



**RIDGEWOOD
CROSS
COUNTRY**

1998

**SEASON
SUMMARY**

1998

RIDGEWOOD GIRL'S CROSS COUNTRY

Dual Meets 7 wins

Barringer	15 - 50
Passaic	21 - 36
Eastside	15 - 50
Bloomfield	15 - 50
Hackensack	26 - 31
Kennedy	15 - 50
Clifton	18 - 41

Championship Meets 5 wins

Shore Coaches	3 rd
NNJIL champs	1 st
Ridgewood Invitational	3 rd
Bergen Group 4	1 st
N1Gr4-NJ champs	1 st
Bergen Meet of Champs	1 st
NJ State Group 4	1 st
State Champs	3 rd

1998 RIDGEWOOD GIRL'S CROSS COUNTRY

seniors: Kara Belknap*, Irene Janis*, Ana Law*(capt), Tira Lobell*, Meg McDermott*, Tara Pehush*, Monica Schiefen*(capt), Julie Sprich*(capt), Kate Strum*, Danielle Walther*

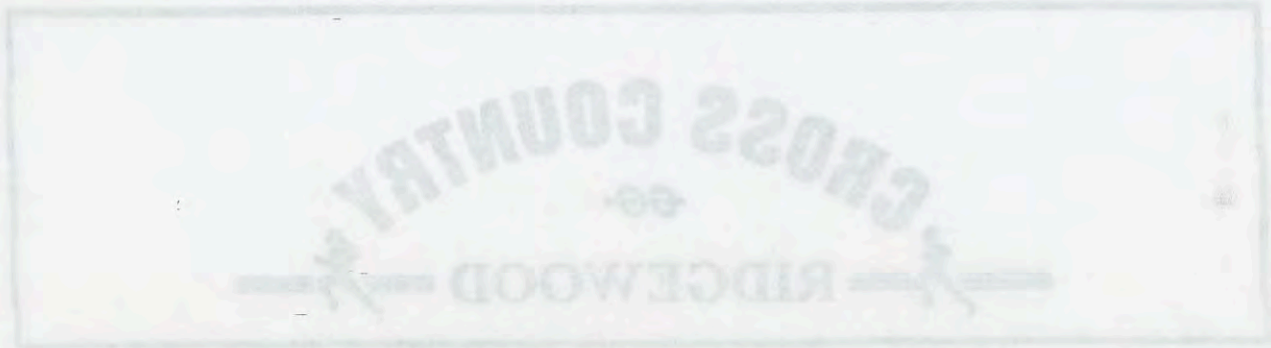
juniors: Katty Aldave, Nora Apsel, Kelly Behan, Julia Brownell*, Lesley Bruno, Alyson Cangemi*, Katie Cosgrove, Erin Cron, Jen Dlugasch, Taylor Dunn*, Katie Latanich, Diane Nielson, Tara O'Neill*, Jess Rhoten, Beth Riina, Meeta Shah, Meg Snyder, Clare Weeks, Sarah Wells.

sophomores: Brittany Hemmel, Dara Hourdajian, Rebecca Johnson, Chrissy Martin, Kate Mcwhiney.

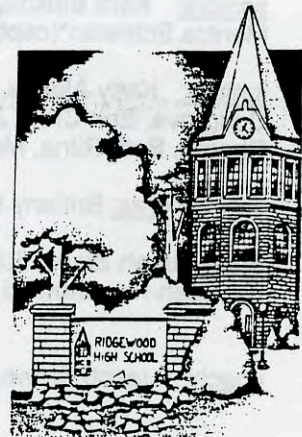
frosh: Sarah Bigos, Julia Foresman, Jackie Goulart, Colleen Herlihy, Peggy Lynch, Clair Nowakowski*, Kathleen Nowakowski, Alexandra Oros, Pippa Scott, Ruth VanYperen.

coach: Jacob Brown

* = letter winner



September 15	Barringer & Passaic @ Passaic 4:30pm	Garrett Mountain
September 18,19&20	Cross Country Weekend Leave RHS 3:45pm fri, return 4:30pm sun.	Wilmington, Vermont
September 24	Eastside 4:30pm	VanSaun Park, Paramus
September 26	Bulldog Invitational 9:20am Frosh	Bergen Community College
September 28	Bloomfield & Hackensack 4:30pm	Veterans Field
October 3	Shore Coaches Invitational J.V.-12:56, Varsity-3:06, Frosh-4:02	Holmdel Park
October 6	Kennedy & Clifton @ Clifton 4:30pm	Garrett Mountain
October 10	Brett Taylor Invitational Frosh - 9:15am	Darlington Park
October 13	NNJIL Championships Frosh - 3pm, JV - 3:15, Varsity - 3:55	Darlington Park
October 17	Ridgewood Invitational Frosh- 1pm, J.V.- 1:30, Varsity- 2:55	Veterans Field
October 24	Bergen County Group 4 Champs Varsity- 10:20, J.V.- 11:15, Frosh- 12:30	Darlington Park
October 30	Junior Varsity - Frosh Championship Frosh - 3:55, J.V.- 4:25	Darlington Park
October 31	NJ State SectionalChamps N1Gr4 Varsity- 12:30	Garrett Mountain
November 7	Bergen County Meet of Champs Frosh - 1:30 Varsity- 2:30	Darlington Park
November 14	NJ State Group 4 Championship Varsity- 12:30	Holmdel Park
November 21	NJ State Meet of Champions Varsity- 11:45	Holmdel Park
November 28	Footlocker East Regional Champs	VanCourtland Park



CROSS COUNTRY

RIDGEWOOD



GIRLS CROSS-COUNTRY PREVIEW

4.

Several individual question marks still must be answered as the 1998 CC season gets under way. Will 1997 AG winner Kelly Behan be able to defend her title or will her junior season be lost to the same problem that erased her outdoor campaign? Will Lauren Avallone of Morris Catholic be able to come back from a nagging stress fracture? How will Maura Bolger do in her new surroundings at Manasquan?

One fact remains solid: sophomore Erin Donohue of Haddonfield is odds-on favorite to take the AG title that eluded her last year. She had a 17:40 5K road race over the summer and has decided to forego the band and club basketball duties that no doubt helped to derail her last year.

The team picture is just as jammed as it was last year with most of the same teams in contention, led by defending Shawnee. Group IV again is so tough that a couple of Top 10 teams will be squeezed out as they were in 1997.

TEAMS

HACKENSACK: Juniors Patty Martin and Beth Androski provide a strong 1-2 punch with Shauna Koenig and April Quatrano the backups. There may be a slight depth problem here.

MIDDLETOWN SOUTH: Cate Guiney will be joined this fall by twin Maggie who ran pretty well last winter. Also returning are senior Lauren Werchinski and juniors Kate Bongiolatti and Dana Bertelsen.

NORTH HUNTERDON: Kristen Haughey will run CC for the first time this fall and this will give the Lions an awesome 1-2 as she teams with Julie Culley, 4th in the '97 AG meet. Also returning are Carla O'Neill, 7th in Gr. III, and soph Gwen Doyle.

OCEAN TWP: Like the boys, this team will come along slowly and be ready when the state meet begins. It has a top lead runner in Pam Meadors and also counts on veterans Samantha Haydu, Jessica Ziperon and Johanna Young.

RED BANK CATHOLIC: Meghan Cunniff, Jackie Iovino and Melanie Bauman are gone, but the Caseys still have Erika Feltz, Bridget Bulman, Jamie Squillare, the Sabatos sisters and Denise Joyner. And 400 ace Megan Winchell will run CC for the first time.

RIDGEWOOD: Behan is still nursing the hip injury which sidelined her last spring. This gives Meg McDermott the early leader role with Tara O'Neil and Alyson Cangemi not too far behind. The many matches with Hackensack should be a repeat of last year's cat-and-mouse chase.

ROXBURY: The 1997 season was a disappointing one for the Gaels, but they could make up for it this time. Zillah Drymon had an excellent spring and will get good backing from sophs Stephanie Last and Shari Cromartie and senior Sherry Sikora.

ST. ROSE: Despite the sudden loss of Bolger, the defending Parochial B champs have a solid lineup, with the three Landers sisters, senior Rian and twin sophs Devon and Taryn, providing much of the talent. Versatile Kris Gullestad joins Rian in the top pair and senior Melissa Capone completes the quintet.

SHAWNEE: The two leaders in last year's AG victory return, senior Taylor Van Acker and junior Jenna Darcy, as well as Andrea Prickett and Mary Beth Redheffer. It should not be hard to find a 5th girl from the large Renegade squad.

TOMS RIVER EAST: Lauren Dunning has graduated, but the rest of the '97 team is back, including seniors Megan Goodwin and Sarah DeBlasi, junior Jessica Murray and soph Lauren Palmer. There is also word of a hot incoming frosh.

OTHERS TO WATCH: Paul VI and Bishop Eustace both have plenty returning in PA, Randolph and Westfield ditto in Gr. IV.. Three-time Gr. II champ Ramsey retains Melissa Conway and Megan Campbell.

INDIVIDUALS

BETH ANDROSKI, Hackensack (32): Beth was generally the No. 3 for the Hackensack team last fall behind the Martin sisters, but had much the better track season than Patty with an 11:20.54 3200 outdoors.

LAUREN AVALLONE, Morris Catholic (13): Had another great invitational season last fall, but lost both her conference and PB titles to Janie Steinemann of Villa Walsh. Basketballed indoors, but came back to run 11:34.10 outdoors. When and if Lauren gets over her injury, she will have an able training partner for the first time in frosh Vanessa Bazydlo.

CHERYL BAUER, Morris Hills (21): Cheryl was having a magnificent junior year until hit with mono just as the state meet started. She was given a medical OK to compete, but lost the Gr. II race to Jessica Thomas and managed only a 21st in the AG. Before that, she had won her conference meet, lost the Morris County race to Stephanie Snyder and gave away the sectionals in what amounted to a 3-way tie with two senior teammates. She came back to run 5:14.27 indoors and 11:05.55 outdoors.

KELLY BEHAN, Ridgewood (1): Kelly hasn't been seen on the track since her woeful opening leg in the DMR at Penn. The official reason for her absence is a hip injury.

MAURA BOLGER, Manasquan: Injuries continue to harass Maura, who last winter became an AG champ in her favorite sport, swimming. Now she is with a team that finished last in its sectional race last fall.

KATE BONGIOLATTI, Middletown South (19): Came out of nowhere to join Guiney last fall. Her worst championship finish before the AG race was a 9th in the strong Shore Conference event. Turned to shorter distances on the track, running 2:22.08 indoors and 2:19.73 outdoors and also taking a leg on the fast MS 1600R team.

MELISSA CONWAY, Ramsey (25): As a freshman, Melissa made the difference for Ramsey last fall in a close Gr. II win over Morris Hills with her 4th-place finish. She went on to run 11:38.1 outdoors.

JULIE CULLEY, North Hunterdon (4): After missing the early half of the season with illness, Julie came on to place 3rd in a tough sectional race, score a big upset to win the Gr. III title and then placed 4th in the AG race. Her outdoor season was only fair with a 5:18.80 1600.

JENNA DARCY, Shawnee (20): After placing 15th in the SJ race and out of the top 25 in Gr. IV, Jenna's AG race was definitely the difference for Shawnee in the AG race. She had nothing of record either indoors or out, but had run 3rd in her county race and 2nd in her conference, so the AG race was no fluke.

NAMES AND NUMBERS

■ Best runner

Erin Donohue of Haddonfield

■ Star on the rise

Sophomore Melissa Conway of Ramsey

■ Top newcomer

Kristen Haughey of North Hunterdon

■ Teams to watch

Ocean Township, Westfield,
South Brunswick

■ Best rivalry

Hackensack vs. Ridgewood

■ Toughest conference

Shore Conference

■ Most M of C titles

Red Bank Catholic, 8

■ Most group titles

Bernards, 11

■ Most successful coach

Mary Banks of Red Bank Catholic
has won three Meet of Champions titles
and five group championships

■ Best time at Holmdel

Janet Smith of J.P. Stevens ran a
17:36.5 in 1983

DATES TO KEEP

■ September 26

Stewart Memorial Invitational
Warinanco Park, Elizabeth

■ September 28

Ridgewood vs. Hackensack
Veterans Field, Ridgewood

■ October 3

Shore Coaches Invitational
Holmdel Park

■ October 10

South Jersey Coaches Invitational
Kingsway

Manhattan College Invitational
Van Cortlandt Park, Bronx

■ October 31

NJSIAA Sectional Championships
Section 1, Garret Mtn., W. Paterson
Section 2, Warinanco Park, Elizabeth
Central Jersey, Holmdel Park
South Jersey, Kingsway
New Jersey Catholic Track
Conference Championships
Warinanco Park, Elizabeth

■ November 7

Bergen County Meet of Champions
Darlington Park, Mahwah
Shore Conference Championships
Holmdel Park
Morris County Championships
Nabisco, East Hanover

■ November 14

NJSIAA Group Championships
Holmdel Park

■ November 21

NJSIAA Meet of Champions
Holmdel Park

■ November 28

Foot Locker Northeast Regional
Van Cortlandt Park, Bronx

■ December 12

Foot Locker National Meet
Orlando, Fla.

TEAMS TO WATCH

8. Ridgewood: Even if the hip injury to junior Kelly Behan, the 1997 Meet of Champions winner, sidelines her for the season, Ridgewood has enough depth to be a factor in Group 4. Coach Jacob Brown's team, second at the M of C last year, has five of its top six back, including Behan. The others are seniors Meg McDermott and Monica Schiefen and juniors Tara O'Neill, Alyson Cangemi and Taylor Dunn.

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS PASSAIC
 DATE 9-15-98
 TEAM RECORDS: RHS 1 WIN
PASSAIC 1 LOSS

DISTANCE 5 K
 COURSE RECORD _____
 COURSE CHARACTER HILLS + ROCKS
 WEATHER HOT + MUGGY - HUMID

PLACE	NAME	SCHOOL	TIME	PLACE	NAME	SCHOOL	TIME
1.	DANIELLE WALTHER	RHS	21:24	21.	ANTOINETTE	P	27:02
2.	MEG McDERMOTT	RHS	21:31	22.	KATIE LATANICH	RHS	27:19
3.	SHONDELL BRAITWAITE	P	21:51	23.	IRENE JANIS	RHS	27:26
4.	TARA O'NEILL	RHS	22:07	24.	KARA BELKNAP	RHS	27:32
5.	SHAKING WILLIAMS	P	22:17	25.	KATIE COSGROVE	RHS	27:49
6.	TAYLOR DUNN	RHS	22:21	26.	JESS RHOTEN	RHS	27:53
7.	NANCY MARTINEZ	P	22:27	27.	KATE STRUM	RHS	28:09
8.	ALYSON CANSEMI	RHS	22:38	28.	BRITANY HEMMEL	RHS	28:16
9.	OTISHA MATHIS	P	22:40	29.	TARA PEHUSH	RHS	28:20
10.	ANA LAW	RHS	22:43	30.	SHEKENAH	P	28:21
11.	JULIA BROWNELL	RHS	22:45	31.	DARA HOURDASIAN	RHS	29:13
12.	SHAWNA PRITUCT	P	23:08	32.	KATIE RIGLER	RHS	34:27
13.	JULIE SPRICH	RHS	23:50	33.			
14.	REBECCA JOHNSON	RHS	24:03	34.			
15.	KATTY ALDAVE	RHS	24:58	35.			
16.	EDYTA BAVAN	P	25:15	36.			
17.	SARA WELLS	RHS	25:28	37.			
18.	DIANE NELSON	RHS	25:32	38.			
19.	LESLEY BRUNO	RHS	25:38	39.			
20.	CLARE WEEKS	RHS	26:47	40.			

SCORING

COMMENTS:

RHS	PASSAIC
1	3
2	5
4	7
6	9
8	12
FINAL 21	SCORE: 36

I MISJUDGED HOW GOOD PASSAIC IS! THEY DID A NICE JOB OF RUNNING AS A PACK WITH OUR # 34 + 5 RUNNERS. BUT THE TEAM WAS TOUGH AND MADE UP FOR MY MISTAKE. GREAT WIN FOR DANIELLE! TIRA'S ANKLE SPRAIN IS A REAL PROBLEM AND OUR TEAM NEEDS TO CLOSE THE 1-7 SPLIT (1:21) TO UNDER A MINUTE.

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS PASSAIC (FRESH)
 DATE 9-15-98
 TEAM RECORDS: RHS _____

DISTANCE _____
 COURSE RECORD _____
 COURSE CHARACTER _____
 WEATHER _____

PLACE	NAME	SCHOOL	TIME	PLACE	NAME	SCHOOL	TIME
1.	CLAIR NOWALOWSKI	RHS	14:45	21.			
2.	ALEXANDRA OROS	RHS	14:56	22.			
3.	JACKIE GOULART	RHS	14:58	23.			
4.	PEGGY LYNCH	RHS	15:54	24.			
5.	KATHLEEN NOWALOWSKI	RHS	16:12	25.			
6.	RUTH VANYPEREN	RHS	16:29	26.			
7.	SARAH BIGOS	RHS	17:02	27.			
8.	COLLEEN HERLIHY	RHS	17:13	28.			
9.		P	17:29	29.			
10.	JULIA FORESMAN	RHS	17:36	30.			
11.	PIPPA SCOTT	RHS	18:36	31.			
12.		P	19:35	32.			
13.		P	21:01	33.			
14.		P	21:02	34.			
15.		P	24:00	35.			
16.				36.			
17.				37.			
18.				38.			
19.				39.			
20.				40.			

SCORING

RHS	PASSAIC
1	8
2	9
3	10
4	11
5	12
FINAL 15	SCORE: 50

COMMENTS:

WE HAVE A GREAT LOOKING FRESH TEAM!
 CLAIR CONTINUED SOME GOOD TRAINING
 RUNS INTO THE RACE AND LOOKED
 GREAT FOR THE WIN. A 1:27 1-5
 SPLIT ISN'T BAD FOR A FIRST RACE
 BUT MUST BE IMPROVED FOR THE
 SHORE MEET.

GIRLS X-COUNTRY

9-14

NNJIL

CLIFTON 15, BLOOMFIELD 48

1. Natalie Popowicz (C)	23:13.
2. Edith Werpachowska (C)	23:36.
3. Tracey Cook (C)	23:38.
4. Kristin Rumbaugh (C)	24:03.
5. Barbara Zarebczan (C)	25:10.

Course: Garret Mountain; Distance: 3.1 mi.
Team records: Clifton (1-0); Bloomfield (0-1).

NBIL

FAIR LAWN 15, WAYNE HILLS 50 NV/DEMAREST 15, WAYNE HILLS 50 NV/DEMAREST 26, FAIR LAWN 31

1. Jill Brownlee (FL)	23:05.
2. Colleen Kerns (D)	23:22.
3. Shila Chithin (D)	23:46.
4. Jen Elmezzi (FL)	24:23.
5. Kenesha Brathwaite (FL)	24:25.

