARINAS	CLIFTON
MICHELLE COX	CLIFTON
JELONDA THOMAS	EASTSIDE
VANESSA McCLURE	JF KENNEDY
JEN SWAN	CLIFTON
CASSANDRA GRANT	PASSAIC
SHARON RICHARDSON	CLIFTON
PAULA HANSON	PASSAIC

HONORABLE MENTIONS

EASTSIDE	TAMMY HAMM
CLIFTON	KRISTIN PELCHER
RIDGEWOOD	HEATHER FITZGERALD
PASSAIC	ROCHELLE CAIN

* *

		GIRLS		dual meet points	league meet points	total points
CHAMPIONS		RIDGEWOOD	6-0	7	7	14
2nd place		CLIFTON	5-1	6	6	12
3rd place		PASSAIC	4-2	5	5	10
4th place		EASTSIDE	2-4	5	0	5
5th place		BARRINGER	0-6	3	0	3
5th place	TIE	JF KENNEDY	0-6	3	0	3
5th place		MONTCLAIR	0-6	3	0	3

* * * *

1989 All-Area Cross Country teams

GIRLS

FIRST TEAM

Jennifer Schenberg	Kinnelon	Sr.
Catherine Feeney	Wayne Valley	Sr.
Liz Figlar	Ridgewood	Jr.
Eileen Fitzgerald	Ridgewood	So.
Rachel McLaughlin	Lakeland	Sr.
Nadine Nunez	Passaic	Sr.
Melissa Wyka	Fair Lawn	Jr.

SECOND TEAM

Cathy Acevedo	Saddle Brook	Sr.
Jen Bauman	Ridgewood	Sr.
Lisa Berkowitz	Wayne Valley	Jr.
Diana Crenshaw	Wayne Valley	Jr.
Davana Medina	DePaul	So.
Michelle Mueller	West Milford	Jr.
Medeanna Steidl	Garfield	So.

HONORABLE MENTION

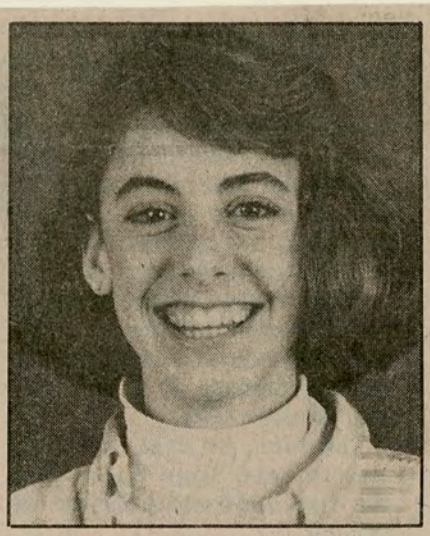
Clifton—Irene Gorzelany, Sharon Richardson, Tammy Walsh; **Eastside**—Jolanda Thomas; **Garfield**—Nancy Scott; **Glen Rock**—Tara James; **Kennedy**—Venessa McClure; **Neumann Prep**—Jane Haddad; **North Arlington**—Nicole Falcone; **Nutley**—Debbie Golden; **Paramus Catholic**—Carmel Geraghty; **Queen of Peace**—Cathy Gallagher, Nyree Padilla; **Ridgewood**—Jill Apostle, Missy Klien, Eileen Moritz; **Wayne Hills**—Vicky DePasquale; **Wayne Valley**—Louise Chuu, Kara Formosa; Tara Master, Cindy Rock.

COMPILED BY JOHN KANSON



Liz Figlar
Ridgewood

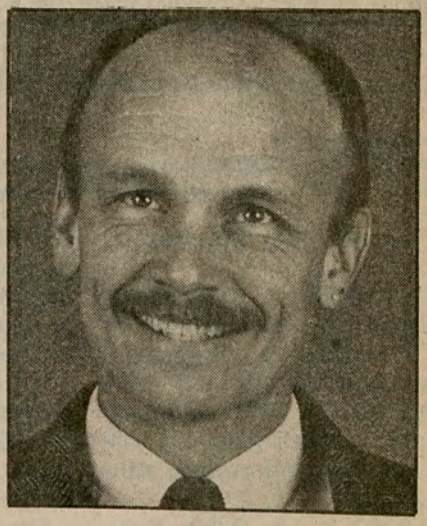
Figlar was a dominant runner for the Maroons all season long. She ran away from the field to win the NNJIL race, and four days later, posted her best post-season time in winning the Group 4 sectional title in 20:18. She finished eighth at the state group meet, and 18th in the state Meet of Champions. At the Bergen County Meet of Champions, Figlar's charge to the finish line nearly won the race, and placed her second by a wide margin.



Eileen Fitzgerald
Ridgewood

Fitzgerald improved upon her solid season-long performance by being the first Ridgewood runner to cross the line at the state group meet, where her 20:32 clocking was seventh in the state in Group 4. She then finished 21st at the state Meet of Champions. Earlier in the post-season, Fitzgerald was third in three major races — at the NNJIL meet, and in both the Bergen County group meet and Meet of Champions.

Coach of the Year



Jacob Brown
Ridgewood

Jacob Brown would probably be a unanimous choice as Bergen County girls' Coach-of-the-Decade. This year, his Maroons made it a clean sweep of the 1980s by winning the schools' 10th All-Bergen team championship. But 1989 did not look like a banner campaign before the season started. For Ridgewood to dominate, seven runners had to improve. "I was really proud of this group. We had some success with young kids who really came through," Brown said.

1989

ALL-BERGEN GIRLS CROSS-COUNTRY



Cathy Acevedo
Saddle Brook



Liz Figlar
Ridgewood



Eileen Fitzgerald
Ridgewood



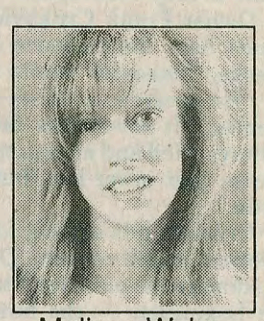
Dee Keough
Mahwah



Kathy McAuliffe
Dumont



Ann Sourek
Palisades Park



Melissa Wyka
Fair Lawn

ALL-BERGEN GIRLS CROSS-COUNTRY

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

Second team

JEN BAUMANN, Ridgewood — Senior
JEN CARLIN, Cresskill — Junior
VICKEE FOY, Paramus — Junior
CARLY GALLO, Mahwah — Freshman
TRACY MURRAY, Immaculate Heart — Senior
CAROLINE PREECE, N. Highlands — Soph.
KIM SHEEKEY, Ramsey — Senior

Third team

NICOLE BROWN, Palisades Park — Junior
KERRIANN CODLING, Hackensack — Soph.
COLLEEN DOYLE, Bergenfield — Senior
KERI RILEY, No. Highlands — Senior
CATHY RINDGE, River Dell — Junior
NANCY SCOTT, Garfield — Soph.
MADEANA STEIDL, Garfield — Soph.

Honorable mention

Tina Mannino, Brenda McGowan, Laurie Scalone and Stephanie Tedesco, Bergenfield; Charlmarie Hanley, Bogota; Amy Giannotonio, Jackie Kuhlmeier and Rachel Smith, Cresskill; Tricia Brady, Leah Scala, and Tricia Sheehan, Dumont; Jessica Grieco, Emerson; Sonia Roman, Garfield; Tara James, Glen Rock; Sheryl Bartke, Sue Haddad, Bryana Johnson, Teri Martin, and Stacey Weisfeld, Hackensack; Veronica Davi, Immaculate Heart Academy; Nicole Falcone, North Arlington; Katie Morris, Northern Highlands; Angela Allegretta and Melanie Picciano, Palisades Park; Laura Albro, Paramus; Carmel Geraghty, Paramus Catholic; Sarah Davey, Pascack Hills; Cathy Gallagher and Melissa Schaefer, Queen of Peace; Leslie Bunger, Laurie Reid, Melissa Rubel and Janine Veling, Ramsey; Jill Apostle, Heather Fitzgerald, Missy Klein, Megan McCabe, and Eileen Moritz, Ridgewood; Holly Chaput, River Dell; Jeanine Limone, Teaneck.

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 Vugteveen, 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-stars set the pace in Bergen's comeback

By Paul Schwartz
Correspondent

Bergen County girls cross-country may have begun its comeback in 1989.