Course: at Wayne Hills; Distance: 3.1 mi.
Team records: NV/Demarest (2-0); Fair Lawn (1-1); Wayne Hills (0-2).

RAMSEY 15, PASCACK HILLS 50 RAMAPO 16, PASCACK HILLS 43 RAMSEY 19, RAMAPO 42

1. Melissa Conway (RSY)	21:11.
2. Megan Campbell (RSY)	22:10.
3. Beth Besey (RSY)	22:10.
4. Margaret Park (RPO)	22:29.
5. Jen Myers (RPO)	22:44.

Course: Ramapo; Distance: 3.1 mi.
Team records: Ramsey (2-0); Ramapo (1-1); Pascack Hills (0-2).

N. HIGHLANDS 15, MAHWAH 50 PASCACK VAL. 15, MAHWAH 50 N. HIGHLANDS 22, PASCACK VAL. 39

1. Julia Kaye (NH)	21:50.
2. Lisa Haystrand (PV)	22:20.
3. Samantha Pollinger (NH)	22:30.
4. Geena Abbatemarco (PV)	22:31.
5. Holly Potts (Mah)	23:01.

Course: Darlington Park; Distance: 3.1 mi.
Team records: Northern Highlands (2-0); Pascack Valley (1-1); Mahwah (0-2).

INDIAN HILLS 15, NV/OLD TAPPAN 42 INDIAN HILLS 16, BERGENFIELD 47 NV/OLD TAPPAN 20, BERGENFIELD 43

1. Audrey Holst (IH)	21:16.
2. Erin Baguberger (IH)	21:16.
3. Noelle Bassi (IH)	21:16.
4. Sonja Neilson (IH)	21:17.
5. Meloney Howell (B)	21:38.

Course: Old Tappan; Distance: 3.1 mi.
Team records: Indian Hills (2-0); NV/Old Tappan (1-1); Bergenfield (0-2).

GIRLS CROSS-COUNTRY

9-15

NNJIL

RIDGEWOOD 21, PASSAIC 36

1. D. Walther (R)	21:24.
2. M. McDermott (R)	21:31.
3. Shondell Braitwaite (P)	21:53.
4. T. O'Neill (R)	22:07.
5. Shakira Williams (P)	22:17.

Course: Garrett Mountain; Distance: 3.1 mi.
Team records: Ridgewood (1-0); Passaic (0-1).

IHA 15, PARAMUS CATH. 46 IHA 15, NUTLEY 47 PARAMUS CATH. 22, NUTLEY 33

1. Mary Darlano (IHA)	19:27.
2. Amy Giacobone (IHA)	19:34.
3. Erin Bortz (IHA)	19:54.
4. Jenna Bellonzi (IHA)	19:56.
5. Allyson Jengo (IHA)	19:56.

Course: Nutley; Distance: 2.8 mi.
Team records: IHA (2-0); Nutley (0-2); Paramus Catholic (1-1).

BELLEVILLE 15, TEANECK 50

1. Melissa Cifelli (B)	21:49.
2. Julie Volante (B)	28:30.
3. Lisa Farah (B)	28:32.
4. Ann-Amhar Hayak (B)	28:37.
5. Robin Dholaria (B)	20:39.

Course: Teaneck; Distance: 3.1 mi.
Team records: Belleville (1-0); Teaneck (0-1).

BCSL American

RIVER DELL 15, ENGLEWOOD 50 FORT LEE 15, ENGLEWOOD 50 FORT LEE 25, RIVER DELL 30

1. Briana Bayersdorfer (RD)	22:42.
2. Meagan Chin (FL)	23:56.
3. Maria DeJesus (E)	26:00.
4. Alexandra Megaris (FL)	26:01.
5. Anna Faktorodich (FL)	26:16.

Course: River Dell; Distance: 3.1 mi.
Team records: River Dell (1-1); Fort Lee (2-0); Englewood (0-2).

WESTWOOD 23, DUMONT 36 DUMONT 27, RUTHERFORD 28 WESTWOOD 22, RUTHERFORD 29

1. Jenika Asadorian (W)	22:06.
2. Kyle Hoskin (R)	23:04.
3. Amy Gohlich (W)	23:11.
4. Carolyn Wassong (R)	23:18.
5. Jessica Hanson (D)	23:21.

Course: Darlington; Distance: 3.1 mi.
Team records: Westwood (2-0); Dumont (1-1); Rutherford (0-2).

TENAFLY 15, QUEEN OF PEACE 50

1. Talia Mosconi (T)	24:09.
2. Katelyn Gonzales (QP)	24:27.
3. Shimrit Mauz (T)	24:50.
4. Alice Matsumoto (T)	25:07.
5. Dina Feisen (T)	25:13.

Course: Roosevelt Commons, Tenafly; Distance: 3.2 mi.
Team records: Tenafly (1-0); Queen of Peace (0-1).

RIDGEF. PARK 23, CLIFF. PARK 32

1. Lisa Nappi (RP)	20:02.
2. Fredly Urena (CP)	20:03.
3. Shenee Clark (RP)	21:36.
4. Laura Stiefel (RP)	21:37.
5. Glulvia Bombace (CP)	21:58.

Course: Cliffside Park; Distance: 2.9 mi.
Team records: Ridgfield Park (1-0); Cliffside Park (0-1).

Northern Hills

MILLBURN 26, WEST MILFORD 31 MONTVILLE 27, WEST MILFORD 29 WEST MILFORD 27, PEQUANNOCK 29 WEST MILFORD 15, WEST SIDE 50 WEST MILFORD 15, CLIFF. SCOTT 50 WEST MILFORD 19, ST. ELIZABETH 42

1. Renee Trappe (P)	20:49.
2. Laura Kass (MI)	22:58.
3. Amanda Orson (MO)	23:41.
4. Andrea Thriller (MO)	23:50.
5. Rachel Toye (WM)	23:59.

Course: Delbarton; Distance: 3.1 mi.
Team records: Millburn (6-0); Montville (5-1); West Milford (4-2); St. Elizabeth (2-4); Clifford Scott (1-5); West Side (0-6).

GIRLS CROSS-COUNTRY

9-16

BCSL Olympic

BOGOTA 21, RIDGEFIELD 34 RIDGEFIELD 15, LEONIA 50 BOGOTA 15, LEONIA 50

1. Concetta Pannuccio (B)	23:29.
2. Lori Reisinger (R)	23:58.
3. Melinda DiDonet (B)	24:39.
4. Almy Rojas (B)	24:44.
5. Stephanie Brown (B)	25:00.

Course: Ridgfield; Distance: 5K.
Team records: Ridgfield (1-1); Bogota (2-0); Leonia (0-2).

NNJIL

HOLY ANGELS 20, PARAMUS 39 HOLY ANGELS 15, MONTCLAIR 50 PARAMUS 15, MONTCLAIR 50

1. Julie Clifford (HA)	21:30.
2. Jeri Chlco (P)	22:20.
3. Maryanne Fausch (HA)	22:50.
4. Gaby Saiz (HA)	22:59.
5. Rosanna Bartolomeo (HA)	23:28.

Course: Darlington; Distance: 3.1 mi.
Team records: Holy Angels (2-0); Paramus (1-1); Montclair (0-2).

CROSS-COUNTRY GIRLS

9-17

B-PSL

E. CHRISTIAN 27, MIDLAND PARK 30 P. LAKES 15, MIDLAND PARK 48 E. CHRISTIAN 27, P. LAKES 28

1. Shana Pitcher (PL)	20:00.
2. Karen Auteri (PL)	21:03.
3. Jess Van Denend (EC)	21:04.
4. Tara Maher (PL)	23:13.
5. Kristen Faucetta (PL)	23:14.

Course: Midland Park; Distance: 3.1 mi.
Team records: Eastern Christian (2-0); Pompton Lakes (1-1); Midland Park (0-2).

IMMAC. CONCEP. 15, HAWTHORNE 50 IMMAC. CONCEP. 15, SADDLE BRK. 50

1. Lauren Bolger (S)	25:37.
2. Amy Vanderliet(H)	26:08.
3. Dawn DiBella(S)	26:28.
4. Donette Campbell(IC)	27:16.
5. Shannon Buschgangs(C)	28:36.

Course: Garret Mtn.; Distance: 3.1 mi.
Team records: IC (2-0), SB (0-1), H (0-1).

GIRLS CROSS-COUNTRY

Independent

9-18

IMMAC. CONC. 23, MARY HELP 35

1. Donnette Campbell (IC)	21:09.
2. Shannon Buschgangs (IC)	21:10.
3. Victoria Henderson (IC)	21:15.
4. Courtney Woodson (IC)	21:17.

Course: Mary Help; Distance: 2.5 mi.
Team records: Immaculate Conception (3-0).

Top runners to keep an eye on

The 1998 area cross-country season is under way, with the Season Opener Invitational 4 p.m. today at Darlington County Park.

Two preview races already have been run, the annual Glen Rock Arboretum Run on Labor Day, and the St. Dominic's Invitational at Lincoln Park in Jersey City a week ago. Both provided some insight on the upcoming season.

Hackensack's Tom Baldwin won the 2½-mile race in 13:11, with junior teammates Frank Browne third in 13:37, Marquise Singletary sixth in 13:40, and Maurice Singletary 10th in 13:59.

Don Bosco's Nick Arnell was fourth in 13:37, and Jon Poliseo was 14th in 14:18. Matt Marovich of Paramus Catholic was fifth in 13:39, and James Milon was eighth in 13:53.

Other high schoolers in the top 15 were Kevin Mulholland of Glen Rock ninth, 13:55; Mike Rogers of Garfield (12th, 14:07) and Michael Dopf of Westwood (13th, 14:08). Meghan O'Toole of Garfield was second in the women's race in 15:31, a minute behind 1978 Bergen Group 4 champ Barbara Remmers of Ridgewood.

The top high school performers in the five-

mile race were Nate Rudd of Eastern Christian (12th, 31:58), Keith Weibrecht of Westwood (15th, 32:06), and Monica Schiefen of Ridgewood (fourth, 35:25).

Tim Muratore of Tenafly was fourth at the St. Dominic's Invitational, running the 3.3-mile Lincoln Park course in 17:20, behind race winner Todd Henderson of Notre Dame. Ryan Miller of Bergen Catholic was seventh in 18:07.

Mary D'Ariano of IHA was fourth in the girls race in 21:39 and teammate Erin Bortz was 16th in helping the Blue Eagles to a fourth-place finish.

KEEP AN EYE ON — With the season starting to heat up, here's a quick look at the top runners returning from the 1997 season.

Bergen boys — Corey Kunz of St. Joseph Regional is the only returner from last year's All-Bergen team, but Baldwin, a second-teamer last year, is probably the favorite for individual honors this year. Other returning second-teamers are Tim McDonagh of Ridgewood, Muratore, and Poliseo. Third-teamers Anthony ShROUT of SJR and Josh Wood of Ramapo also return. Look for others like Eric Knackmuhs of Ramapo in what could be a wide-open season individually.

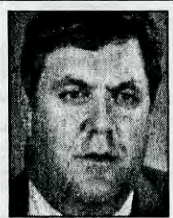
Passaic boys — Seven of last year's All-Passaic runners return, led by defending County champ Andres Cordero of Passaic Valley. But look for Craig Catanese and Keith Horbatuck of Lakeland, Rudd, and junior Owen Tonkins of Eastside to give him a battle, with Ted Mussano and Matt Winkler of

Wayne Valley the other returnees. Six second-teamers also return in what could be the best year for Passaic County in a long time.

Bergen girls — Unfortunately, the defending State champion, junior Kelly Behan of Ridgewood, is still battling injuries to her legs that wiped out much of her spring track season. It appears doubtful that she can recover in time to make a defense of her State title. The news is better for fellow underclassmen Melissa Conway of Ramsey, a sophomore, and junior Patty Martin of Hackensack, who could step into Behan's shoes at the County level.

All 10 second-teamers and four third-teamers return, with the top hopes for championship contention probably Beth Androski and Shauna Koenig of Hackensack, Jenica Asadorian of Westwood, Julie Clifford of Holy Angels, Tracy Della Torre of Glen Rock, and O'Toole.

Passaic girls — 1997 Passaic third-place finisher Shana Pitcher of Pompton Lakes starts the season as the favorite in a wide-open field, which includes 1997 first teamers Karen Auteri and Nicole Avoletta of Pompton Lakes, Michelle Cohen of Lakeland, Edith Werpochowski of Clifton, and especially Jessica Van Denend of Eastern Christian, who is hopefully recovered from last spring's injury. Four other second-teamers return, including sophomore Shakira Williams of Passaic. And 1996 first-teamer Tracey Cook, now at Clifton, also returns in what could be an exciting year.



**PAUL
SCHWARTZ**
CROSS-COUNTRY

CROSS-COUNTRY

Season Opener Invitational
at Darlington Park, Mahwah

VARSITY BOYS A

Team Scoring: Hackensack (H) 45, Don Bosco Prep (DBP) 85, St. Joseph Regional (SJR) 92, Lakeland (L) 100, Passaic Valley (PV) 111, Paramus Catholic (PC) 120, Pascack Valley (PSV) 155, Nutley (N) 201, Passaic Tech (PCT) 241.

1. Corey Kunz (SJR) 16:11; 2. Andres Cordero (PV) 16:16; 3. Anthony ShROUT (SJR) 16:31; 4. Craig Catanese (L) 16:34; 5. Frank Browne (H) 16:42; 6. John Zawdu (H) 16:49; 7. Marquise Singletary (H) 16:51; 8. Nick Arnell (DBP) 16:54; 9. Chris Mitchell (PSV) 16:58; 10. Matt Marovich (PC) 17:03; 11. Tim Fonseca (L) 17:06; 12. Mario Santinanez (H) 17:08; 13. Brad Gatens, Paramus 17:10; 14. Brian Miller (PV) 17:12; 15. Jon Poliseo (DBP) 17:17; 16. Maurice Singletary (H) 17:19; 17. Mike Dougherty (N) 17:20; 18. Matt Marovich (PC) 17:21; 19. James Clifford (DBP) 17:23; 20. Keith Horbatuck (L) 17:26.

VARSITY BOYS B

Team Scoring: Rutherford (RU) 40, Palisades Park (PP) 92, Dumont (DUM) 92, Ridgefield (RF) 109, Pompton Lakes (PL) 147, Bogota (BOG) 175, Pascack Hills (PH) 180, Emerson (E) 209, Cresskill (CR) 212, New Milford (NM) 221, Ridgefield Park (RP) 280.

1. Peter Leighton (B) 17:09; 2. Josh Vanderwiele, Midland Park 17:35; 3. Erik Larsen (RU) 17:36; 4. Cole Dalley (RU) 17:45; 5. Matt Lanin (RF) 17:49; 6. Peter Kim (RF) 18:00; 7. Allen Connell (RF) 18:02; 8. Matt Fisher (PL) 18:07; 9. Mark Serrano (DUM) 18:09; 10. Dan Levin (PH) 18:10.

11. Justin Van Dyk (RU) 18:11; 12. Frank Campbell (RU) 18:21; 13. Tom Hoskinson, Midland Park 18:22; 14. David Lunin, Park Ridge 18:28; 15. Chris Bertinato (DUM) 18:29; 16. Anthony Lugo (DUM) 18:31; 17. Eamon Monahan (RU) 18:31; 18. Kevin Ragas (PP) 18:32; 19. Bob Belthoff (NM) 18:35; 20. Sergio Zea (PP) 18:35.

VARSITY GIRLS A

Team Scoring: Hackensack (H) 29, Randolph (RA) 34, Immaculate Heart Academy (IHA) 92, Passaic (P) 92, Holy Angels (HA) 140, Memorial (MEM) 190, Fort Lee (FTL) 193, Fair Lawn (FRL) 194, Paramus Catholic (PC) 222, Nutley (N) 275, Union Hill (UH) 291.

1. Stephanie Snyder (RA) 19:01; 2. Beth Androski (H) 19:31; 3. Patty Martin (H) 20:09; 4. Danielle Stockdale (RA) 20:16; 5. Melanie Howell, Bergenfield 20:26; 6. Julie Clifford (HA) 20:30; 7. Kayla Maloney (RA) 20:38; 8. April Quatrano (H) 20:42; 9. Shauna Koenig (H) 20:54; 10. Claire McGuire (H) 20:57; 11. Mary D'Ariano (IHA) 21:05; 12. Meggan Willersorf (RA) 21:11; 13. Janna Kerins (RA) 21:12; 14. Amy Giacobone (IHA) 21:14; 15. Shondell Braithwaite (P) 21:15; 16. Shakira Williams (P) 21:17; 17. Jeri Chico, Paramus 21:19; 18. Belmax DeJesus (FTL) 21:22; 19. Megan O'Rourke (RA) 21:35; 20. Nancy Martinez (P) 21:36.

VARSITY GIRLS B

Team Scoring: Ridgefield Park (RP) 94, Pompton Lakes (PL) 99, Bogota (BOG) 105, Pascack Hills (PH) 108, Westwood (W) 109, Ridgefield (RF) 139, Pascack Valley (PV) 151, Dumont (DUM) 153, Palisades Park (PP) 182, Emerson (E) 260, New Milford (NM) 267.

1. Shana Pitcher (PL) 20:04; 2. Shenee Clarke (RP) 21:13; 3. Lisa Nepil (RP) 21:16; 4. Allison Herron (PH) 21:41; 5. Nancy Sinclair (SM) 21:49; 6. Concetta Panuccio (BOG) 21:51; 7. Karen Auteri (PL) 21:55; 8. Laura Stiefel (RP) 22:07; 9. Lisa Haystrand (PV) 22:11; 10. Kyle Hoskin, Rutherford 22:19.

11. Gina Abbatemarco (PV) 22:31; 12. Reva Star (PH) 22:37; 13. Lori Reisinger (RF) 22:39; 14. Amy Gohlich (W) 22:44; 15. Melinda DiDonet (BOG) 22:45; 16. Lindsay Reggo (RF) 22:48; 17. Claudine Mead (PH) 22:48; 18. Almy Rojas (BOG) 22:51; 19. Carolyn Wasong, Rutherford 22:56; 20. Melissa Hayes (DUM) 22:59.

Freshman Boys A: Team winner — Don Bosco 37; Individual winner — Richard Acosta, Bergenfield 8:54.

Freshman Boys B: Team winner — Dumont 21; Individual winner — Robinson, River Dell 9:17.

Freshman Girls: Team winner — Pascack Valley 87; Individual winner — Bayersdorfer, River Dell—10:30.

Sophomore Boys: Team winner — River Dell 55; Individual winner — Danny Chavez, Secaucus 18:02.

Junior Varsity: boys individual winner — Mike Coppolli, Hackensack 18:20; girls individual winner — Meghan Juöge, Paramus 23:08.

Hackensack shows speed

Boys, girls dominate Opener

By PAUL SCHWARTZ
Staff Writer

MAHWAH — The Hackensack boys and girls hope to be in uniform, ready to run, nine weeks from today when the teams step to the line in the final meet of the cross-country season, the New Jersey State Meet of Champions.