After a 1988 season in which no Bergen girls qualified for the State Meet of Champions, four individuals and Palisades Park's Cinderella team made it in 1989. Palisades Park finished second in Group 1 and eighth overall in the state.

With seven of the top eight finishers in the Bergen Meet of Champions returning next year, the future of girls cross-country seems bright.

Dee Keough of Mahwah became the fourth girl to be selected All-Bergen four times, joining Toni Ann Angione of Bergenfield and Mary Ellen Mileski and Jennifer Hughes of Ridgewood. Keough is the only returnee from the 1988 team, but Cathy Acevedo of Saddle Brook was All-Bergen in 1987.

The other honorees selected by the Bergen County Women's Coaches Association are senior Ann Sourek of Palisades Park; juniors Ginny Figlar of Ridgewood, Kathy McAuliffe of Dumont, and Melissa Wyka of Fair Lawn, and sophomore Eileen Fitzgerald of Ridgewood.

Here's a closer look:

CATHY ACEVEDO, Saddle Brook — Acevedo missed the 1988 season because of a hip injury. But she came back strong in her final year, winning four major championships, the Season Opener B, the Ridgewood Preview 1-2, the Bergen Group 1, and the Bergen-Passaic Scholastic League Carpenter Division titles. She was second in Group 1, Section 1, fourth in the Bergen Meet of Champions, sixth in the Shore D race, and eighth in the State Group 1 meet. An ankle injury kept her out of the State Meet of Champions.

LIZ FIGLAR, Ridgewood — Figlar took a big step forward this year and was the No. 1 runner on the county's No. 1 team. She won the Northern New Jersey Interscholastic League and Group 4 sectional titles and finished second by a step in the Bergen Meet of Champions. She was also second in the Bergen 4 race, third in the Shore A, sixth in the Manhattan Invitational D, eighth in the State Group 4 race, and 18th in the State Meet of Champions.

EILEEN FITZGERALD, Ridgewood — Though Fitzgerald didn't run cross-country last year, next year she is expected to challenge for the County championship. She had six top-10 finishes, including third place in the Bergen 4, NNJIL, and Bergen Meet of Champions. She was sixth in the Ridgewood Preview 3-4 meet, ninth in the Group 4 sectional, and seventh in the State Group 4 race. She finished a solid 21st in the State Meet of Champions.

DEE KEOUGH, Mahwah — Mononucleosis cut short Keough's final bid for a County title, but the four-time All-Bergen athlete left her mark before her illness. She easily won the Bergen 2 and B-PSL King Division championships, was second in the Passaic County Coaches B race, and sixth in the Group 2 sectionals despite being in the early stages of the illness. Expect Keough to blossom as a college runner now that her desire to run is almost equal to her ability.

KATHY McAULIFFE, Dumont — The most active of Bergen's top runners, she had top-10 finishes in eight of her 11 major races. She won the Bergen 3 and Bergen County Scholastic League American Division titles, was third in the Bulldog A race, fourth in the Season Opener A, fifth in the Shore C and Bergen Meet of Champs, seventh in the Group 3 sectionals, and eighth in the State Group 3 championship. She also finished 30th in the State Meet of Champions and 47th in the difficult Eastern States Championship race. She should battle Figlar, Wyka, and Fitzgerald next year for county superiority next year.

ANN SOUREK, Palisades Park — No one epitomized the Tigers' wonderful season more than their gritty captain, one of the most consistent runners in the state. Sourek won only one major race, the Group 1 sectional, but she finished in the top three six times in nine major races. She was second in the Cumberland Run and third in the Season Opener B, Bulldog B, BCSL National-Olympic, and the Bergen 1 championship. She was 11th in the Bergen Meet of Champions and the State Group 1 race before finishing 43rd in the State Meet of Champions.

MELISSA WYKA, Fair Lawn — Had she not suffered an asthma attack during the Group 4 race, Wyka might have been eight-for-eight in top-10 finishes in major races. Wyka — who won the Bulldog A, Bergen 4, Northern Bergen Interscholastic League, and Bergen Meet of Champions races — was second in the Ridgewood Preview 3-4 and Shore B races and seventh in the Group 4 sectional before her subpar 42nd-place finish in the State Group 4 race.

Sports

Figlar, Wyka pace harrier stars; Youth marks All-Suburban team

Ridgewood squad wins three titles

By THE STAFF

It was a banner fall for girls cross country in Northwest Bergen, and two underclassmen emerged as the pacesetters as area teams claimed a number of titles. There are just three seniors on the young group of talented runners who comprise the first team.

Liz Figlar, a Ridgewood High junior, and Melissa Wyka, Fair Lawn's suprising sophomore standout, head the all-star cast.

Jacob Brown of Ridgewood, whose surprising Maroons won a trio of championships in a rebuilding season, is the "Coach of the Year". In addition to league and Bergen group and Meet of Champion titles, Ridgewood finished second in the state sectionals and eighth in the state group event.

The all-star cast:

LIZ FIGLAR, Ridgewood — The All-Suburban first team repeater set the pace in the NNJIL meet and also was the state sectional champion as she led the Maroons to the NNJIL Atlantic, Bergen Group 4 and Meet of Champions crowns. Her best time at Garret Mountain was 20:18.2.



LIZ FIGLAR
Ridgewood

MELISSA WYKA, Fair Lawn — Making her mark on the area scene, the Cutter junior captured titles in the NBIL meet, Bergen Group 4 and Bergen Meet of Champions races. Wyka, who missed most of last sean with a stress fracture, had a best Garret Mountain mark was 20:18.2.



KERI RILEY
No. Highlands



MELISSA WYKA
Fair Lawn



DEE KEOUGH
Mahwah

CAROLYN PREECE and KERI RILEY, Northern Highlands — This duo sparked the Highlanders' first-ever Bergen County Group 2 championship (finishing 3-4). Preece, a sophomore, turned in a season-best 21:55 clocking and Riley, a senior who repeats on the first team, had a campaign-best mark of 21:37. Although Riley and Preece finished 4-5 in the league meet, Highlands fell one point short of Ramsey in the team rankings.

KIM SHEEKEY, Ramsey — Her high finishes led Ramsey to its first county Group 3 title and the NBIL Division 2 league championship. Her best time at Garret was 21:59. She repeats on the all-star first unit.

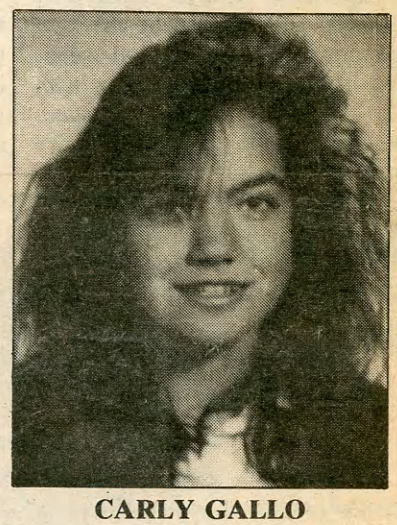


EILEEN FITZGERALD
Ridgewood

DEE KEOUGH and CARLY GALLO, Mahwah — All-Suburban first-team repeater Keough and freshman Gallo finished one-two in the county Group race. Keough was the B-PSL King Division champion and has a season-best clocking of 21:13. Gallo, who was runnerup in the league race, toured the Garret course in 21:39.



KIM SHEEKEY
Ramsey



CARLY GALLO

Star berth to Cannon

Karen Cannon of Ridgewood, a former All-Suburban cross county standout, earned All-American honors as a sophomore runner at Georgetown University in Washington, D.C., this fall.

The Hoya women, competing in the NCAA championships for only the second time in the school's history, posted an outstanding fourth-place finish with 193 points.

They were bested by Villanova, 99; Kentucky, 168, and Nebraska, 186.

The Hoyas were led by freshman Christi Constantin of Newton (Kittatinny Regional) who was 23rd and sophomore Cannon who finished 36th in 17:28.14 as the second Hoya finisher.

Both women earned All-America honors, just the fourth and fifth Hoyas to do so in women's cross country history at Georgetown.