Off their performances in Friday's Season Opener Invitational at Darlington County Park, don't bet against either team being among the state's elite in the final week.

Both scored impressive opening wins in Division A competition, the boys despite the planned absence of No. 1 runner Thomas Baldwin and the girls by defeating one of the state's top 10 teams fairly easily.

Without Baldwin, the Comets still placed five runners in a 37-second pack between fifth and 16th places en route to a 45-85 win over Don Bosco Prep.

The girls placed their top five between second and 10th as they held off Randolph, 29-34.

Ridgefield Park scored a surprising 94-99 win over defending Passaic champ Pompton Lakes in the girls Varsity B, despite an outstanding winning effort by PL's Shana Pitcher, who won by more than a minute.

Rutherford, placing its top five in a 55-second pack between third and 17th, had no trouble repeating its 1997 win, 40-92, over Palisades Park in the boys B race, which was won handily by Bogota junior Pe-

ter Leighton in 17:08.

"This has the potential to be our best year ever," said veteran Hackensack coach Tom Zaccone, who never has taken a team to the SMOC. "We wanted the team to see what it could do without Thomas and we wanted not to overrace Thomas, so we held him out this week. If we're going to be as good as we want to be at the state level then we have to be more than just Baldwin."

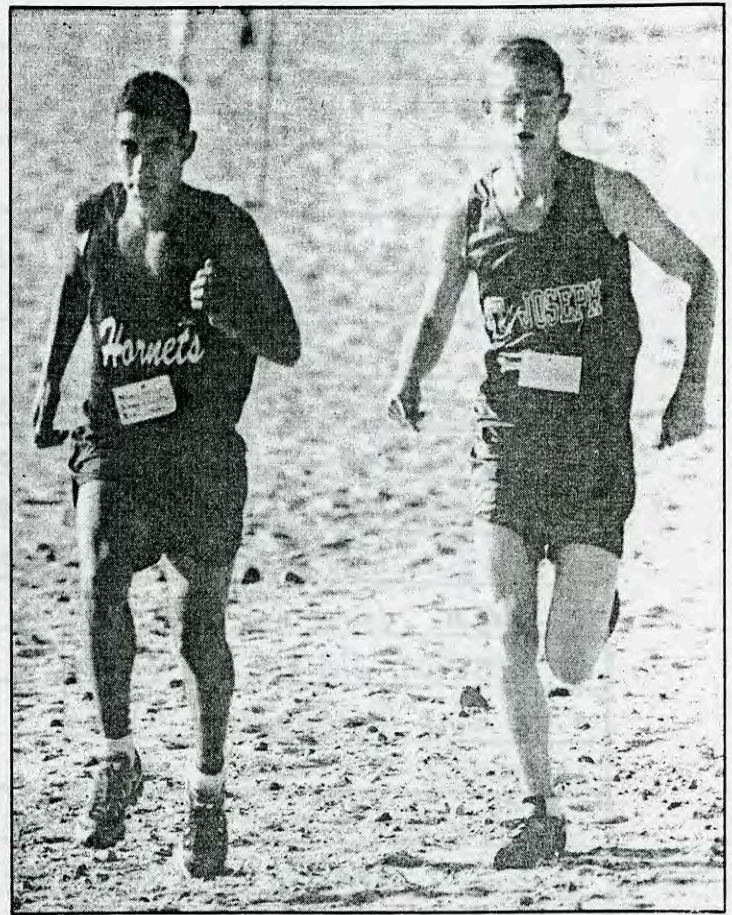
The Comets were led by fifth-place finisher Frank Brown and sixth-placer John Zewdu. Marquise and Maurice Singletary, and Mario Santinanez also ran well, recording personal bests at the 5,000-meter course.

St. Joseph senior Corey Kunz, looking stronger than ever, also took a healthy chunk off his Darlington PR in outkicking defending Passaic champ Andres Cordero of Passaic Valley in 16:11, just off the race record of 16:05 set last year by Baldwin.

"I felt really good," said Kunz, the only returning member of last year's all-Bergen first team. "I gained some weight and strength this summer and did more mileage than last year. It's my senior year and a lot more is expected out of me and I expect more out of myself than in the past."

"My main goal was to break 16 minutes up here, but I've run this so early, I have to start thinking of other goals."

"I'm very happy with this as a first meet for the girls," said Comet girls coach Ed Church. "We've



DON SMITH/STAFF PHOTOGRAPHER

Corey Kunz of St. Joseph beating Passaic Valley's Andres Cordero.

had a great 12 months with this group and we've got a secret weapon we're going to use against Ridgewood during the year. At least the girls tell me that."

Hackensack's no-so-secret weapons include race runnerup Beth Andorski, third-place finisher Patty Martin, a two-time all-Bergen choice, and April Quatrano, Shauna Koenig and Claire McGuire, the 8-9-10 finishers in the race.

Ridgefield Park surprised Pompton Lakes behind the 2-3 finish of basketball starters Shenee Clarke and Lisa Nepil and

a terrific eighth-place finish of Laura Stiefel to win the tightly bunched race. The first five teams finished within 15 points of each other.

"I knew we'd run well but I didn't expect to win," said RP coach Eric Koenig. "This reaffirmed our goals for this season, and is the first time a Ridgefield Park girls cross-country team has won a major title. We had a first year senior, Kay Rasmussen, who I thought would be happy running 25 minutes, who ran 23 minutes and was upset. That tells you about our determination."

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS Eastside
 DATE 9/24
 TEAM RECORDS: RHS 2 WINS

DISTANCE 3 miles
 COURSE RECORD _____
 COURSE CHARACTER flat, curvy, wavy
 WEATHER cool, slightly breezy

PLACE	NAME	SCHOOL	TIME	PLACE	NAME	SCHOOL	TIME
1.	DANIELE WALTHER	RHS	19:58	21.	CLARE WEEKS	RHS	
2.	MEG McDERMOTT	RHS	19:58	22.	JEN DLYGASCH	RHS	
3.	ALYSON CANGEMI	RHS	20:45	23.	CRISTINA CONCEPCION	E	24:45
4.	JULIA BROWNELL	RHS	20:46	24.	TEELIA LOWERY	E	25:03
5.	MONICA SCHLEFEN	RHS	20:48	25.	DARA HOURDASIAN	RHS	
6.	TAYLOR DUNN	RHS	20:49	26.	BRITTANY HEMMEL	RHS	
7.	TIRA LOVELL	RHS		27.	JULIA FORESMAN	RHS	
8.	REBECCA JOHNSON	RHS		28.	KATHLEEN NOWAKOWSKI	RHS	
9.	CLAIRE NOWAKOWSKI	RHS		29.	IRENE JANIS	RHS	
10.	KATY ALDAVE	RHS		30.	TARA DEJUSH	RHS	
11.	JACKIE GOULART	RHS	21:20	31.	KATE STRUM	RHS	
12.	JULIE SPRICH	RHS	22:30	32.	RUTH VANVOEREN	RHS	
13.	ANA LAW	RHS	22:30	33.	KATIE COSGROVE	RHS	
14.	SARA WELLS	RHS		34.	COLLEEN HERLIHY	RHS	
15.	LESLEY BRUND	RHS		35.	KERRY THOMSON	E	
16.	DIANE NEILSON	RHS		36.	NORA ADSEL	RHS	
17.	JESS RHOTEN	RHS		37.	MEG SNYDER	RHS	
18.	KARA BELKNAP	RHS		38.	PIPPA SCOTT	RHS	
19.	KATIE LATANICH	RHS		39.	SARA BIGOS	RHS	
20.	PEGGY LYNCH	RHS		40.	LISA ADAMS	E	30:39
				41.	KATRINA BRUNSON	E	
				42.	META SHAN	RHS	
				43.			
				44.			
				45.			
				46.			
				47.			
				48.			
				49.			
				50.			
				51.			
				52.			
				53.			
				54.			
				55.			
				56.			
				57.			
				58.			
				59.			
				60.			

SCORING

RHS	EASTSIDE
1	(8) 23
2	(9) 24
3	(10) 40
4	(11) 41
5	(12) -
FINAL 15	SCORE: 50

COMMENTS:

WE RAN WITH THE BOYS RACE AND RESPONDED WITH SOME VERY NICE RUNNING. THE TIMER PUSHED THE WRONG BUTTON ON HIS WATCH AND LOST ALL THE TIMES SO WE ARE TRYING TO RECONSTRUCT FROM THE BOYS RACE. DANIELE + MEG PACED VERY WELL. THE PACK OF ALYSON, JULIA, + TAYLOR DID A GREAT JOB. MONICA MUST RELAX MORE IN THE FIRST PART OF THE RACE SO SHE CAN RUN FASTER IN THE 2ND PART. TIRA MUST DOUBLE CHECK HER SHOES! THE FROSH DID A GREAT JOB WITH THE VARSITY DISTANCE AND ARE READY FOR SATURDAY!

GIRLS CROSS-COUNTRY

9-29
9-29
NNJIL

HACKENSACK 24, CLIFTON 33 HACKENSACK 15, BELLEVILLE 50 CLIFTON 15, BARRINGER 50

1. Patty Martin (H) 20:37.
 2. Beth Androski (H) 20:52.
 3. Natalie Popowicz(C) 21:16.
 4. McGuire (H) 21:17.
 5. Qautrano (H) 22:02.
- Course: Garret Mountain; Distance: 3.1 mi.
 Team records: Hackensack (4-0); Clifton (2-1); Barringer (0-4).

HOLY ANGELS 16, PAR. CATH. 40

1. Julie Clifford (HA) 20:45.
 2. Jillian Romarao (PC) 22:16.
 3. Gaby Saiz (HA) 22:20.
 4. Rosanna Bartolomeo (HA) 22:56.
 5. Carli Devir (HA) 23:10.
- Course: Darlington Park; Distance: 3.1 mi.
 Team records: Holy Angels (4-0); Paramus Catholic (2-2).

IHA 18, BELLEVILLE 45 IHA 18, PARAMUS 43

- ### PARAMUS 21, BELLEVILLE 35
1. Mary dArino (IHA) 20:17.
 2. Amy Giabone (IHA) 20:25.
 3. Melissa Cifelli (B) 20:45.
 4. Geri Chico (P) 20:50.
 5. Erin Bortz (IHA) 20:56.
- Course: Montvale; Distance: 3.1 mi.
 Team records: IHA (4-0); Belleville (1-3); Paramus (2-2).

NBIL

RAMAPO 20, BERGENFIELD 41 NV/DEMAREST 22, BERGENFIELD 37 RAMAPO 21, NV/DEMAREST 37

1. Melanie Howell (B) 21:42.
 2. Margaret Park (R) 22:07.
 3. Sheila Chithran (D) 22:29.
 4. Jen Meyers (R) 22:32.
 5. Sarah Kong (R) 22:46.
- Course: Demarest; Distance: 5 km.
 Team records: Ramapo (3-1); NV/Demarest (3-1); Bergenfield (0-4).

RAMSEY 17, PASCACK VALLEY 46 RAMSEY 15, WAYNE HILLS 50 PASC. VALLEY 15, WAYNE HILLS 45

1. Megan Campbell (R) 21:08.
 2. Beth Vesey (R) 21:08.
 3. Melissa Conway (R) 21:08.
 4. Lisa Haystrand (PV) 21:10.
 5. Sabrina Silverstien (R) 21:49.
 5. Marissa Vero (R) 21:49.
- Course: Ramsey; Distance: 3.1 mi.
 Team records: Ramsey (4-0); Pascack Valley (2-2); Wayne Hills (0-4).

INDIAN HILLS 19, N. HIGHLANDS 38 INDIAN HILLS 15, PASCACK HILLS 46 N. HIGHLANDS 20, PASCACK HILLS 39

1. Holst (IH) 21:15.
 2. Julia Kaye (NH) 21:22.
 3. Bauberger (IH) 21:26.
 4. Bassi (IH) 21:39.
 5. Luino (IH) 21:39.
- Course: Northern Highlands; Distance: 3.1 mi.
 Team records: Indian Hills (4-0) Northern Highlands (3-1); Pascack Hills (0-4).

NV/OLD TAPPAN 25, FAIR LAWN 34 NV/OLD TAPPAN 18, MAHWAH 45 FAIR LAWN 21, MAHWAH 43

1. Stephanie Davis (OT) 20:58.
 2. Jill Brownly (FL) 21:20.
 3. Megan Allen (OT) 21:33.
 4. Holly Pot (M) 21:42.
 5. Kenesha Brathwit (FL) 21:48.
- Course: Old Tappan; Distance: 3.1 mi.
 Team records: NV/Old Tappan (3-1); Fair Lawn (2-2); Mahwah (0-4).

B-PSL

POMP. LAKES 15, MANCHESTER 50 POMP. LAKES 15, IMMAC. CONC. 50

1. Shana Pitcher (PL) 18:20.
 2. Karen Auteri (PL) 20:19.
 3. Kristen Fautetta (PL) 21:57.
 4. Janell Bender (PL) 22:28.
 5. Jessica Wich (PL) 22:59.
- Course: Manchester; Distance: 2.9 mi.
 Team records: Pompton Lakes (4-0).

BCSL American

WESTWOOD 27, RIDGE. PARK 32 WESTWOOD 23, FORT LEE 38 RIDGE. PARK 25, FORT LEE 31

1. Jenica Asadorian (W) 19:51.
 2. Shenee Clarke (RP) 20:16.
 3. Lisa Nepil (RP) 20:18.
 4. Belmax DeJesus (FL) 20:55.
 5. Laura Stiefel (RP) 21:09.
- Course: Fort Lee; Distance: 3.1 mi.
 Team records: Westwood (4-0); Fort Lee (2-2); Ridgefield Park (2-1).

RUTHERFORD 27, CLIFF. PARK 28

1. Frediya Urena (CP) 19:58.
 2. Carolyn Wassong (R) 20:44.
 3. Kyle Hoskin (R) 20:45.
 4. Gullia Bombace (CP) 20:51.
 5. Helena Suric (CP) 21:20.
- Course: Cliffside Park; Distance: 2.9 mi.
 Team records: Rutherford (1-2); Cliffside Park (0-2).

DUMONT 15, QUEEN OF PEACE 50 DUMONT 15, ENGLWOOD 50

1. Katelyn Gonzalez (Q) 21:05.
 2. Rachel Fisher (D) 21:38.
 3. Alyssa Hayes (D) 21:50.
 4. Amy Bembridge (D) 21:55.
 5. Nicole Teel (D) 22:07.
- Course: Dumont; Distance: 3.1 mi.
 Team records: Dumont (3-1).

TENAFLY 20, RIVER DELL 37

1. Brianna Bayersdorfer (R) 21:37.
 2. Talia Mosconi (T) 23:29.
 3. Alice Matsumoto (T) 24:04.
 4. Amanda Goldfine (T) 24:32.
 5. Lauren Rivera (T) 25:07.
- Course: Tenafly; Distance: 3.2 mi.
 Team records: Tenafly (2-0); River Dell (1-2).

BCSL National

RIDGEFIELD 15, LYNDHURST 50 RIDGEFIELD 15, WOOD-HEIGHTS 50 WOOD-HEIGHTS 15, LYNDHURST 50

1. Lori Reisinger (R) 23:36.
 2. Lindsey Reggo (R) 25:00.
 3. Adriana Hromin (R) 25:28.
 4. Donna Magliato (R) 25:47.
 5. Fotini Margonis (R) 27:00.
- Course: Ridgefield; Distance: 5 km.
 Team records: Ridgefield (3-1); Wood-Ridge/Hasb. Heights (1-1); Lyndhurst (0-2).

BECTON 20, ST. MARY'S 39

1. Nancey Sinclair (S) 22:45.
 2. Jessica Lopez (B) 25:30.
 3. Nicole Liloia (B) 25:40.
 4. Vallery Patruno (B) 25:46.
 5. Tricia Dixon (B) 26:13.
- Course: West Hudson Park; Distance: 3.1 mi.
 Team records: Becton (1-0); St. Mary's (0-1).

BCSL Olympic

BOGOTA 15, CRESSKILL 43

1. Concetta Panuccio (B) 22:01.
 2. Katie Botsford (C) 22:51.
 3. Almy Rojas (B) 23:03.
 4. Linda Diodonet (B) 23:45.
 5. Amber Neal (B) 24:05.
- Course: Cresskill; Distance: 3.1 mi.
 Team records: Bogota (3-0); Cresskill (0-1).

PALISADES PARK 18, LEONIA 45

1. Gwen Gobbo (PP) 24:26.
 2. Shakira Valdez (PP) 24:34.
 3. Sophie Barton (L) 24:35.
 4. Dina Galanise (PP) 24:56.
 5. Lauren Mantone (PP) 25:32.
- Course: Overpeck Park, Leonia; Distance: 3.1 mi.
 Team records: Palisades Park (1-0); Leonia (0-3).

BERGEN TECH 27, EMERSON 28 NEW MILFORD 27, BERGEN TECH 28 EMERSON 27, NEW MILFORD 29

1. Stephanie Oconor (NM) 23:28.
 2. Ting Chen (BT) 23:50.
 3. Elizabeth Brinkerhoff (E) 24:06.
 4. Jenny Lee (E) 24:29.
 5. Christina John (NM) 24:30.
- Course: Saddle River Park; Distance: 3.0 mi.
 Team records: Emerson (1-1); New Milford (1-1); Bergen Tech (1-1).

Northern Hills

PASS. VALLEY 15, ORANGE 50 PASS. VALLEY 25, W. MILFORD 30 PASS. VALLEY 15, ST. ELIZABETH 50 VILLA WALSH 21, PASS. VALLEY 33 PEQUANNOCK 25, PASS. VALLEY 30

1. Jamie Steinman (VW) 19:53.
 2. Renee Trapp (P) 20:02.
 3. Kathryn Tapper (VW) 20:50.
 4. Cara Paragiani (VW) 21:11.
 5. Kristin Scarnaty (PV) 21:48.
- Course: Delbarton; Distance: 3.1 mi.
 Team records: Passaic Valley (6-4).

GIRLS CROSS-COUNTRY

9-29
9-29
B-PSL

POMP. LKS. 15, PASSAIC TECH 48 POMP. LKS. 15, HAWTHORNE 50 PASSAIC TECH 15, HAWTHORNE 50

1. Shana Pitcher (PL) 19:20.
 2. Karen Auteri (PL) 20:50.
 3. Tara Maher (PL) 22:22.
 4. Kristen Faucetta (PL) 22:36.
 5. Janell Bender (PL) 22:46.
- Course: Pompton Lakes; Distance: 3.1 mi.
 Team records: Pompton Lakes (6-0); Passaic Tech (3-2); Hawthorne (0-4).

GLEN ROCK 15, MANCHESTER 50 GLEN ROCK 19, EAST. CHR. 36 EAST. CHR. 15, MANCHESTER 50

1. Tracey DellaTorre (G) 21:06.
 2. Jessica Van Dened (E) 21:43.
 3. Kathrine Libretto (G) 22:10.
 4. Laura McKay (G) 22:35.
 5. Rebecca Zino (G) 24:03.
- Course: Glen Rock; Distance: 3.1 mi.
 Team records: Glen Rock (2-0).