MAHWAH'S DEE KEOUGH
A runner for all seasons

1989 girls All-Suburban cross country

FIRST TEAM

Liz Figlar, Ridgewood.....Jr.
Eileen Fitzgerald, Ridgewood.....Soph.
Carly Gallo, Mahwah.....Fr.
Dee Keough, Mahwah.....Sr.
Carolyn Preece, No. Highlands.....Soph.
Keri Riley, No. Highands.....Sr.
Kim Sheekey, Ramsey.....Sr.
Melissa Wyka, Fair Lawn.....Jr.

Jen Bauman, Ridgewood.....Sr.
Leslie Bunger, Ramsey.....Sr.
Eileen Moritz, Ridgewood.....Jr.
Katie Morris, No. Highlands.....Soph.
Melissa Rubel, Ramsey.....Jr.
Janine Veling, Ramsey.....Sr.

Tara James, Glen Rock; Laurie Reid, Ramsey; Missy Klein, Jill Apostle, Megan McCabe and Heather Fitzgerald, Ridgewood.

VETERANS FIELD DUAL MEET COURSE - 5,000m ALL TIME LIST

COURSE ESTABLISHED 1981

18:30	Jean Hughes	1988			
18:37.8	Margaret Santos	1984	21:27	Missy KLIEN	1989
18:59	JENNIFER HUGHES	1985			
19:18	Liz Figlar	1989	21:34	Lynn Degelman	1986
19:21	Norine D'Arcy	1985	21:35	Genny Rajik	1982
19:38.7	Karen O'Brien	1984	21:36	Leslie Barbi	1983
19:51.9	Lynne Collazo	1986	21:39	Steph Kane	1988
20:03	Patti Mileski	1981	21:51.4	Nicole MacLennan	1986
20:03	Mary Ellen Mileski	1981	21:54	Wendy Hawthorne	1981
20:06	Beth Pringle	1982	21:55	Kristy Diaz	1982
20:22	Colleen Wright	1981	22:01	Amy Donnelly	1986
20:32	Kathy Sherlin	1987	22:03	Heather Fitzgerald	1988
20:45	Carolyn O'Brien	1987	22:20	Sharon Williams	1982
20:53	Eileen Fitzgerald	1989	22:35	Lauren Goodell	1982
20:53	Jen Bauman	1989	22:31	Michelle Sarkadi	1982
			22:34	McCABE, APOSTLE, DECASTRO	1989
20:45	Linda Hockey	1985	22:43	Christina Veley	1985
20:47	Anja Kannengiesser	1983	22:45	Linda Sigillito	1984
20:52.6	Nanci Titus	1986	22:53.5	Pam Parker	1984
20:58.8	Marci CAPITANI	1984	22:54	Alison Barbi	1981
21:00	Chris McKenna	1981	22:57	Janet Monty	1984
21:02.8	Lisa Waters	1984	23:15	Kristi Wing	1984
21:09	Darcy Nicholson	1984	23:19	Madoka Kurishima	1985
21:15	Robin Lavin	1984	23:20	Megan Duffy	1984
21:19	Kristen Kannengiesser	1982	23:24	Courtney Moody	1982
21:22	Eileen Monty	1989	23:28	Sheelyn Marker	1987
21:24	Janet Titus	1986	23:43	Julie Babbett	1981

23:48	Ellen Ostrander	1986
23:57	Alex Goodell	1982
24:00	Margaret Ostling	1987
24:01	Jessica Scadron	1988
24:19	Jenny Schwartz	1989
24:34	Allison Spencer	1987
25:27	Amy Titus	1987
25:38	Liz Guenther	1987
25:40	Kate Pringle	1983
25:40	Pat Kanpas	1987
25:43	Cathy Reid	1985
25:46	Marianne Shaw	1987
26:25	Alexandra Edensehenk	1985
26:39	Anne Burton	1988
26:50	Stephanie DeCongelio	1986
27:37	Adriene Reid	1988
27:48	Eileen Sullivan	1987
28:08	Valerie Gold	1987

COMPILED 10/89

VETERANS FIELD - CHAMPIONSHIP COURSE - 5,000 meters

18:20.5	PATTI MILESKI	1981	21:38	LESLIE BARBI	1983
18:22.7	MARY ELLEN MILESKI	1982	21:46.4	DARCY NICHOLSON	1984
18:40.9	MARGARET SCUTRO	1984	22:05	PAM PARKER	1986
? 19:03	JEAN HUGHES	1988	22:09	HEATHER FITZGERALD	1988
19:13	JENNIFER HUGHES	1986	22:12.4	MICHELLE SARKADI	1982
? 19:37	LYNNE COLLAZO	1987	22:18	SHEELYN MARKER	1987
19:39.7	KAREN O'BRIEN	1984	22:18.9	JULIE BABBITT	1981
19:50.5	BETH PRINGLE	1982	22:19.4	LAUREN GOODELL	1981
19:56.6	COLLEEN WRIGHT	1981	22:19.9	ALISON BARBI	1981
20:02	NORINE D'ARCY	1985	22:23	AMY DONNELLY	1986
20:07	KATHY SHEVLIN	1987	22:37.0	CRISTY DIAZ	1981
20:16.0	KIRSTEN KANNENGIESER	1982	22:37	LISA WATERS	1983
20:22	CAROLYN O'BRIEN	1987	22:52	MARGARET OSTLING	1986
20:23	NANCI TITUS	1986	22:53.1	LINDA SIGILLITO	1984
20:24.6	CHRIS MCKENNA	1981	23:03.8	ROBIN LAVIN	1984
20:25.6	ANJA KANNENGIESER	1981	23:11.6	KRISI WING	1984
20:47	JANET TITUS	1986	23:15.1	SHARON WILLIAMS	1982
20:50	LIZ FIGLAR	1988	23:23.8	JANET MORITZ	1984
20:54	LYNN DEGELMANN	1986	23:34	CATHY REID	1985
21:05	LINDA HOCKEY	1985	23:45	ELLEN OSTRANDER	1986
21:06.2	GENNY RAZIN	1982	23:35	LISA DE CASTRO	1988
21:11.6	MARCI CAPITANI	1984	23:48	JEN BAUMAN	1987
? 21:24	NICOLE MACLENNAN	1986			

23:48	MARIANNE SKAU	1987
23:52	EILEEN MORITZ	1988
24:10.9	MEGAN DUFFY	1984
24:38	MADOKA KURISHIMA	1985
24:35	KATE PRINGLE	1983
24:49	CHRISTINA VELEZ	1985
26:37	PAT KAUPAS	1986

VAN COURTLAND PARK 2½ MILE COURSE BRONX N.Y.C.

RIDGEWOOD ALL TIME LIST UNDER 18 MINUTES

14:48.1	PATTI MILESKI	1981
14:51	MARGARET SCUTRO	1984
15:29.8	CAROL DICKSTEIN	1980
15:34	MARY ELLEN MILESKI	1979
15:49	BARBARA REMMERS	1978
15:59.9	JEAN HUGHES	1988
16:00.5	NORINE D'ARCY	1985
16:01.5	KATHY DUFFY	1980
16:08	BETH PRINGLE	1981
16:12	KAREN O'BRIEN	1984
16:13.2	SUE HART	1980
16:14.4	JENNIFER HUGHES	1985
16:20	CHRIS McKENNA	1980
16:26.2	LIZ FIGLAR	1989
16:43	ANJA KANNENGIESER	1982
16:45	KATHY SHEVLIN	1987
16:53.5	LYNNE COLLAZO	1986
16:54	LINDA HOCKEY	1985
16:56	EILEEN FITZGERALD	1989
17:03.6	NANCI TITUS	1986
17:10	ALISON MACGREGOR	1977
17:25.0	LYNN DEGELMAN	1986
17:29	LESLIE BARBI	1983
~~17:31.7~~	~~LIZ FIGLAR~~	~~1988~~
17:40	DARCY NICHOLSON	1984
17:49.2	JANET TITUS	1986
17:51.7	NICOLE MACLENNAN	1986
17:52	LISA WATERS	1983
~~17:56~~	~~LYNNE COLLAZO~~	~~1985~~
17:59	MARCI CAPITANI	1984