GARFIELD 15 IMMAC. CONC. 50

1. Mehan O'Toole (G) 18:52.
 2. Agnes Rusin (G) 21:15.
 3. Kam Lam (G) 23:17.
 4. York Lam (G) 23:45.
 5. Melissa Brovero (G) 24:20.
- Course: Garfield; Distance: 2.95 mi.
 Team records: Garfield (4-0) Immaculate Conception (2-3).

MIDLAND PARK 15, S. BROOK 50

1. Karen Finnerty (MP) 24:17.
 2. Dayna Caine (MP) 24:17.
 3. Lauren Bolger (SB) 26:06.
 4. Dana DiBella (SB) 26:14.
 5. Kim Wright (SB) 27:05.
- Course: Waldwick; Distance: 3.1 mi.

NNJIL

RIDGEWOOD 15, EASTSIDE 50

1. Danielle Walther (R) 19:58.
 2. Meg McDermott (R) 19:58.
 3. Allison C. (R) 20:50.
 4. Julia Brownwell (R) 20:55.
 5. Mondea Schliehen (R) 21:00.
- Course: Van Saun; Distance: 3.1 mi.

GIRLS
CROSS-COUNTRY

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BULLDOG
 DIVISION FROSH GIRLS
 DATE 9/26/98
 WEATHER NICE DAY!

COURSE ORCHARD HILLS GOLF COURSE
 COURSE RECORD _____
 RIDGEWOOD RECORD NEW RECORD
OLD RECORD of 15:45 from
1992
 TYPE OF COURSE GOLF COURSE - GRASS

FINISH PLACE	TEAM SCORE	NAME	TIME
1		CLAIR NOWAKOWSKI NEW RHS FROSH RECORD	14:47
5		ALEXANDRA DROS	15:22
6		JACKIE GOULART	15:24
9		PESSY LYNCH	15:40
20		RUTH VAN DYPEREN	16:45
22		COLLEEN HERLIHY	16:55
26		KATHLEEN NOWAKOWSKI	17:05
27		JULIA FORESMAN	17:06
?		PIPPA SCOTT	18:39
?		SARA BIGOS	19:10

TEAM TOTAL:

TEAM PLACE: 1ST PLACE

1-5 SPLIT: 1:58

1-7 SPLIT: 2:17

COMMENTS: EXCELLENT WIN FOR BOTH CLAIR and THE TEAM. CLAIR RAN A SMART WELL PACED RACE AND WON WITH A NICE SPRINT AT THE END. PESSY + COLLEEN MADE EXCELLENT IMPROVEMENTS IN THEIR RACING! AS A TEAM WE RAN VERY WELL. THIS TEAM CAN HAVE A GREAT SEASON!



ED HILL/STAFF PHOTOGRAPHER

The Group 2 boys field is off and running across the Garret Mountain meadow at the Passaic Invitational cross-country meet.

O'Toole, Pal Park capture titles

By **PAUL SCHWARTZ**
Staff Writer

WEST PATERSON — With teams converging on Garret Mountain from all over New Jersey on Saturday for the 32nd annual Passaic County Coaches Invitational, it's a good early-season measuring stick for area teams and runners as to what to expect throughout the season.

By that standard, it could be a very interesting year.

While Garfield's Meghan O'Toole (girls Group 3) and the Palisades Park boys (Group 1) were the only area champions in the meet, there were enough top-three team finishes and individual performances to allow speculation to run wild. First, O'Toole and Palisades Park.

O'Toole, a senior who has always enjoyed her most success at the State course at Holmdel County Park, looked very good in the heat and humidity as she beat Holy Angels standout Julie Clifford by more than 125 yards en route to a 20:42 clocking.

"I think it's a little easier for me now that I'm a senior," said O'Toole, who finished 16th in last year's State Meet of Champions. "I was All-County as a soph-

CROSS-COUNTRY

omore and then I just missed it last year, thinking in every race I had to repeat. But this year I am more relaxed and more confident."

Palisades Park, State Group 1 champions in 1995 and 1996, may be ready to challenge for another title behind a young and very deep team.

The Tigers, with sophomores Sergio Zia, Adrian Castano, and Anderson Espinosa finishing 13-14-16, placed its top five runners in a 12-second pack, with their sixth man only eight more seconds behind to beat Spotswood, 56-67, for the title.

"We're a young team that is really training well and together," coach Frank Donahue said. "These kids are putting in the hard work necessary to improve and we've got nine or 10 kids who can all run. That puts everybody on their toes or they might not have a spot on the team.

"We only have one senior in the group and he's a little banged up right now, so it's giving an opportunity for others to come forward."

Pompton Lakes finished second for the second straight week in the Group 2 girls race, this time losing to Newton, 73-89, as Shana Pitcher finished third and teammate Karen Auteri seventh.

"We've got to keep them healthy," said Pompton head coach Lauri Scalone. "We're just getting [1997 All-Passaic runner] Noelle Avoletta back and we had a scare with Tara Maher today, but I think we're going to get better each week."

Maher, who finished 28th, collapsed at the finish line, a victim of dehydration, but was soon back on her feet, thanks to the help of her teammates and the West Paterson rescue squad. She was the Cardinals' fourth finisher, in 28th place.

Passaic's girls were sensational in a second-place finish behind state power Toms River East in the Group 4 race, placing their top five within 34 seconds between seventh and 14th place.

"It's too early in the season to talk about County championships," said long-time Passaic coach Tony Barbato. "But we're very excited about cross-country because we've preached to the girls that if they put in the time, it'll pay off. They're putting in the time and it's paying off."

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS HACKENSACK, BLOOMFIELD, BARRICKAD DISTANCE 3.1 miles VETS

DATE 9/28

COURSE RECORD _____

TEAM RECORDS: RHS 5 WINS

COURSE CHARACTER FLAT GRASS-PAVEMENT-SAND

WEATHER NICE DAY!

PLACE	NAME	SCHOOL	TIME	PLACE	NAME	SCHOOL	TIME
1.	BETH ANDROSKI	H	19:33	21.	SARA WELLS	RHS	24:21
2.	PATTI MARTIN	H	19:35	22.	KARA BELKAP	RHS	24:23
3.	MEG McDERMOTT	RHS	19:39	23.	ALEXANDRA DROX	RHS	24:35
4.	TARA O'NEILL	RHS	20:18	24.	CLAIR WEEKS	RHS	24:40
5.	ALYSON LANGEMI	RHS	20:19	25.	PEGGY LYNCH	RHS	24:46
6.	JULIA BROWNELL	RHS	20:25	26.	JULIE	H	24:53
7.	CLAIR McGUIRE	H	20:33	27.		BL	24:58
8.	TAYLOR DUNN	RHS	20:44	28.	DARA HOUDAJIAN	RHS	24:59
9.	SHAVANA KOINIG	H	20:55	29.		BL	25:16
10.	TIRA LOBELL	RHS	20:59	30.	RUTH VANYPEREN	RHS	25:23
11.	ANA LAW	RHS	21:04	31.	COLLEEN HERLIHY	RHS	25:28
12.	APRIL QUATARNO	H	21:25	32.	I. MARSH	H	25:41
13.	MONICA SCHIEFEN	RHS	21:42	33.		BL	25:54
14.	CLAIR NOWALOWSKI	RHS	21:45	34.	HEATHER BATES	H	26:05
15.	REBECCA JOHNSON	RHS	22:32	35.	BRIGIT ARTISON	H	26:09
16.	JULIE SPRICH	RHS	22:41	36.	KATIE COSGROVE	RHS	26:15
17.	JACKIE GOULART	RHS	22:50	37.	TARA PEHUSH	RHS	26:19
18.	LESLEY BRUNO	RHS	22:51	38.	JULIA FORESMAN	RHS	26:21
19.	DANE NELSON	RHS	23:26	39.		BL	26:25
20.	J. MITCHELL	BL	23:47	40.	SARA BIGOS	RHS	27:54
				41.		H	27:56
				42.	KATHLEEN NOWALOWSKI	RHS	27:58
				43.	ARABALIS	H	28:30
				44.		BL	28:32
				45.		BL	28:53
				46.		H	29:13
				47.		SAR.	30:12
				48.		H	30:25
				49.	KATHLEEN	H	30:48
				50.	DANIELLE WALTHER	RHS	DQ - HEAT COLLAPSE.
				51.			
				52.			
				53.			
				54.			
				55.			
				56.			
				57.			
				58.			
				59.			
				60.			

SCORING

RHS	HACKENSACK	Bloom FIELD	BARRICKAD
3	1	(8)	(8)
4	2	(9)	(9)
5	7	(10)	(10)
6	9	(11)	(11)
8	12	(12)	(12)
FINAL	SCORE:	15/50	15/50
26	31		

COMMENTS:

HACK	Bloom
1	6
2	8
3	9
4	11
5	12
15	46

THE TEAM WAS AWESOME! 7 OF US BEAT THEIR #5. THE EXCITEMENT WAS ALL OVER VETS FIELD AND YOU GUYS RESPONDED TO IT! WITH THEM GOING 1-2 OUR PACK JUST STALKED THE REST OF THEM. WATCHING YOU RUN DOWN CLAIR, SHAVANA, + APRIL WAS SPELLBINDING. BUT THE IMAGE THAT I WILL ALWAYS REMEMBER WAS THAT OF MONICA REACHING OUT TO HELP A COLLAPSING DANIELLE. TEAM WHAT A TEAM!



PETER MONSEES/STAFF PHOTOGRAPHER

Hackensack's Beth Androski finishing ahead of teammate Patti Martin, but the Comets couldn't stop Ridgewood's dual meet winning streak.

Ridgewood packs up win No. 92

RIDGEWOOD — For the Ridgewood girls cross country team, Monday was supposed to be the day The Streak ended.

That is, the Maroons' streak of 91 consecutive dual meet victories, dating back to 1983. Not only was Ridgewood facing rival Hackensack, which it hadn't met in a dual meet since the teams moved to different leagues in 1987, but the Maroons were without their best runner, Kelly Behan, out with a leg injury.

GIRLS CROSS COUNTRY

But thanks to a determined performance by Ridgewood, The Streak lives. Despite Hackensack finishing 1-2, the Maroons came up with a 26-31 victory over the 3.1 mile Veterans Field course. Ridgewood also secured victories over Bloomfield and Barringer, as did Hackensack.

Hackensack's Beth Androski and Patti Martin finished first and second in 19:33 and 19:35, respectively, but ~~Hackensack~~ took the next four places. Meg McDermott (19:39), Tara O'Neill (20:18), Alyson Cangemi (20:19), and Julia Brownell (20:25) took third through sixth, and Ridgewood's Taylor Dunn was eighth in 20:44.

Also important was the fact that the Maroons' Tira Lobell and Anna Law finished 10th and 11th pushing Hackensack's fifth runner to 12th place and adding more points to the Comets' total.

GIRLS CROSS-COUNTRY

NNJIL

RIDGEWOOD 15, BLOOMFIELD 50
RIDGEWOOD 15, BARRINGER 50
HACKENSACK 15, BLOOMFIELD 47
RIDGEWOOD 26, HACKENSACK 31

1. Beth Androski (H) 19:33
2. Patti Martin (H) 19:35
3. Meg McDermott (R) 19:39
4. Tara O'Neill (R) 20:18
5. Alyson Cangemi (R) 20:19

Course: Veterans Park, Ridgewood; Dist.: 3.1 mi.
Team records: Ridgewood (5-0); Hackensack (4-1).

Ridgewood still streaking

Ridgewood, No. 8 in the state, extended its dual-meet winning streak to 92 straight by knocking off No. 2 Hackensack, 26-31, in girls cross-country yesterday at Veterans Field in Ridgewood.

The last time Ridgewood lost a dual meet was to Hackensack, 27-30, on Oct. 4, 1983.

Running fans enjoy a real smorgasbord

For the second time in three years, cross-country fans could have had a feast Saturday.

With a little luck from the schedule and an extra-large subvarsity turnout at the Passaic County Coaches Invitational, this reporter managed to catch the start of 11 of 12 varsity races, and the finish of 11 of 12 at the PCCI and the Don Bozzone Bulldog Invitational eight miles away at Bergen Community College in Paramus, missing only the start of the Varsity B boys race and the finish of the Varsity A girls race at BCC.

On a beautiful afternoon, many of the top teams in North Jersey were there, although the Ridgewood, Hackensack, Ramsey, and Indian Hills girls skipped the meets to prepare for their dual meet showdowns two days later.

One of the highlights of the day was learning that the Bulldog meet, established in 1979, was renamed to honor its founder, Bozzone, the former Emerson (Union City) and BCC head coach who retired three years ago.

Another highlight was watching one of New Jersey's top intermediate hurdlers and half-milers, Clifton's Natalie Popowicz, in the first major meet of her two-week-old cross-country career. She was third in the Group 4 race at the Passaic Coaches meet, coming from well back up the final hill at the Garret Mountain course to finish less than 30 meters behind winner Kristin Meyer of Hillsborough.

"I'm basically doing this to make myself more ready for the State Meet of Championships and national meet in May and June

this spring in the hurdles and 800," said Popowicz, who ran 21 minutes 13 seconds for her 5,000 meters. "I want to break 20 minutes in cross-country, but other than that I want to be ready for the spring."

Other standout Passaic performances Saturday included Craig Catanese, second in Group 8, as his Lakeland team finished fourth; Ted Mussano of Wayne Valley finishing third in Group 4 as his team was a very solid fourth; and Brian Miller of Passaic Valley, who finished a fine eighth.

GOOD ADJUSTMENT — The varsity girls A race at the Bulldog meet started 15 minutes early, without the Immaculate Heart Academy team that was warming up on the course.

Meet director Ron Sparagoski immediately did his best to rectify the problem, allowing IHA to run in the junior college race, also at 5,000 meters.

Mary D'Ariano ran 21:42, a time that would have placed her third in the varsity A race, while Erin Bortz would have been seventh in 22:27. When Sparagoski determined that the Blue Eagles ran faster than A Division winner St. Francis Prep (N.Y.), he awarded duplicate gold medals to the Eagles and their coach, Charlotte LoSchiano.

The early start was a mistake, but the recovery by Sparagoski was a fine one.

ALSO ON COURSE — While most of the teams that have competed in major meets so far have done so in Bergen and Passaic counties, several others have traveled to see where they stand early in the year.

Ramsey's Melissa Conway ran 19:04 to win the sophomore race at the Roxbury Class Meet the first weekend of the season, earning Most Outstanding Runner honors. Matt Collins of the Rams was third in the boys sophomore race. He then finished ninth in the Red Raider Invitational last weekend in upstate New York.

Don Bosco Prep finished fourth in the Boys A Division of the Stewart Memorial



GIRLS

CROSS-COUNTRY

BERGEN GROUP 1-2

1. Ramsey — Ho-hum. The Rams are undefeated in the Northern Bergen Interscholastic League, after a 1-2-3 finish helped them hold off a young but dangerous Indian Hills team, 21-34. The trio of Melissa Conway, Megan Campbell, and Beth Vessey propelled the Rams to victory.

2. Indian Hills — Their first shot at the Rams this year ended up like their previous attempts to topple Ramsey. But Audrey Holist and company will have several more chances.

3. Glen Rock — The Panthers finished a very strong second in the Passaic Coaches Group 1 meet behind Parochial B power Morris Catholic. Look for the Panthers to have a terrific year.

4. Ridgelle Park — After a surprise win in the Season Opener B meet, the Scarlets slipped to sixth in the Passaic Coaches Group 2 meet, but just seven points out of third.

5. Bogota — The Bucs were third in the Season Opener B and fourth in the Passaic Coaches Group 1 meet. But a solid group of five runners will get better throughout the season in a bid for a fourth trip to the State Meet of Champions in five years.

BERGEN GROUP 3-4

1. Ridgewood — The Maroons' remarkable dual-meet winning streak survived its closest call Monday when Ridgewood edged Hackensack, 26-31.

2. Hackensack — Despite the 1-2 finish of Beth Androski and Patty Martin, the Comets could not stop Ridgewood's 91-meet winning streak. The two should hook up again this weekend in the Shore Invitational.

3. Immaculate Heart — The Blue Eagles were third in the Season Opener Invitational A race behind state powers Hackensack and

Randolph. Mary D'Ariano leads a solid pack.

4. Holy Angels — Julie Clifford was second in the Passaic County Coaches Group 3 meet, and helped lead the Angels to second in the team standings. The Oct. 6 dual against IHA should decide the NNJIL Pacific title.

5. Northern Highlands — No sign of the Highlanders in major meets so far, but a 5-1 dual mark with only a loss to State Group 2 power Indian Hills means they'll be tough again.

PASSAIC/E. MORRIS

1. Passaic — What a performance for the young Indians, who finished in a 35-second pack between seventh and 14th at the Passaic Coaches Group 4 meet. That puts them in the lead in what could be a stirring battle with defending champion Pompton Lakes.

2. Pompton Lakes — The defending champions were second in the Group 2 and Season Opener B meets, but need the healthy return of No. 3 Noelle Avioletta to reach their goals of a County repeat and a Group 2 SMOC berth.

3. Clifton — Clifton was seventh in the Group 4 Passaic Coaches meet, with rookie cross-country runner Natalie Popowicz improving with every race en route to a third-place individual finish.

4. Eastern Christian — The return to health of Jessica Van Derend and a 4-2 record in the Bergen-Passaic Scholastic League lands the Eagles in the fourth slot.

5. Passaic Valley — A 25-30 win over West Milford in their dual meet at Delbarton helped the Indians to a 6-4 record to date and a spot in the top five.

Rankings by The Record sports staff.

ty races beginning at 9:45 a.m.

The meet, at the State course in Holmdel County Park, is always a highlight. Last year the Westwood boys won the Boys E race, Meghan O'Toole of Garfield captured the Girls C race, and the injured Kelly Behan of Ridgewood won the girls A race.

meet at Warinanco Park in Elizabeth on Saturday behind state powers Old Bridge, St. Joseph's of Metuchen, and Hunterdon Central. Nick Arnell finished sixth to lead the Ironmen and Jon Poliseo was 14th.

STATE PREVIEW — Most of the top teams in the state will run Saturday at the Shore Coaches Invitational, with 12 varsity-

GIRLS CROSS-COUNTRY

NNJIL 9-23

RIDGEWOOD 15, BLOOMFIELD 50 RIDGEWOOD 15, BARRINGER 50 HACKENSACK 15, BLOOMFIELD 47 RIDGEWOOD 26, HACKENSACK 31

- Beth Androski (H) 19:33.
 - Patt Martin (H) 19:35.
 - Meg McDermott (R) 19:39.
 - Tara O'Neill (R) 20:18.
 - Alyson Cangemi (R) 20:19.
- Course: Veterans Park, Ridgewood; Dist.: 3.1 mi.
Team records: Ridgewood (5-0); Hackensack (4-1)

B-PSL

GLEN ROCK 15, IMMAC. CONC. 50 MIDLAND PK. 15, IMMAC. CONC. 50 GLEN ROCK 24, MIDLAND PARK 31

- Karen Finnerty (MP) 25:02.
 - Mary Walter (GR) 26:27.
 - Bridget Burke (GR) 26:32.
 - Jenna Terrone (GR) 26:39.
 - Dayna Caine (MP) 27:00.
- Course: Garret Mtn.; Distance: 3.1 mi.
Team record: Midland Park (3-5).

EASTERN CHR. 23, PASSAIC TECH 35

- Jess VanDenend (E) 22:03.
 - Bethany Van Alstine (HC) 22:20.
 - Betty Cerate (P) 24:23.
 - Kenneisha Reid (P) 25:47.
 - Sarah Veenstra (E) 25:54.
 - Elizabeth Kim (HC) 25:54.
- Course: Goffie Brook Park; Distance: 3.1 mi.
Team records: Eastern Christian (3-2); Passaic Tech (3-3).

GARFIELD 15 HAWTHORNE 50 GARFIELD 15 WALDWICK 50

- Meghan O'Toole (G) 24:16.
 - Agnes Rusin (G) 24:53.
 - Kam Lam (G) 26:41.
 - Amy VanderFilet (H) 27:00.
 - York Lam (G) 27:24.
- Course: Hawthorne; Distance: 3.1 mi.
Team records: Garfield (7-1).

POMPTON LKS. 15, SADDLE BRK. 50 POMPTON LKS. 15, MANCHESTER 50

- Shana Pitcher (P) 21:29.
 - Lauren Bolger (S) 24:34.
 - Kristin Faucetta (P) 24:47.
 - Junell Bender (P) 24:49.
 - Jessic Wich (P) 26:09.
- Course: Garret Mtn.; Distance: 3.2 mi.
Team records: Pompton Lakes (5-0); Saddle Brook (0-3).

NBIL

N. HIGHLANDS 15, WAYNE HILLS 40 BERGENFIELD 17, WAYNE HILLS 38 N. HIGHLANDS 20, BERGENFIELD 43

- Melanie Howell (B) 21:19.
 - Laura Hemmert (NH) 21:37.
 - Julia Kaye (NH) 21:47.
 - Sam Pollinger (NH) 22:13.
 - Shauna Maher (NH) 22:46.
- Course: Bergenfield; Distance: 3.1 mi.
Team records: Northern Highlands (5-1); Bergenfield (1-5); Wayne Hills (0-6).

NV/DEMAREST 20, MAHWAH 43 NV/DEMAREST 27, PASC. HILLS 30 PASCACK HILLS 19, MAHWAH 36

- Allison Herron (P) 21:03.
 - Holly Potts (M) 21:40.
 - Claudine Mead (P) 22:29.
 - Jamie Siegrist (D) 22:52.
 - Sheila Chittran (D) 22:52.
- Course: Pascack Hills; Distance: 3.1 mi.
Team records: NV/Demarest (5-1); Mahwah (0-6); Pascack Hills (1-5).

BCSL American

RIDGE. PARK 15 QU. OF PEACE 50

- Shenee Clarke (R) 22:48.
 - Lisa Neepil (R) 22:48.
 - Laura Stiefel (R) 24:01.
 - Katelyn Gonzales (Q) 24:54.
 - Kay Rasmussen (R) 25:11.
- Course: Ridgefield Park; Distance: 3.15 mi.
Team records: Queen of Peace (0-4); Ridgefield Park (3-1).

WESTWOOD 15, ENGLEWOOD 50

- Amy Gohlisch (W) 23:16.
 - Jill Rabadan (W) 24:02.
 - Tara Vakarul (W) 24:03.
 - Kristin DeFillippis (W) 24:04.
 - Emily Drew (W) 24:05.
- Course: Darlington; Distance: 3.1 mi.
Team records: Westwood (5-0); Englewood (0-4).

FORT LEE 23, DUMONT 32 CLIFFSIDE PARK 25, DUMONT 30 FORT LEE 25, TENAFLY 30 TENAFLY 26, DUMONT 29 CLIFFSIDE PARK 27, FORT LEE 28 TENAFLY 28, CLIFFSIDE PARK 30

- Fredlya Urena (CP) 20:54.
 - Belmax DeJesus (FL) 21:14.
 - Talia Mosconi (T) 22:24.
 - Helena Suric (CP) 22:32.
 - Giulia Bombace (CP) 22:36.
 - Amy Benbridge (D) 22:58.
 - Shimrit Maoc (T) 22:59.
 - Anna Faktorovich (FL) 23:02.
 - Megan Chin (FL) 23:06.
 - Melissa Hayes (D) 23:10.
- Course: Darrington Park; Distance: 3.2 mi.
Team records: Fort Lee (4-3); Tenafly (4-1); Cliffside Park (2-3); Dumont (1-4).

BCSL Olympic

NEW MILFORD 25, CRESSKILL 31

- Katelyn Botsford (C) 23:12.
 - Stephanie O'Connor (NM) 23:54.
 - Natalia Roudenko (NM) 22:59.
 - Christina John (NM) 23:59.
 - Laura Begley (C) 24:25.
- Course: Park Ridge; Distance: 3.05 mi.
Team records: New Milford (2-1); Cresskill (0-2).

RAMAPO 26, NV/OLD TAPPAN 31 NV/OLD TAP. 18, PASCACK VAL. 45 RAMAPO 17, PASCACK VALLEY 41

- Margaret Park (R) 20:49.
 - Stephanie Davis (OT) 20:51.
 - Jen Meyers (R) 20:52.
 - Sarah Kong (R) 21:38.
 - Meghan Allen (OT) 21:46.
- Course: Pascack Valley; Distance: 3.1 mi.
Team records: Pascack Valley (1-3).

RAMSEY 21, INDIAN HILLS 34 RAMSEY 15, FAIR LAWN 49 INDIAN HILLS 15, FAIR LAWN 48

- Melissa Conway (R) 18:24.
 - Megan Campbell (R) 18:50.
 - Beth Vesey (R) 18:55.
 - Audrey Holts (IH) 19:15.
 - Noelle Vassey (IH) 18:29.
- Course: Fair Lawn; Distance: 3.1 mi.
Team records: Ramsey (6-0); Indian Hills (5-1); Fair Lawn (2-4).

GIRLS CROSS-COUNTRY

NNJIL 9-29

KENNEDY 15, BARRINGER 50

- Isis Valenzuela (K) 25:55.
 - Diane Sanchez (K) 26:33.
 - Lasandra Singleton (K) 27:47.
 - Betania Perez (K) 29:26.
 - Ashley Jacobs (K) 30:13.
- Course: Garret Mountain; Distance: 3.1 mi.
Team records: Kennedy (1-5); Barringer (0-5).

HOLY ANGELS 15, NUTLEY 46 HOLY ANGELS 19, BELLEVILLE 44 NUTLEY 23, BELLEVILLE 32

- Julie Clifford (HA) 17:39.
 - Melissa Ciselli (B) 18:31.
 - Rosanna Bartolomeo (HA) 19:21.
 - Marianne Rausch (HA) 19:22.
 - Gaby Falz (HA) 19:33.
- Course: Nutley; Distance: 2.8 mi.
Team records: Holy Angels (6-0); Nutley (3-3); Belleville (2-4).

BCSL National/Olympic

RIDGEFIELD 20, ST. MARY'S 43

- Nancy Sincialr (SM) 20:50.
 - Lori Relsinger (R) 21:38.
 - Lindsey Reggo (R) 21:58.
 - Donna Magliato (R) 23:00.
 - Adriana Hormin (R) 23:08.
- Course: No. Arlington; Distance: 3.0 mi.
Team records: Ridgefield (3-2); St. Mary's (0-2).

PAL. PARK 17, BERGEN TECH 44

- Gwen Gobbo (PP) 23:27.
 - Shakire Valdez (PP) 23:30.
 - Lauren Mantone (PP) 23:41.
 - Dina Galinas (PP) 23:45.
 - Janet Park (BT) 23:48.
- Course: Saddle River Park; Distance: 3.0 mi.
Team records: Palisades Park (3-0); Bergen Tech (1-2).

BOGOTA 16, LEONIA 46 EMERSON 22, LEONIA 39 BOGOTA 18, EMERSON 41

- Concetta Panuccio (B) 19:56.
 - Melinda Odonet (B) 20:54.
 - Almy Rojas (B) 21:07.
 - Stephanie Brown (B) 21:42.
 - Sophie Barton (L) 21:49.
- Course: Emerson; Distance: 3 mi.
Team records: Bogota (5-0); Emerson (2-2); Leonia (0-5).

Donohue aims for sub-18:00 at Holmdel Park

By Jim Lambert

Only three girls have ever broken 18 minutes at Holmdel Park. Erin Donohue says she can become the fourth this Saturday.

Donohue, a sophomore at Haddonfield, is one of the headline attractions at Saturday's Shore Coaches Invitational. If she runs a sub-18, she would become the first girl in the state to do so since Christi Constantin of Kittatimny turned in a 17:54 in 1988. The other sub-18 times were run by Janet Smith of J.P. Stevens of Edison (17:36.5) in 1983 and Michelle Rowen of Washington (17:40) in 1982.

"I'd like to run 17:55 or so on Saturday, and it seems very realistic to me," said Donohue. "The key is to run the first mile under six. If I can do that and push it at the two-mile mark, I feel I'll have a good shot at it."

This isn't the first time Donohue has talked about breaking 18 at Holmdel.

Before the Shore Coaches meet last year, she said she had a shot at it. She didn't do it but, nevertheless, made everyone's jaw drop by burning up the 3.1-mile course with a freshman course record and meet record of 18:36.88 to win the E Division race. The previous meet record of 18:47 was set in 1990 by Mona Chokshi of Bridgewater-West. Smith had set the freshman record of 18:43 in 1980. Donohue's time is 13th all-time at Holmdel and the fastest on the hilly course since Ridgewood's Jenna Rogers ran 18:34 in 1993.

If she couldn't break 18 last year, what makes Donohue think this race will be any different?

"I'm much stronger this year than I was last year," said Donohue, who won the state Group 1 title and was 10th at the Meet of Champions last year. "Plus, I've run there a couple times now, so that will help me."

Donohue's confidence also has been bolstered by a workout she had at Holmdel last Saturday.

"We did some mile repeats and I ran the first mile in 5:58," said Donohue, the M of C champion at 3,200 meters last spring. "If you take my first mile time of 5:58 and multiply it by three, it comes to 17:54. That's what I plan to do. I feel I should be in the 17:50s."

Donohue is running in the F Division race, the first of six varsity girls' events on the card. Her race is scheduled to go off at 10:51 a.m.

There are 22 races on tap for the Shore Coaches meet, the biggest non-state championship meet in New Jersey. In the six varsity girls' races, 165 schools will be represented, including every member of The Star-Ledger Top 20. The gun for the first race will go off at 9 a.m.

Shore schedule

The order of events for the Shore Coaches Invitational:

9 a.m.—Boys Freshmen C Division. 9:10—Girls

Freshmen B Division. 9:25—Boys JV B Division. 9:45—Boys Varsity F Division. 10:08—Boys Varsity E Division. 10:31—Boys Varsity D Division. 10:51—Girls Varsity F Division. 11:14—Girls Varsity E Division. 11:37—Girls Varsity D Division. Noon—Boys Freshmen B Division. 12:10 p.m.—Girls JV B Division. 12:33—Open Sophomore Division. 12:56—Girls JV A Division. 1:19—Boys Varsity C Division. 1:42—Boys Varsity B Division. 2:05—Boys Varsity A Division. 2:20—Girls Varsity C Division. 2:43—Girls Varsity B Division. 3:06—Girls Varsity A Division. 3:29—Boys JV A Division. 3:52—Boys Freshmen A Division. 4:02—Girls Freshmen A Division.

A Division

Shawnee, No. 1 in the state and No. 17 in the nation, will put its rankings on the line against No. 3 Toms River East, No. 8 Hunterdon Central of Flemington and No. 18 Eastern of Voorhees. In the Championship Division at the Briarwood Invitational in Philadelphia on Sept. 19, Shawnee finished first with 88 points and Toms River East was fifth with 86. Also at Briarwood, Hunterdon Central won the Division 1 title. At the Shore Coaches meet last year, Shawnee was first in the A Division with 46 and Toms River East second with 85.

Lindsey Gallo of Howell, the 1998 M of C winner at 1,600 meters, is probably the individual favorite. Gallo ran 19:34 in a dual meet at Holmdel on Monday. She'll be challenged by Shawnee's Taylor van Acker and Jenna Darcy.

GIRLS CROSS COUNTRY

This is by far the best girls' race in terms of quality depth. In this race, the lineup features No. 2 Middletown South, No. 5 Ridgewood, No. 6 Hackensack, No. 7 Roxbury, defending champion Randolph, which is ranked 12th, No. 13 Westfield and No. 18 Ocean Township.

"There's no tougher race than the one we're in," said Middletown South coach Karl Torchia. "Ridgewood and Hackensack got to the Meet of Champs out of Group 4 last year and Roxbury, Randolph, Westfield and Ocean are all quality teams. I know those teams will push us to be the best, we can, but that's what makes cross-country fun. But, I do feel that if we run the way we're capable of, we'll have a legitimate shot at winning."

Middletown South is coming off an impressive victory in the A Division race in the Stewart Memorial at Warnanco Park last Saturday, beating Hunterdon Central, No. 9 North Hunterdon of Clinton, Randolph and No. 14 St. Dominic Academy of Jersey City.

Ridgewood comes into the race having knocked off Hackensack, 26-31, in a dual meet Monday. Ridgewood had been ranked eighth—and Hackensack No. 2.

GIRLS CROSS COUNTRY TOP 20

- 1-Shawnee
- 2-Middletown South
- 3-Toms River East
- 4-St. Rose
- 5-Ridgewood
- 6-Hackensack
- 7-Roxbury
- 8-Hunterdon Central
- 9-North Hunterdon
- 10-Red Bank Catholic
- 11-Ramsey
- 12-Randolph
- 13-Westfield
- 14-St. Dominic
- 15-Paul VI
- 16-Ocean Township
- 17-South Brunswick
- 18-Eastern
- 19-Indian Hills
- 20-Bishop Eustace

GROUP LEADERS

- GROUP 4**
 - 1-Shawnee
 - 2-Toms River East
 - 3-Ridgewood
 - 4-Hackensack
 - 5-Roxbury
 - 6-Hunterdon Central
- GROUP 3**
 - 1-Middletown South
 - 2-North Hunterdon
 - 3-Westfield
 - 4-Ocean Township
 - 5-Sparta
 - 6-Ocean City
- GROUP 2**
 - 1-Ramsey
 - 2-Indian Hills
 - 3-Voorhees
 - 4-Newton
 - 5-Buena
 - 6-Pompton Lakes
- PAROCHIAL**
 - 1-St. Rose
 - 2-Red Bank Catholic
 - 3-St. Dominic
 - 4-Paul VI
 - 5-Bishop Eustace
 - 6-Immaculate Heart
- PREP**
 - 1-Villa Walsh
 - 2-Oak Knoll
 - 3-Peptide
 - 4-Rutgers Prep
 - 5-St. Elizabeth
 - 6-Lawrenceville

TOP RUNNERS BY GROUP

- PAROCHIAL/PREP**
 - 1-Erica Steinemann, Villa Walsh
 - 2-Julie Clifford, Holy Angels
 - 3-Rian Landers, St. Rose
 - 4-Kathleen Porter, Holy Cross
 - 5-Vanessa Bazylo, Morris Catholic
 - 6-Melissa Capone, St. Rose
- GROUP 4**
 - 1-Stephanie Snyder, Randolph
 - 2-Taylor Van Acker, Shawnee
 - 3-Jenna Darcy, Shawnee
 - 4-Beth Androski, Hackensack
 - 5-Paty Martin, Hackensack
 - 6-Lindsey Gallo, Howell
- GROUP 3**
 - 1-Melissa Conway, Ramsey
 - 2-Lily Thomas, Somerville
 - 3-Jaime Glenn, Point Boro
 - 4-Stephanie Maxwell, Buena
 - 5-Maggie Guiney, Middletown S.
 - 6-Shana Pitcher, Pompton
- GROUP 2**
 - 1-Erin Donohue, Haddonfield
 - 2-Tracy Dellatorre, Glen Rock
 - 3-Lesley Barnett, Bernards
 - 4-Tiffany Harris, Burlington
 - 5-Jessica Garafalo, Kearsburg

Runner of the Week

Name: Cheryl Bauer

School: Morris Hills

Class: Senior

Size: 5-7

Key statistics: Last Saturday, Bauer ran a personal-best 18:53 to win the B Division race for the third straight year at the 40th Stewart Memorial Invitational at Warnanco Park, Elizabeth. Last fall, running with mononucleosis, she placed second in Group 2 and 21st at the NJSIAA Meet of Champions.

Did you know? Bauer, who's leaning toward attending William & Mary, finished third in both the 1,600 meters (5:06.71) and 3,200 meters (11:05.55) at the M of C last spring.



RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET SHORE COACHES INVITATIONAL

COURSE HOLMDEL

DIVISION VARSITY B RACE

COURSE RECORD _____

DATE 10/3/98

RIDGEWOOD RECORD 18:29 ^{PATTI} MILESKE

WEATHER OVERCAST + HUMID BUT NICE

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
9		MEG McDERMOTT	2:08 4:08 6:57 20:27
11		DANIELLE WALTHER	2:08 4:08 6:57 20:38
20	(17)	ALYSON CANEMI	2:10 4:13 7:02 21:06
26	(22)	TARA O'NEILL	2:10 4:13 7:07 21:14
33	(28)	TAYLOR DUNN	2:10 4:14 7:07 21:21
37		MONICA SCHIEFEN	2:10 4:12 7:06 21:31
38		JULIA BROWNELL	2:12 - 7:14 21:36
			THESE ARE MODEL TIMES - OFFICIAL TIMES WE 7 SECONDS FAST.

TEAM TOTAL:

TEAM PLACE: 3rd

1-5 SPLIT: 54 seconds 1-7 SPLIT: 1min 9 sec

COMMENTS:

WE RAN SMART & CLOSE ENOUGH TO ROXBURY THAT WE SHOULD BE CONFIDENT OF DOING WELL IN THE STATE MEETS COME NOVEMBER. DANIELLE MADE AN EXCELLENT COME BACK FROM HER COLAPSE ON MONDAY DANIELLE, ALYSON & TAYLOR IMPROVED THEIR HOLMDEL PR'S. OUR 1:09 Team split is ALSO VERY GOOD.