COMPILED 10/89

Garret Mountain — All Time Ridgewood List — Compiled 12/88

18:15.0	Patti Mileski	1982
18:21.6	Mary Ellen Mileski	1981
18:32	Margaret Scutro	1984
19:21	Carol Dachstein	1980
19:22	Jean Hughes	1988
19:32	Norine D'Arcy	1985
19:32	Lynne Collazo	1988
19:33	Kathy Duffy	1980
19:35	Colleen Wright	1981
19:35	Jennifer Hughes	1985
19:39	Karen O'Brien	1984
19:44	Sue Hart	1980
20:14	Kirsten Kannengiesen	1982
20:18	Chris McKenna	1980
20:28	Anja Kannengiesen	1983
20:28	Leslie Barbie	1983
20:34	Linda Hockey	1985
20:43	Liz Figlar	1988
20:53	Kathy Sheidlin	1987
20:58	Darcy Nicholson	1984
21:05	Nanci Titus	1986
21:15	Genny Razik	1981
21:20	Beth Pringle	1982
21:21	Lisa Waters	1984
21:26	Marci CAPITANI	1984
21:28	Carolyn O'Brien	1987
21:31	Steph Kane	1988
21:44	Kelly Kerbert	1980
21:44	Janet Titus	1986
21:45	Nicole MacLennan	1986
22:04	Pam Parker	1984
22:10	[redacted] Cristy Diaz	1982
22:19	Lauren Goodell	1984
22:26	JANET MORITZ ~~Nanci Titus~~	1984
22:28	JoAnn Casey	1980
22:29	Wendy Hawthorne	1981
22:33	Megan Duffy	1984
22:35	Julie Babbett	1980
22:37	Liz Natti	1980
22:42	Kristi Wing	1984
22:47	Linda Sigillito	1984
22:53	Lynn Degelmann	1986
23:07	Jen Bauman	1987
23:10	Amy Donnelly	1986
23:13.4	Heather Fitzgerald	1988
23:22	Cathi Reid	1985
23:26	Margaret Ostling	1986
23:38	Sheelyn Marker	1987
23:45	Michelle Sarkadi	1982

Garret Mountain Continued

23:46	Christina Veley	1985
23:47	Ellen Ostrander	1984
24:26	Stephanie DeCongelio	1986
24:28	Kate Tanco	1987
24:30	BRYCE MILLS	1987
24:37	Carol Lombaerde	1980
24:44	Kate Prungle	1983
24:52	Ellen Mackey	1980
25:04	MaryAnn Skau	1987
25:18	Eileen Mority	1988
25:34.5	Jessica Scadron	1988
25:42	Mandy LaValle	1980
26:09	Pat Kanpas	1986
26:11	Alison Spencer	1987
26:19	Amy Titus	1987
26:28.7	Jenny Schwartz	1988
26:34	Magli Durand-Viel	1985
27:14	Liz Guenther	1987
27:34	Nina Bjorklund	1985
27:38	Valerie Gold	1987

Compiled 12/88

1989

ALTERED COURSE (286yds LONGER)

20:18.6	LIZ FIGLAR
20:46	EILEEN FITZGERALD
21:55	JEN BAUMAN
22:22.4	EILEEN MORITZ
22:57.8	MISSY KLEIN
22:59.2	JILL APOSTLE
23:14	MEGAN McCABE
23:40	HEATHER FITZGERALD
24:44	LISA DECASTRO
25:44	JENNY SCHWARTZ

(SUBTRACT 45 SECONDS FOR COMPARISON)

Holmdale Park State Championship Course 5,000 meters

18:29	Patti Mileski	1982	21:49	Carolyn O'Brien	1987
18:44.0	Margaret Scutro	1984	[illegible]		
19:12.9	Mary Ellen Mileski	1982	21:56	Steph Kane	1988
19:47	Carol Dickstein	1979	21:57	Nanci Titus	1986
19:52	Jean Hughes	1988	22:12	Nicole MacLennan	1986
19:55	Kathy Duffy	1980	22:19	Leslie Barbie	1983
19:59	Sue Hart	1980	22:19	Lisa Waters	1984
			22:23	Jen Bauman	1989
20:08	Norine D'Arcy	1985	22:28.0	Marci Capitani	1984
20:25	Chris McKenna	1980	~~22:33~~	~~Jen Bauman~~	~~1989~~
20:29	Jen Hughes	1984	22:26		
			~~22:47~~	Eileen Moritz	1989
20:29	Liz Figlar	1989	22:46	Missy Klein	1989
20:31.4	Beth Pringle	1982	22:54	Jenny Razik	1981
20:32	Eileen Fitzgerald	1989	22:58	Laura Campbell	1979
20:40	Karen O'Brien	1984	22:59.5	Robin Lavin	1984
20:48	Lynne Collazo	1986	23:12	Janet Titus	1986
21:05	Kirsten Kannengieser	1982	23:23.6	Linda Sicilito	1984
21:17	Kathy Shevlin	1986	23:25	Heather Fitzgerald	1988
21:20	Linda Hockey	1985	~~23:39~~	~~Missy Klein~~	~~1989~~
21:22	Colleen Wright	1981	23:48.8	Janet Moritz	1984
			23:49	Jill Apostle	1989
21:28.0	Anja Kannengieser	1982	23:52	Megan McCabe	1989
~~21:37~~	~~Eileen Fitzgerald~~	~~1989~~	24:01.0	Pam Parker	1984
21:43	Barbara Remmers	1979	24:36	Krisi Wing	1984
21:46	Darcy Nicholson	1984	24:57	Lisa DeCastro	1989

Holmdale Park State Championship Course 5,000 meters

18:29	Patti Mileski	1982
18:44.0	Margaret Scutro	1984
19:12.9	Mary Ellen Mileski	1982
19:47	Carol Dickstein	1979
19:52	Jean Hughes	1988
19:55	Kathy Duffy	1980
19:59	Sue Hart	1980
20:08	Norine D'Arcy	1985
20:25	Chris McKenna	1980
20:29	Jen Hughes	1984
20:29	Liz Figlar	1989
20:31.4	Beth Pringle	1982
20:32	Eileen Fitzgerald	1989
20:40	Karen O'Brien	1984
20:48	Lynne Collazo	1986
21:05	Kirsten Kannengieser	1982
21:17	Kathy Shevlin	1986
21:20	Linda Hockey	1985
21:22	Colleen Wright	1981
21:28.0	Anja Kannengieser	1982
~~21:37~~	~~Eileen Fitzgerald~~	~~1989~~
21:43	Barbara Remmers	1979
21:46	Darcy Nicholson	1984
21:49	Carolyn O'Brien	1987
~~21:53~~		
21:56	Steph Kane	1988
21:57	Nanci Titus	1986
22:12	Nicole MacLennan	1986
22:19	Leslie Barbie	1983
22:19	Lisa Waters	1984
22:23	Jen Bauman	1989
22:28.0	Marci Capitani	1984
~~22:26~~		
~~22:33~~	~~Jen Bauman~~	~~1989~~
22:26		
~~22:47~~	Eileen Moritz	1989
22:46	Missy Klein	1989
22:54	Jenny Razik	1981
22:58	Laura Campbell	1979
22:59.5	Robin Lavin	1984
23:12	Janet Titus	1986
23:23.6	Linda Sicilito	1984
23:25	Heather Fitzgerald	1988
~~23:39~~	~~Missy Klein~~	~~1989~~
23:48.8	Janet Moritz	1984
23:49	Jill Apostle	1989
23:52	Megan McCabe	1989
24:01.0	Pam Parker	1984
24:36	Krisi Wing	1984
24:57	Lisa DeCastro	1989

28:25	JEN SCHWARTZ	1988
29:57	AMY TITUS	1988
30:30	ADRIENNE REED	1988
30:33	ANNE BURTON	1988


Ridgewood
NJSIAA
558
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564
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Ridgewood


Ridgewood
NJSIAA
559
561


NJSIAA
644


Ridgewood
NJSIAA
563


NJSIAA
564
545


Ridgewood


Ridgewood
VIRGINIA


Ridgewood


Ridgewood


Ridgewood


Ridgewood


Ridgewood


Ridgewood
NJSIAA
564
NJSIAA


NJSIAA
535
NJSIAA
Ridgewood
NJSIAA
560


Ridgewood




Ridgewood


Ridgewood


P.P.H.S.


Ridgewood


PPHS


Ridgewood


SCHOOL BUS
Ridgewood
Ridgewood
Ridgewood
Ridgewood


RIDGEWOOD
RIDGEWOOD


RIDGEWOOD
HIGH SCHOOL
MAROONS