2:43 Girls Varsity B

- Lane
- 1 Roxbury
- 2 Absegami
- 3 Ocean Twp
- 4 Belleville
- 5 Cherry Hill West
- 6 Woodbridge
- 7 Ridgewood
- 8 Pemberton Twp(4)
- 9 Ocean City
- 10 Fair Lawn
- 11 Westfield
- 12 Red Bank Reg
- 13 Pennsauken
- 14 Middletown South
- 15 Freehold Twp
- 16 Vernon Twp
- 17 Randolph
- 18 Phillipsburg
- 19 Imm Heart Acad
- 20 Hackensack
- 21 Sayreville
- 22 Rancocas Valley
- 23 Brick Twp
- 24 Hillsborough

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET SHORE COACHES INVITATION

COURSE HOLMDEL

DIVISION JUNIOR VARSITY

COURSE RECORD _____

DATE 10-3-98

RIDGEWOOD RECORD _____

WEATHER _____

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
2		TIRA LOBELL	21:44.1
3		ANA LAW	21:56.4
6		LESLEY BRUNO	22:34.1
10		JULIE SPRICH	22:46.5
11		DIANE NELSON	22:47.0
54	(52)	CHRISSEY MARTIN	24:05.7
69	(67)	CLARE WEEKS	24:30.2
71		SARA WELLS	24:34.5
115		KATY ALDAVE	25:28
160		BRITTANY HEMMEL	26:50
169		DARA HOJRDIAN	27:00
209		MEG SNYDER	29:35
224		KATIE LATANICH (CRAMP)	32:34

TEAM TOTAL: 32

TEAM PLACE: 1ST

1-5 SPLIT:

1-7 SPLIT:

COMMENTS: THIS WAS A PICTURE - PERFECT RACE. TIRA, ANA, LESLEY, JULIE, and DIANE WENT UP THE HILL AT EXCELLENT PACE. OUR PACK LOOKED VERY IMPRESSIVE. FIRST TIME RIDGEWOOD HAS EVER WON THIS RACE! CONGRATULATIONS

Athletes of the Month

Walther helping the girl's cross country team stay on top

by Kelly Mullen

This month's selection for athlete of the month is a runner who has dedicated herself to becoming the best runner she can be. Senior Danielle Walther has improved dramatically since last season and is now one of the top runners on the cross country team. Her best time is when she ran 20:30 at the Shore Coaches Invitational. "Even though I didn't run very well towards the end of the race, my time was pretty good considering how hard the course is," says Walther.

Walther, who has been running for three years, likes "the feeling of accomplishment I get after a long, hard run. It also provides me with an opportunity to relax."

In order to be the competitive runner that she is, Walther trained very hard in the off season. Besides being a member of the track team, she would run five or six days a week. On occasion, she would take her bike out for fourteen to fifteen mile rides instead of running.

Walther credits her family with supporting

her. "They are very supportive of me. They come to every meet and encourage me to always run hard, even when I don't need to."

However, her biggest influence is the strong reputation that Ridgewood athletics and especially RHS cross-country has. "If I don't do well, I feel I am letting down a legacy of great teams," comments Walther.

While Walther would love to run in college, she says "most of the schools that I am applying to have excellent cross country programs, so my decision to run must wait until I decide where to go to school."

Besides running, Walther enjoys skiing and hanging out with her friends.

"My favorite thing to do is just chill with my friends. We always have a great time together."

Walther's goals for the season are to break twenty minutes at Holmdel, the state championship course, and she hopes to finish as one of the top runners in the

county.

As for the team, Walther says she would "love to end senior year with a state championship, and I think we have a great chance. Everyone has been working really hard, and it's definitely going to be a great year."

Walther's coach, Jacob Brown, believes that, "Danielle has tremendous enthusiasm and work ethic and she leads with that. She is always working hard and has a great attitude. I am really excited for her."

Brown points to a recent practice that took place after the SATs. "Everyone was complaining about the run, but Danielle was running hard and got a great workout."

Walther plans to remain running for as long as she can. "Cross country takes a lot of hard work and determination to excel at, but anyone who is willing to work hard can become a good runner. It is something that will stay with you for life."

Adds co-captain Julie Sprich, "Danielle has improved so much over the past four years. She is a huge asset to our



photo by Katy Aldave



photo by Katy Aldave

team. She is a great example of how much hard work pays off."

"If I don't do well, I feel like I am letting down a great legacy of teams."
-Senior Athlete of the Month Danielle Walther

McDonagh steps into the lead to take boy's XC to states

by Kelly Mullen

To be a successful athlete, you must be determined and hard working. This month's athlete is a great example of how hard work pays off.

Senior Tim McDonagh is one of the captains of this season's cross-country team. McDonagh has been running since 8th grade when he joined the track team at BF. He enjoys running because of the "dual personality" of running. "It is a big team sport," says McDonagh, "but at the same time, it is a big individual sport."

McDonagh's most successful race was at Darlington where he ran a 16:30 race. That boils down to 5:20 per mile. At the state



photo by Liz Strahle

course, "a mud-hiller," McDonagh ran a 17:20 in the State Group IV meet.

McDonagh, while satisfied with those times, knows that he can do better. His personal goals for the season are to run a 16:00 at Darlington and to be one of the top three runners at the County Meet of Champions. McDonagh finished 8th in that meet last year.

McDonagh spent the off season working

hard. He would like to continue to run in college, so he trained to improve his times. McDonagh swam for the swim team during the winter, as well as continuing to run twice a week. In the summer, he ran every day. McDonagh feels that practice has paid off already. "I put in my first summer of serious running this year, and I have

"I like the dual personality of running. It's a big team sport, but at the same time, it is a big individual sport."
-Tim McDonagh

been running the fastest times of my life during practices."

He relies on his family and friends for support. "My family certainly provides an inspiration for me, as do friends and people who cheer for me while running," says McDonagh.

In addition to running, McDonagh has been swimming "since before I was able to walk." He has been competing for eight to nine years in the sport.

The team part of cross-country is important to McDonagh as well. "The team is an interesting combination of upper and under classmen." There are three senior captains besides McDonagh. They are, Andrew Cohen, Mike Martin, and Dan Oros. There are also others contending for varsity positions, but McDonagh feels that "there isn't

segregation by classes. We all get along really well, and it makes it fun to come to practice every day."

McDonagh hopes that the team can win the league, county, and state sectional honors and be a contender in the higher state levels.

McDonagh has received high praise from his coach, Mike Glynn. "Tim is one of the hardest workers I ever coached. He leads by example and he deserves all the success he is having."

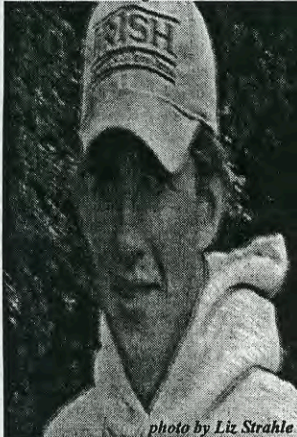


photo by Liz Strahle

"Tim is one of the hardest workers I have ever coached. He leads by example and deserves all of the success he is having."
-Head Coach Mike Glynn



photo by Liz Strahle

Above: Senior Tim McDonagh above practicing for the up and coming tough races that the team will be facing in the next month or two
 Far left: McDonagh at a recent practice
 Left: McDonagh is having an outstanding season thus far, and is helping to lead his team to the state tournament

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS Clifton, and Kennedy
 DATE 10/6
 TEAM RECORDS: RHS 7 WINS - UNDEFEATED
SEASON - WIN STREAK AT 98

DISTANCE 5K
 COURSE RECORD _____
 COURSE CHARACTER rocky & TOUGH
 WEATHER very nice day

PLACE	NAME	SCHOOL	TIME	PLACE	NAME	SCHOOL	TIME
1.	D. WALTHER	RHS	20:43	21.	P. LYNCH	RHS	26:07
2.	M. McDERMOTT	RHS	20:45	22.	K. LATANICH	RHS	26:09
3.	N. POPOWITZ	C	21:01	23.	D. SANCHEZ	K	26:31
4.	M. SCHIEFFEN	RHS	21:35	24.	K. DJL	C	26:34
5.	C. NOWAKOWSKI	RHS	21:45	25.	K. BELKNAP	RHS	27:01
6.	A. CANGEMI	RHS	21:54	26.	J. FORESMAN	RHS	27:09
7.	E. WERPACHOWSKA	C	21:55	27.	C. HERLIHY	RHS	27:38
8.	T. COOK	C	22:00	28.	B. PEREZ	K	28:02
9.	A. LAW	RHS	22:39	29.	V. VIAN	C	28:27
10.	J. SPRICH	RHS	22:50	30.	N. PENA	C	28:29
11.	K. RUMBROUGH	C	22:57	31.	K. NOWAKOWSKI	RHS	28:59
12.	K. ALDAVE	RHS	23:20	32.	S. BIGGOS	RHS	29:50
13.	D. NIELSON	RHS	23:28	33.	MARYOSE	C	29:57
14.	P. CRINTO	C	23:32	34.	T. FATMISA	C	32:08
15.	B. ZAREBEZAN	C	23:41	35.	L. KERSEY	K	32:20
16.	L. BRUNO	RHS	24:10	36.	I. JANIS	RHS	35:10
17.	S. BARRON	C	24:19	37.	K. STRUM	RHS	37:35
18.	N. ALEXANDER	C	24:28	38.	S. DELOACH	K	38:06
19.	TENESALETA	C	24:34	39.	STEPHANIE	C	38:23
20.	K. RABZOW	C	24:35	40.	+ 4 KENNEDY RUNNERS	K, K, K, K	

SCORING

RHS	CLIFTON	KENNEDY
1	3	
2	7	
4	8	
5	11	
6	(12)	
FINAL	SCORE:	15-50
18	41	

COMMENTS:

OMRE TEAM was excellent.
 WE HAD 3 VARSITY and MANY JV
 OUT WITH SICKNESS + INJURY. BUT
 WE STEPPED UP NICELY.
 FROSH CLAIR ACHIEVED HER
 FIRST VARSITY POINTS!
 1-5 SPLIT 1 min 9 sec

Season reaches the stretch run

Almost before we can get settled into the cross-country season, championship season is upon us, beginning with the Bergen-Passaic Scholastic League championships at Garret Mountain on Monday and the Northern New Jersey Interscholastic League championships at Darlington on Tuesday.

But the highlight of the league meet cycle, which ends Oct. 21 with the BCSL National-Olympic meet at West Hudson County Park in Kearny is the Northern Bergen Interscholastic League championship at Demarest on Oct. 16.

That day the first Mario Pellino NBIL race will be run. It was named after the retired Northern Valley at Old Tappan athletic director.

"It was fitting because Mario has done so much for the league and he got his start coaching cross-country," said Ramsey athletic director Lou Molino, the longtime director of the meet and a former standout cross-country coach.

Naming the meet after Pellino continues a fine tradition in Bergen County to name major events or awards after major contributors or in memory of deceased athletes.

The other county meet that has been named after someone is the Brett Taylor memorial meet, which honors the deceased Hackensack cross-country captain who died seven years ago. That meet will be held Saturday at Darlington.

Proceeds from the Taylor meet finance scholarships for a senior boy and girl cross-country runner awarded at the end of the year.

The meet is always an enjoyable one, the last major meet before the championship season starts heats up.

FAMILY MATTERS — It was a good afternoon for the Clifford family Tuesday at St. Joseph Regional.

Sophomore Jim Clifford of Don Bosco Prep finished strongly to edge Green Knight No. 3 runner Larry Chiarelli for fifth place in the boys dual meet, all but clinching Bosco's 27-32 victory over St. Joseph and giving the Ironmen the regular-season championship.

Clifford's older sister, Julie, a senior at Holy Angels, won her dual meet race over Immaculate Heart Academy at the same site, but the Angels fell to IHA, 21-39. The Blue Eagles clinched the girls NNJIL Pacific regular-season title with the win.

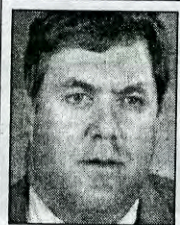
LOOKING GOOD — When the State group championships are held at Holmdel's County Park on Nov. 14, it could be a very exciting day for North Jersey teams, especially in the Group 2 and Group 4 girls races.

Ramsey, the three-time defending champion in Group 2, showed Saturday at the Shore Invitational that it could win a fourth in a row, but surprisingly the Rams' toughest competition might come within their own division.

Indian Hills had a coming-out party in the E race, beating Ramsey by four points and finishing just three points behind Group 2 power Voorhees. Ramsey lost No. 3 runner Beth Vesey when she collapsed just short of the finish line, but coach John Kirchoff was excited by the prospect of a seasonlong battle with the Braves.

"They're awesome and Steve [Opremczak, the Indian Hills coach] has done a great job building the program. It's going to be fun to knock heads with them each week," he said.

Ramsey has the up-front power with sophomore Melissa Conway and senior Megan Campbell, but



PAUL SCHWARTZ
CROSS-COUNTRY

THE RECORD'S RANKINGS

BOYS

CROSS-COUNTRY

BERGEN GROUP 3-4

- Hackensack** — The Comets are as good as advertised as shown by their sensational win in the B race at the Shore Invitational. Everyone else in Bergen County is running for second.
- Don Bosco Prep** — The Ironmen ran a respectable eighth in the Shore B race and then beat St. Joseph Regional, 27-32, in their dual meet to move into the driver's seat for the NNJIL Pacific title.
- St. Joseph** — A close loss to Don Bosco Prep shouldn't derail the Green Knights as they prepare for the NNJIL Pacific and the Bergen 3 championships later this month.
- Ridgewood** — The dual meet loss to Hackensack last week was followed by a solid second-place finish at the Maroon Invitational 3-4 meet behind Middletown North.
- Paramus Catholic** — The Paladins easily beat Paramus in their dual meet, but are still chasing their rivals in the NNJIL Pacific to move any higher in the rankings.

BERGEN GROUP 1-2

- Rutherford** — It's now three major meets and three championships for the young Bulldogs who have become one of the most interesting stories of the season.
- Ridgefield** — The Royals remain undefeated in the BCSL National Division and then finished second in the Group 1-2 race at the Maroon Invitational to move up two spots in the rankings.
- Dumont** — The Huskies have lost only one dual meet and had a good

fifth-place finish in the Group 1-2 race at the Maroon Invitational to hold their spot in the rankings before a dual meet showdown with Rutherford.

- Glen Rock** — Despite running no regulars in their dual meets, the Panthers are still undefeated in the BPSL, and then finished in the top half of the Shore F race to move up a spot in the rankings.
- Palisades Park** — The Tigers lose three spots when three of their seven runners didn't make it to the starting line in the Shore F meet.

PASSAIC

- Lakeland** — The Lancers remain undefeated in the Northern Hills Conference after beating Delbarton Tuesday.
- Passaic Valley** — Andres Cordero was terrific in placing third in the D race at the Shore Invitational but it was Brian Miller's 22nd-place finish and rapid improvement by the three sophomores in the top seven that lifted the Hornets to 10th in the 26-team field.
- Wayne Valley** — The Indians placed fourth and came within 33 points of an upset victory in the Maroon Invitational 3-4 meet and could be a dark horse in league and county action.
- Clifton** — Marcin Stanislawski appears to be making a run at a second all-Passaic selection and lifts his team into fourth place overall.
- Passaic Tech** — Their major meet performances don't match their undefeated BPSL season but the Bulldogs should improve before the County meet in two weeks.

the Braves have a terrific pack, with Audrey Holst, Angela Luino, Erin Bauberger, Sonja Neilson, and Nicole Bassi, who finished within 63 seconds of each other Saturday.

"This rivalry is evolving into something special," said Opremczak. "It's taken three years for us to get to this point, but the kids have worked hard and we've been real pleased with what they've

done. To be in a rivalry with John's team is very exciting."

Also exciting is the development of Ridgewood's girls, who ran splendidly despite the continuing absence of defending State champion Kelly Behan with an injury.

The seven Ridgewood runners finished with 68 seconds from ninth to 38th place to finish a strong third behind Voorhees and Middletown South.

Girl's cross country are running an undefeated path

by Emily Saladino

Sometimes it's easier for an athlete to return after a rough season than to come back with a glowing track record. The pressure to succeed is magnified when images of past achievements remain ingrained in spectators' eyes.

However, the 1998 girls' cross-country team doesn't seem too flustered. Despite their auspicious record last year, placing second in the state, the team remains cool and confident for this season's prospects. With a win at their first dual meet at Passaic, the girls are off to a promising start. Senior captain Julie Sprich is looking forward to the season. "We have a really strong team this year. I think we can beat last year's record and place first at States this year."

Sprich, along with fellow senior captains Ana Law and Monica Scheifen, led the team in a dual meet against Hackensack. They were thrilled to come out of that meet with their fourteen year dual meet streak still intact. Ridgewood has not lost a dual meet since 1984, and Hackensack stands out as their most threatening competitor. Still, the team remains optimistic. Law remains hopeful, saying, "It's going to be a tough season, especially with such a strong team coming out of Hackensack, but I feel confident that we can make this year one of our best with

a little effort."

That small effort may have brought the team victory at Holmdell on October 3rd. The Shore Coaches Meet at Holmdell is considered almost a preliminary for States. Nearly every team in New Jersey comes out to rank up for the season. Thus, it was quite a promising sign for the future when the girls placed third in the Shore Coaches Meet. Coach Jacob Brown was optimistic about his team's prospects at Holmdell, despite the



loss of last year's state champion, junior Kelly Behan, to a sidelining hip injury. Senior Meg McDermott remarked, "We all miss Kelly a lot, and we hope to make her proud by having a really successful season."

Unfazed by their superior former accomplishments, the team is looking ahead toward a promising season.

Above: Senior captains, Ana Law, Monica Scheifen, and Julie Sprich

Left: Senior captains running at a recent practice



photo by Katty Aldave

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BRETT TAYLOR MEMORIAL INVITATIONAL COURSE DARLINGTON / LOOP
 DIVISION FROSH A COURSE RECORD _____
 DATE 10-10-98 RIDGEWOOD RECORD 10:16 TARA O'NEILL
 WEATHER LIGHT RAIN TYPE OF COURSE _____

TEAM FINISH PLACE	TEAM SCORE	NAME	TIME
1		CLAIR NOWALOWSKI	10:21
3		JACKIE GOULART	11:15
5		PEGGY LYNCH	11:18
9		KATHLEEN NOWALOWSKI	12:00
10		COLLEEN HERLIHY	12:01
12		JULIA FORESMAN	12:08
13		SARAH BIGOS	12:17
15		PIPPA SCOTT	12:38

TEAM TOTAL: 28 TEAM PLACE: FIRST

1-5 SPLIT: 1:39 1-7 SPLIT: 1:57

COMMENTS:

THE FROSH TEAM WAS VERY SOLID TODAY. CLAIR WENT BOLDLY TO THE LEAD AND WAS NEVER CHALLENGED. JACKIE WAS SOLID THE WHOLE RACE. PEGGY PACED HERSELF WELL AND RAN A GREAT FINISH. KATHLEEN AND COLLEEN BECAME SCORERS AND RAN WELL WITH THE ABSENCE OF RUTH AND ALEXANDRA. COLLEEN WAS MOST IMPROVED OVER LAST WEEK. PIPPA + SARAH HAD VERY POSITIVE RACES.

CROSS-COUNTRY
Brett Taylor Invitational

At Darlington County Park, Mahwah
BOYS VARSITY A

Team scores

Hackensack 22, Passaic Valley 52, Passaic Tech 77, Mount Olive 80.

1. Thomas Baldwin, Hackensack 15:44.
2. Andres Cordero, Passaic Valley 15:47.
3. John Zewdu, Hackensack 16:36.
4. Patrick Slattery, Mount Olive 16:37.
5. Marquise Singletary, Hackensack 16:43.
6. Frank Browne, Hackensack 16:44.
7. Mario Santivanez, Hackensack 16:52.
8. Maurice Singletary, Hackensack 17:09.
9. Brian Miller, Passaic Valley 17:10.
10. Steve Roberts, Mount Olive 17:10.
11. Brian Connelly, NV/Demarest 17:27.
12. Clark Villar, Passaic Tech 17:40.
13. Santos Vargas, Bloomfield 17:45.
14. Joe Piffante, Passaic Valley 17:49.
15. Joe Schlinn, Hackensack 17:56.
16. Jalro Lezama, Union Hill 17:59.
17. Mike Picarillo, Passaic Valley 18:01.
18. Marco Miranda, Passaic Tech 18:07.
19. Roberto Coriano, Ferris 18:08.
20. Allan Soohoo, Passaic Valley 18:11.

BOYS VARSITY B

Team scores

Palisades Park 48, Dumont 79, Pascack Valley 98, Mahwah 113, Bogota 127, Secaucus 136, Ridgfield Park 166, Emerson 168, Ridgfield 207, Emerson (UC) 248.

1. Peter Leighton, Bogota 16:41.
2. Danny Chaves, Secaucus 16:58.
3. Frank Rivera, Becton 16:59.
4. Michael Dopf, Westwood 17:22.
5. Dan DiGregorio, Pascack Valley 17:32.
6. Ray Gasnick, Saddle Brook 17:41.
7. Adrian Castano, Palisades Park 17:44.
8. Will Hutchinson, Palisades Park 18:02.
9. Mark Serrano, Dumont 18:08.
10. Mike Joyce, Dumont 18:08.
11. Jon Mechlows, Pascack Valley 18:11.
12. Eric Hammerle, Westwood 18:14.
13. Jesse O'Donnell, Bogota 18:19.
14. Andres Carranza, Palisades Park 18:20.
15. Kevin Ragas, Palisades Park 18:23.
16. Anthony Lugo, Dumont 18:24.
17. Chris Kaley, River Dell 18:26.
18. Niusha Damaghi, Palisades Park 18:29.
19. Garrad Perry, Lyndhurst 18:30.
20. Matt DuBols, Mahwah 18:30.

GIRLS VARSITY A

Team scores

Hackensack 35, North Bergen 56, Mount Olive 57, Union Hill 73, Eastside 114.

1. Beth Androski, Hackensack 18:58.
2. Patty Martin, Hackensack 19:14.
3. Marianne Herbst, Mount Olive 19:28.
4. Fredyia Urena, Cliffside Park 19:42.
5. Shauna Koenig, Hackensack 20:29.
6. Belmax DeJesus, Fort Lee 20:43.
7. Janelle Campana, Mount Olive 22:04.
8. Jen Mitchell, Bloomfield 22:11.
9. Giulia Bombace, Cliffside Park 22:13.
10. Sarah Berman, Mount Olive 22:14.
11. Sheila Chitran, NV/Demarest 22:29.
12. Lillian Cardona, Union Hill 22:32.
13. Sara Nowen, Passaic Valley 22:34.
14. Denise DiPaolo, North Bergen 22:37.
15. Stephanie Guzman, North Bergen 22:47.
16. Shana Don, Fort Lee 22:50.
17. Jelena Skopeljia, North Bergen 22:57.
18. Christine Burrell, Hackensack 22:58.
19. Christina Concepcion, Eastside 22:59.
20. Joana Valente, Bloomfield 23:24.

GIRLS VARSITY B

Team scores

Westwood 40, Palisades Park 57, Ridgfield Park 66, Ridgfield 106.

1. Lisa Nepil, Ridgfield Park 20:15.
2. Laura Stiefel, Ridgfield Park 21:01.
3. Holly Potts, Mahwah 21:46.
4. Lauren Bolger, Saddle Brook 22:12.
5. Amber Neal, Bogota 22:15.
6. Lori Reisinger, Ridgfield 22:16.
7. Lauren Mantone, Palisades Park 22:17.
8. Nicole Stinson, Westwood 22:17.
9. Jill Rabadan, Westwood 22:19.
10. Kristin DeFillippis, Westwood 2:20.
11. Tara Valcarel, Westwood 22:26.
12. Emily Drew, Westwood 22:28.
13. Jamie Donovan, Palisades Park 22:29.
14. Clara Rincon, Palisades Park 22:29.
15. Kay Rasmussen, Ridgfield Park 22:30.
16. Shakira Valdez, Palisades Park 22:35.
17. unknown runner, Leonia 22:36.
18. Annie Matesic, Palisades Park 22:59.
19. Stephanie Brown, Bogota 23:04.
20. Jenny Lee, Emerson 23:06.

NNJIL Pacific

Team scores

DON BOSCO 44, ST. JOSEPH 52, PARAMUS CATH. 66, PARAMUS 112, NUTLEY 131, BELLEVILLE 138, MONTCLAIR 163, TEANECK 230

1. Corey Kunz (SJ) 16:27.
2. James Milon (PC) 16:48.
3. Anthony ShROUT (SJ) 16:52.
4. Jon Poliseo (DB) 16:53.
5. Nick Arnell (DB) 16:57.
6. Brad Gatens (P) 16:58.
7. Larry Chiarelli (SJ) 17:04.
8. Michael Dougherty (N) 17:05.
9. Chris Petouvis (P) 17:14.
10. Rich Weimert (DB) 17:15.
11. Matt Marovick (PC) 17:15.
12. James Clifford (DB) 17:18.
13. Dan Barabas (DB) 17:22.
14. Jamie Calabro (DB) 17:30.
15. Chris Timmins (PC) 17:33.

NNJIL Atlantic

Team scores

HACKENSACK 16, RIDGEWOOD 64, BERGEN CATH. 99, PASSAIC 114, CLIFTON 142, BLOOMFIELD 156, EASTSIDE 160, KENNEDY 215

1. Tom Baldwin (H) 15:53.
2. John Zewdu (H) 16:20.
3. Frank Browne (H) 16:33.
4. Mario Santivanez (H) 16:36.
5. Owen Toklins (E) 16:41.
6. Marquise Singletary (H) 16:45.
7. Maurice Singletary (H) 16:51.
8. Ryan Miller (BC) 16:53.
9. Dan Oros (R) 16:56.
10. Tim McDonagh (R) 17:19.
11. Mike Martin (R) 17:21.
12. Marcin Stanislawski (C) 17:32.
13. Dean Cantamessa (BC) 17:39.
14. Ron Widmer (R) 17:42.
15. Robert Liquori (B) 17:51.

NNJIL Atlantic

Team scores

IHA 31, HOLY ANGELS 58, PARAMUS CATH. 96, PARAMUS 100, NUTLEY 119,

BELLEVILLE 134

1. Julie Clifford (HA) 19:59.
2. Mary D'Ariano (IHA) 20:05.
3. Melissa Clifell (B) 20:39.
4. Jeri Chico (P) 20:49.
5. Amy Giacobone (IHA) 21:02.
6. Jillian Romero (PC) 21:06.
7. Jenna Bellsonzi (IHA) 21:08.
8. Erin Bortz (IHA) 21:13.
9. Erin Kallman (IHA) 21:13.
10. Gabrielle Salz (HA) 21:17.
11. Allyson Jengo (IHA) 21:41.
12. Mary Daula (IHA) 21:47.
13. Carol Devir (HA) 21:53.
14. Carolanne Bulen (P) 22:06.
15. Meghan Lynch (N) 22:15.

NNJIL Pacific

Team scores

RIDGEWOOD 30, HACKENSACK 48, CLIFTON 73, PASSAIC 85

1. Beth Androski (H) 19:12.
2. Meg McDermott (R) 19:25.
3. Patricia Martin (H) 19:37.
4. Natalie Popowicz (C) 19:59.
5. Alyson Cangemi (R) 20:06.
6. Danielle Walther (R) 20:10.
7. Shauna Koenig (H) 20:11.
8. Julia Brownell (R) 20:14.
9. Tara O'Neill (R) 20:35.
10. Taylor Dunn (R) 20:35.
11. Monica Schiefen (R) 20:39.
12. Shondell Brathwaite (P) 20:51.
13. Claire McGuire (H) 21:01.
14. Tracey Cook (C) 21:05.
15. Shanae Pritchett (P) 21:11.

Ridgewood won the Atlantic girls title with 30 points, 18 ahead of Hackensack, which competed without its injured No. 5 runner.

"We're really pleased," said Ridgewood coach Jacob Brown, "especially Meg McDermott finishing second. In the past, Hackensack finished 1-2 so our goal was to break it up. Another big thing was Alyson Cangemi [fifth] being our second finisher for the first time."

Beth Androski of Hackensack was a clear winner with McDermott outkicking Hackensack's Patty Martin for the first time.

Androski's time of 19:12 was about a minute off her last start.

"I was a little tired from Saturday's run," said the Hackensack ace. "I started off behind Patty and then made my move about halfway through and kicked fast at the end."

Julie Clifford of Holy Angels did the expected by winning the Pacific in 19:59.99, but had to fight off Immaculate Heart's Mary D'Ariano in the final quarter of a mile.

- Junior varsity boys individual winner** — John Casetta, Hackensack, 18:23.
- Junior varsity girls individual winner** — Christine Wentzel, Vernon, 22:12.
- Sophomore boys team winner** — Palisades Park 50.
- Sophomore boys individual winner** — Kyle Niemis, Vernon, 17:55.
- Freshman Boys A team winner** — Vernon 35.
- Freshman Boys A individual winner** — Richard Acosta, Bergenfield, 8:45.
- Freshman Boys B team winner** — Mount Olive 32.
- Freshman Boys B individual winner** — Joshua Robinson, River Dell, 8:56.
- Freshman Girls A team winner** — Ridgewood 28.
- Freshman Girls A individual winner** — Claire Nawokaski, Ridgewood, 10:21.
- Freshman Girls B team winner** — Dumont 53.
- Freshman Girls B individual winner** — Briana Bayersdorfer, River Dell, 10:21.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET NNJIL CHAMPS

COURSE DARLINGTON

DIVISION ATLANTIC VARSITY

COURSE RECORD _____

DATE 10-13-98

RIDGEWOOD RECORD _____

WEATHER OVER CAST - HUMID - COURSE SOGGY FROM ALL DAY RAIN

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
2		MEG McDERMOTT	19:25.3
5		ALYSON CANSEMI	20:06.1
6		DANIELLE WALTHER	20:10.3
8		JULIA BROWNELL	20:14.3
9		TARA O'NEILL	20:21.1
10		TAYLOR DUNN	20:35.3
11		MONICA SCHIEFEN	20:39.2
<u>139</u>			

TEAM TOTAL: 30 TEAM PLACE: FIRST

1-5 SPLIT: 56 SEC 1-7 SPLIT: 1:14

COMMENTS:

A NUMBER OF GOOD THINGS: WE ARE LEAGUE CHAMPS! MEG BEAT PATTI! OUR 1-5 SPLIT WAS UNDER A MINUTE! 5 OF US RAN COURSE PERSONAL RECORDS (PRs)! WE BEAT A GOOD HACKENSACK TEAM! WE RACED WELL - LOOKED GOOD OUT THERE!

RIDGEWOOD TOPS HACKENSACK IN NNJIL PACIFIC
 NNJIL, Oct. 13, Darlington: Ridgewood drew first blood here in its interminable rivalry with Hackensack, bunching six runners within 33 seconds behind a 2nd-place finish by Meg McDermott for a 30-48 margin. Beth Androski (19:12) and Patti Martin went 1-3 for Hackensack, but Shauna Koenig was the only Comet to break up the later Maroon parade.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET NJSIL CHAMPS

COURSE _____

DIVISION JUNIOR VARSITY

COURSE RECORD _____

DATE 10-13-98

RIDGEWOOD RECORD _____

WEATHER _____

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
1.		Clair Nowakowski	20:20
2.		Tira Lobell	20:31
3.		Ana Law	21:14
4.		Lesley Bruno	22:09
5.		Julie Sprich	22:26
7.		Katy Aldave	22:42
8.		Diane Nelson	22:51
9.		Sara Wells	22:56
14.		Clare Weeks	23:37
15.		Chrissy Martin	23:43
18.		Katie Latanich	23:54
19.		Kara Belknap	24:00
26.		Jess Rhoten	25:06
27.		Irene Janis	25:13
28.		Brittany Hemmel	25:16
29.		Dara Hourdajian	25:20
32.		Jen Dlugasch	22:27
45.		Kate Strum	26:56
46.		Tara Pehush	26:57
48.		Nora Apsel	27:59
58. <u>154</u>		Meta Shah	30:37

TEAM TOTAL: 15

TEAM PLACE: FIRST

1-5 SPLIT: 2:06

1-7 SPLIT: 2:31

COMMENTS:

WE SHUT OUT THE LEAGUE! CLAIR WOULD HAVE BEEN 9TH IN THE VARSITY RACE and TIRA 10TH!

YOU GUYS ARE THE BEST AS ANA LAW SAID GETTING OFF THE BUS I'M A SPOILED COACH.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET NNSIL CHAMPS

COURSE DARLINGTON

DIVISION FROSH

COURSE RECORD _____

DATE 10-13-98

RIDGEWOOD RECORD _____

WEATHER OVERCAST - HUMID -
HAD JUST RAINED ALL DAY

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
1		JACKIE GOULART	10:53
2		ALEXANDRA OROS	10:58
4		PEGGY LYNCH	11:22
11	9	KATHLEEN NOWALOWSKI	11:45
12	10	COLLEEN HERLIHY	11:56
14	12	JULIA FORESMAN	11:59
16	14	RUTH VAN YPEREN	12:03
23		SARAH BISOS	12:18
30 / 55		PIPPA SCOTT	12:51

TEAM TOTAL: 26

TEAM PLACE: FIRST

1-5 SPLIT: 1:03

1-7 SPLIT: 1:10

COMMENTS: GREAT LEAGUE WIN. JACKIE AND ALEXANDRA MOVED TO THE FRONT IN THE 2ND 800 meters + LOOKED GREAT. THEN HAD OFF A CHALLENGE IN THE FINAL SPRINT! 5 of US IMPROVED OUR TIMES FROM SATURDAY.

A fitting tribute

Reason for Taylor meet is not forgotten

Now that championship season is under way with Tuesday's NNJIL title race at Darlington, today's BPSL race at Garret Mountain, and the NBIL race at Demarest and Northern Hills meet at Delbarton on Friday, it's easy to forget the Brett Taylor Memorial meet.

But the story of the Brett Taylor meet on Saturday shouldn't be forgotten, not only because of this year's fine performances but for what it has added to the cross-country community in the seven years of its existence.

Named for the 1981 Hackensack cross-country captain who died at age 28 in 1992, the meet has raised more than \$13,000 in scholarship money for 13 high school runners, first at Hackensack, but since last year also for area athletes.

Brett's family, including his mom, a Hackensack teacher, his coaches, and teammates, many now with children of their own, come together to donate their time to run the meet. Thanks to Ron Weiss and Tom Lynch, they put together a nice program honoring Brett and providing a history of the meet.

According to the program, "Brett was never All-County or All-League, but he epitomized what high school athletics are all about. He never complained, ran with

injuries, and worked harder than most of his teammates."

And now, six years after his tragic passing, his inspiration guides a wonderful meet that helps runners go to college and provides a nice change of pace before the intensity of league, County, and State competition.

A NEW STAR RISES — Unless he stumbles badly, Passaic Valley senior Andres Cordero should have little trouble retaining his Passaic County championship on Oct. 23. His Passaic County record performance at Darlington last weekend following his brilliant race at the Shore the week before confirmed that.

But there's a new star on the Passaic County horizon in junior Owen Tonkins of Eastside. Following his 16:37 5,000-meter clocking in winning the Group 3-4 race at the Maroon Invitational, Cordero better not stumble.

"He went out the same way he had the week before [in the Passaic Coaches Meet] but we had him do some [speed intervals] in the week between the races and he was able to finish the race a lot better than the week before [44 seconds faster]," said Eastside assistant coach Xavier Fitzgerald, a former All-Passaic runner at Passaic Tech.

"He's such a goal-oriented runner and he set a goal to run this fast and he ran it. Now we'll see what he can do the rest of the year."

Tonkins was an All-Passaic runner as a sophomore and ran a good race Tuesday in taking fifth in the tough NNJIL Atlantic race behind Thomas Baldwin of Hack-

ensack. His next goal is to break Leon Finney's 18-year-old school record of 16:19 at Garret Mountain.

ALSO ON THE SCHEDULE — League meets continue Saturday with the BCSL American meet at Darlington, and conclude with the BCSL Olympic and National meets at West Hudson Park in Kearny on Oct. 21.

Saturday also sees the 24th renewal of one of the oldest meets in the state, the Ridgewood Invitational at Veterans Field. The girls' large school race at 2:55 p.m. usually matches top schools from New Jersey, New York, and Pennsylvania.

CARE TO TRY IT? — Not only high school runners will have a chance to run cross-country this weekend. The New Jersey Striders will hold their annual All-Comers Meet with youth and adult races ranging from one mile to five kilometers Sunday at 1 p.m. at Darlington County Park in Mahwah. Call (201) 287-1064 for further information on this fun event.

FRESHMEN WELCOME — When the best runners in Bergen County compete Nov. 7 at the Bergen County Meet of Champions, top freshmen get a chance to cap their season at the same time.

The second annual MOC Frosh Invitational will precede the BMOC with a boys race at 1:45 and a girls race 10 minutes later. Fifty medals will be awarded in each race and the top five teams will earn medals. For information, write Mike Glynn at Ridgewood High School, 627 East Ridgewood Avenue, Ridgewood, N.J. 07451. Deadline for entries is Nov. 5.



DON SMITH/STAFF PHOTOGRAPHER

NNJIL Pacific cross-country champion Beth Androski streaking toward the finish line. Her first-place finish wasn't enough to keep Ridgewood from winning the team title.



PAUL SCHWARTZ

THE RECORD'S RANKINGS

GIRLS CROSS-COUNTRY

BERGEN GROUP 3-4

- Ridgewood** — The Maroons, winners of the NNJIL Atlantic title, enter the championship season after a strong third-place finish in the Shore B race with a chance to extend their phenomenal Sectional and Bergen Meet of Champions record.
- Hackensack** — Don't count the Comets out for a run toward the top spot in County and State competition. Beth Androski and Patty Martin are at their peaks and the back runners are returning to their 1997 form.
- Immaculate Heart Academy** — The Blue Eagles were a solid eighth in the Shore B meet, three spots behind Hackensack, then were impressive in defeating Holy Angels, 21-39, in a showdown for the NNJIL Pacific lead. The Eagles won the league meet.
- Holy Angels** — Julie Clifford's 13th-place finish helped the Angels to a solid eighth-place finish in a race at the Manhattan Invitational following a sixth-place finish in the Shore C race. The Angels were second in the NNJIL Pacific meet.
- Garfield** — The Boilermakers are more than just Meghan O'Toole, and hope to show that in the BPSL meet today. They are 10-1 in duals with a loss to Passaic power Pompton Lakes.

BERGEN GROUP 1-2

- Ramsey** — The Rams beat Indian Hills, 21-34, in a dual, then finished fourth in the Varsity E meet, four place behind the Braves. It's going to be a super rivalry with Indian Hills for the rest of the season.
- Indian Hills** — Lofty territory for this developing program, and the Braves have the potential to improve and battle for the State Group 2 title. But first a Friday rematch with Ramsey for the NBIL title.
- Glen Rock** — Don't let the dual meet losses to Garfield and Pompton Lakes fool you. The Panthers rested their top seven runners in both. Their fourth-place finish in Shore F make them contenders for the Group 1 State title.
- Westwood** — The Cardinals were flying a little below radar the first few weeks while recording an unbeaten dual record, but their sixth place showing in Shore F and a win in the Brett Taylor B meet stamp them as the BCSL American favorites and a dark horse in Group 2.
- Bogota** — As October moves toward November, the Bucs keep improving. They are again a threat for Bergen County and State Group 1 honors.

1. **Pompton Lakes** — The Cardinals should have little trouble repeating their BPSL King victory after an undefeated dual meet season. The Cardinals need to pick it up to retain their Passaic title next week.
2. **Passaic** — With the Passaic County championships nine days away, the Indians, fourth in the Maroon Invitational 3-4 meet, need to run better than they did in the NNJIL Atlantic meet to battle for the County title.
3. **Clifton** — Another of the strong teams in the NNJIL Atlantic Division, the Mustangs might be an interesting story in the County and State Sectional 4 meets.
4. **Eastern Christian** — The Eagles had a solid dual meet season and Jessica Van Denend is one of the top runners in today's BPSL meet.
5. **Passaic Valley** — The Hornets finished the dual season with a good 13-5 record and now move to Friday's Northern Hills championship.



KLAUS-PETER STEITZ/STAFF PHOTOGRAPHER

They're off and running at the start of the Northern Bergen Interscholastic League girls race at Northern Valley at Demarest.

Indian Hills girls pull a shocker

DEMAREST — The joy felt by Indian Hills girls cross-country coach Steve Opremcak was easy to hear on the phone Friday after the Braves dethroned three-time North Bergen Interscholastic League champion Ramsey, 36-53. "We've been trying to do this and get to the level of a Ramsey or a Ridgewood or a Hackensack," Opremcak said after his team placed four runners in the top-six finishers and overcame a 1-2 Ramsey finish by Melissa Conway and Megan Campbell to win their first-ever league title. "We're reaping the rewards of three years of hard work, and it's great to see what the girls have done. Ramsey's a great team and to beat them means a lot

CROSS COUNTRY

for our girls."

Conway and Campbell crossed the line together in 19:56 at the 5,000-meter Demarest course. But junior Audrey Holst followed 100 meters behind to lead the Braves charge. Freshman Noelle Bassi and seniors Sonja Neilson and Angela Luino finished within 19 seconds of Holst, and when freshman Erin Bauberger crossed the line a minute after Luino, in 18th place, the win was secure.

Ramsey ran 1-2-3 for much of the race, but Beth Vesey went out too hard and failed to finish.

"Our girls ran pretty well, but

Indian Hills just ran great," Ramsey coach John Kirchof said.

"We didn't really worry about what Ramsey was doing," Opremcak said. "Our approach is to stick to our own business and not worry about them."

Ramapo was third and earned Division 1 honors, with Northern Highlands fourth.

The Ramapo boys earned their first overall league crown in 28 years, defeating Ramsey and Northern Highlands, 52-84-90, with Northern Valley at Old Tappan fourth. Green Raider Eric Knackmuhs impressively ran away from Ramsey sophomore Matt Collins in the final mile to win in 16:50, and Ramapo put six

runners in the top 22.

"The boys are coming along well," Ramapo coach Matt Kohlbrenner said. "Eric had a race plan for today's race, and he stuck to it all the way. I think he can be competitive with anyone in Bergen County."

Junior Josh Wood was eighth for Ramapo, with Michael Oh 11th, sophomore Adam Rudolph 14th, and Dan Franco 18th.

"We've been a little nicked up, especially with our No. 3 guy [Oh], but Rudolph has come along great and so has Franco. I think we can compete for the Group 3 County and sectional titles," Kohlbrenner said.

Middletown S, RBC: A run of mutual respect

GIRLS CROSS COUNTRY TOP 20

- 1-Shawnee
- 2-Roxbury
- 3-Middletown South
- 4-Hunterdon Central
- 5-Hunterdon
- 6-St. Rose
- 7-Red Bank Catholic
- 8-Ocean Township
- 9-North Hunterdon
- 10-Hackensack
- 1-Randolph
- 2-Toms River East
- 13-Voorhees
- 14-Indian Hills
- 15-Ramsey
- 16-South Brunswick
- 17-Westfield
- 18-Moorestown
- 19-St. Dominic
- 20-Mount Olive

By Jim Lambert

Mutual respect was quite evident when the coaches at Middletown South and Red Bank Catholic picked each other's team to win Tuesday's Monmouth County girls cross-country championships.

"Red Bank Catholic is the team to beat," said Middletown South's Karl Torchia. "Their pack is running fantastic right now."
"Middletown South is the favorite," said Red Bank Catholic's Mary Banks, whose teams have won five straight county titles and eight of the last 10. "They are very strong."

Called upon to break the tie, St. Rose coach Jill Soriano picked Middletown South, but then cautioned, "However, Red Bank Catholic has been running faster and faster and they could also win." They all agree, though, that the county championships, which will feature four teams ranked among the top eight by The Star-Ledger, could be one of the best in meet history. The first race is scheduled for 3:15 p.m. at hilly Holmdel Park.

Middletown South comes in ranked third. St. Rose of Belmar is No. 6, RBC is No. 7 and Ocean Township No. 8. Last year, RBC was first with 44 points, St. Rose second with 75, Middletown South third with 80 and Ocean Township fourth with 144. "This should be the closest and most exciting county race we've had in at least 10 years," said Banks. "I see no more than 10 to 15 points separating the top four teams. It should be a real challenge for whoever wins."

"There are four teams with a legitimate shot to win," said Torchia. "It's been a long time since you could say that."

Middletown South is led by senior Cate Guiney, the choice to win the Monmouth race as well as the NJSSAA Meet of Champions next month. But Torchia knows he needs his second through fifth runners to come through, too.

"In order to win, we need our runners behind Cate to run between 20:30 and 20:45," he said.

Banks sees it the same way for her tight pack. "We have to have all five between 20:35 and 20:45," she said.

RBC's lead runners this season have been Erika Felz, Megan Winchell, Danese Joyner, Ali Belicose, Kelly Byrnes, Jamie Squillare and Suraya Kornegay.

"Right now, I feel St. Rose's pack is a little ahead of ours, so we need to run well together as a pack," said Banks.

Middletown South counters with Guiney and her twin sister Maggie, as well as Kate Bongiolatti, Jackie DeMaio, Julia Baratta, Dana Bertelson and Sarah Brennessel.

St. Rose's lineup consists of the three Landers sisters — twins Devon and Taryn and Rian — Kris-

Rewiring up for Eastern States

The 110-team, eight-race Eastern States Championships will start at 1 p.m. Saturday at Van Cortlandt Park in the Bronx.

Running with Haddonfield in the A Division race at 1:40 p.m. will be St. Rose and No. 9 North Hunterdon of Allendale. North Hunterdon is led by All-Stater Julie Culey. The other New Jersey girls teams entered are Highland Regional of Blackwood (C Race), Raritan (B Race), Wall Township (B Race) and Maple Shade (B Race).

The schedule: 1 p.m.-JV Boys, 1:20 p.m.-Boys Varsity D, 1:40 p.m.-Girls Varsity A, 2 p.m.-Boys Varsity A (Eastern States Championship race), 2:20 p.m.-Girls Varsity B.

Ridgewood time-honored

The first girls-only sanctioned cross-country meet, according to Ridgewood coach Jacob Brown, was the Ridgewood Invitational in 1973. The meet remained girls-only for three years before it became a girls and boys invitational in 1977. The 25th annual is set for this Saturday at 1 p.m. at Veterans Field in Ridgewood.

The best girls race appears to be the B Division, featuring No. 4 Ridgewood, Red Bank Catholic, Immaculate Heart of Washington Township and Holy Angels of Demarest. Last year, RBC offset a 1-2 Ridgewood finish to win the B Division title, 30-38, over Ridgewood. In that race, Ridgewood's Celeste Sedo, now at Boston College, ran a course-record 18:13.4. The flat 5-K course has been used since 1981.

The schedule: 1 p.m.-Girls Freshman, 1:15-Boys Freshman, 1:30-Girls J.V., 1:55-Boys J.V., 2:15-Boys Sophomore, 2:35-Girls Varsity A (small schools), 2:55-Girls Varsity B (large schools), 3:15-Boys Varsity A (small schools), 3:35-Boys Varsity B (large schools).

Behan still mending

Ridgewood junior Kelly Behan, the 1997 NJSSAA Meet of Champions winner, hasn't run in a race all season due to injuries to her back and hip.

"She's limping around school," said Ridgewood coach Jacob Brown. "Right now, I'd have to say that it doesn't look good as far as her running this season."

Places to be

The Northern Hills Conference Championships are set for tomorrow at 3 p.m. at Delbarton in Morristown. Jane Steinemann of Villa Walsh of Morris Township, the defending Suburban Division champion, should lead her team to the title. In the Sky-line Division, West Orange is the defending champion, but Lakeland is the favorite.

On tap Saturday is the Randolph Invitational at Brundage Park at 1 p.m. Teams interested in competing should call meet director Len Pietrewicz at 973-895-6005.

Runner of the Week

Name: Jillian Stein

School: South Brunswick

Class: Junior

Size: 5-2



Key statistics: Stein placed first in the Classic Division in 19:11 at the 18th Blue Ribbon Invitational on Monday at Donaldson Park, Highland Park. She's the defending Greater Middlesex Conference cross-country champion.

Did you know? Stein, an avid horseback rider, finished seventh in the 3,200-meter run in 11:35:39 at the NJSSAA indoor track Meet of Champions last winter. Last fall, she was fifth in the Central Jersey, Group 4 cross-country championships in 20:57:00.

GROUP LEADERS

- GROUP 4**
 - 1-Shawnee
 - 2-Roxbury
 - 3-Ridgewood
 - 4-Hunterdon Central
 - 5-Hackensack
 - 6-Randolph
- GROUP 3**
 - 1-Middletown South
 - 2-Ocean Township
 - 3-North Hunterdon
 - 4-Westfield
 - 5-Mount Olive
 - 6-Camden Wilson
- GROUP 2**
 - 1-Voorhees
 - 2-Indian Hills
 - 3-Ramsey
 - 4-Moorestown
 - 5-Buena
 - 6-Ridge
- PAROCHIAL**
 - 1-St. Rose
 - 2-Red Bank Catholic
 - 3-St. Dominic
 - 4-Immaculate Heart
 - 5-Vienna Catholic
 - 6-Villa Walsh
- PREP**
 - 1-Fingy
 - 2-Dak Knoll
 - 3-Peoble
 - 4-Girls Prep
 - 5-Graceland
 - 6-Lawrenceville

TOP RUNNERS BY GROUP

- PAROCHIAL/PREP**
 - 1-Kathleen Porter, Holy Cross
 - 2-Melissa Capone, St. Rose
 - 3-Joey Benedict, St. John Vanney
 - 4-Kristen Gullestad, St. Rose
 - 5-Rian Landers, St. Rose
 - 6-Joey Benedict, St. John Vanney
- GROUP 4**
 - 1-Stephanie Snyder, Randolph
 - 2-Lindsey Gallo, Howell
 - 3-Aminia Zohny, Columbia
 - 4-Beth Androski, Hackensack
 - 5-Leyna Williams, Triton
 - 6-Jenna Darcy, Shawnee
- GROUP 3**
 - 1-Cate Guiney, Middletown S
 - 2-Cheryl Bauer, Morris H
 - 3-Pam Meadors, Ocean Twp.
 - 4-Jessie Padilla, Howell V
 - 5-Sarah Ching Hayward, Ocean T
 - 6-Sara Spillman, West Morris
- GROUP 2**
 - 1-Lily Thomas, Somerville
 - 2-Jeanne Glenn, Pine Bor
 - 3-Jessie Padilla, Howell V
 - 4-Lesley Barnett, Bernards
 - 5-Stephanie Maxwell, Buena
 - 6-Betsy Bulat, Moorestown
- GROUP 1**
 - 1-Em Donohue, Haddonfield
 - 2-Tracy Belladonne, Glen Rock
 - 3-Christina Libretto, G. Rock
 - 4-Lesley Barnett, Bernards
 - 5-Katharine Vogelius, Highland P
 - 6-Christa Vogelius, Highland P

Muratore, Urena prevail

Rutherford boys, Westwood girls take titles

By **PAUL SCHWARTZ**
Staff Writer

MAHWAH — Tim Muratore and Fredyla Urena took different career paths in winning the individual races at the Bergen County Scholastic League American Division cross-country championships Saturday.

Muratore, a Tenafly senior, went from freshman phenom to one of the County's best sophomores to a runner-up last year as a junior to a dominating undefeated senior year.

Saturday, he ran 16:27 on the 5,000-meter Darlington County Park course for a 150-yard win over Jose Figuiera of Queen of Peace.

Urena of Cliffside Park, also a senior, took a different route — from gym class to the Red Raiders track team last spring to the girls title seven weeks after coming out for cross-country for the first time.

Saturday, she won a three-way battle with Jenica Asadorian of Westwood and super freshman Briana Bayersdorfer of River Dell, in 19:35, winning by 50 yards and continuing her pattern of running faster with every race.

As expected, Rutherford's boys easily won their first title 34-58, over River Dell, while the

CROSS-COUNTRY

Westwood girls tied a league record with their fifth straight meet title, 63-77, over Ridgefield Park.

Muratore took the boys race out a little too fast, in 4:55 for the first mile, and paid the price later in the race, falling short of his time goal.

"I cramped up about halfway through the race," said Muratore, who tied his personal best time. "I felt good in the first mile, and the pack was close behind me so I figured I'd be OK. I was hoping to run a little quicker today."

Muratore then turned his attention to Saturday's Group 3 race, where he'll battle Mario Pellino, NBIL champion Eric Knackmuhs of Ramapo, and NNJIL Pacific champ Corey Kunz of St. Joseph Regional in what could be the race of the day.

"I'd rather be the underdog, but it's nice knowing that everyone wants to beat you," said Muratore. "I want to be in the top three in the County Meet of Champs and know I'll probably have to break 16 minutes to do that."

Rutherford coach Bob Hemmel admitted his team wasn't as its best, but the Bulldogs still packed five runners between third and

15th in a 60-second span for their win.

"Today I had them try some different things and then we'll go over them and decide who went out too fast, who was too slow, and what we have to do for the counties next week," says Hemmel. "I'm concerned about Ramsey."

Urena still seems a little amazed at her continuing success, but no one else is.

"I thought they would go ahead of me when we went over the sand the second time around," said Urena, now the Group 3 favorite next week. "But I stayed with the River Dell girl [Bayersdorfer] when she made the move and I saw Jenica was tired by the lake [with a mile to go] and that gave me more confidence that I could beat her."

Westwood only put Asadorian in the top 10, as Ridgefield Park went 4-5-7. But the Cardinals put four in the next 10, including 11th-place finisher Amy Gohlich, to match Dumont's five straight titles from 1985-1989.

"It's wasn't pretty, but it got the job done today," said Westwood coach George Glover. "But we're not showing the improvement I really want to see with States and Counties coming up."

Eastern States

NEW YORK — Junior Ryan Miller won the D race at the Eastern States Meet at Van Cortlandt Park in the Bronx on Saturday, running 13:44 for the 2.5-mile race. Bergen Catholic's Dean Cantamessa was fifth in 14:20 as Bergen Catholic finished second out of 14 teams.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET RIDGEWOOD INVITATIONAL

COURSE VETERANS FIELD

DIVISION VARSITY B

COURSE RECORD 18:13.4 CELESTE SEDO

DATE 10-17-98

RIDGEWOOD RECORD RIDGEWOOD 1997

WEATHER BEAUTIFUL - PERFECT
OCTOBER DAY

TYPE OF COURSE FLAT - GRASS + SAND

FINISH PLACE	TEAM SCORE	NAME	TIME
10		MEG McDERMOTT	20:05.4
11		DANIELLE WALTHER	20:08.0
16		ALYSON CANGEMI	20:30.1
17		TARA O'NEILL	20:33.0
19		JULIA BROWNELL	20:34.6
28		TAYLOR DUNN	20:58.4
32		MONICA SCHIEFEN	21:17.3

TEAM TOTAL: 73 points TEAM PLACE: 3rd

1-5 SPLIT: 29 seconds 1-7 SPLIT: 1:12

COMMENTS: TAYLOR RAN 14 SECONDS FASTER THAN LAST YEAR.

WE SEEMED A BIT FLAT TODAY - THIS MAKES SOME SENSE OFF OUR OUTSTANDING RUN ON TUESDAY. WE WILL LOSE SOME PLACES IN THE STATE RANKING BECAUSE OF OUR LOSE TO RED BANK CATHOLIC. BUT IT IS THE RANKING AT THE END OF NOVEMBER THAT COUNTS

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET RIDGEWOOD INVITATIONAL

COURSE VETERANS FIELD

DIVISION FROSH

COURSE RECORD _____

DATE 10-17-98

RIDGEWOOD RECORD _____

WEATHER BEAUTIFUL

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
1		CLAIR NOWAKOWSKI	9:35.0
7		JACKIE GOULART	10:17.5
8		ALEXANDRA OROS	10:18.6
9		PEGGY LYNCH	10:20.1
20		JULIA FORESMAN	10:40.8
29		RUTH VAN YPEREN	11:05.2
33		COLLEEN HERLIHY	11:09.3
34		KATHLEEN NOWALOWSKI	11:09.7
?49?		SARAH BIGO	11:40
61		PIPPA SCOTT	12:01.7

TEAM TOTAL: 45 POINTS TEAM PLACE: 2ND

1-5 SPLIT:

1-7 SPLIT:

COMMENTS: CLAIR RAN VERY FAST. GOING BACK TO 1992 I ONLY FOUND ONE TIME FASTER! HE LOST A VERY CLOSE RACE TO AN OUTSTANDING WASHINGTONVILLE (THE WIZARDS!) PROGRAM.

Group titles are up for grabs

By **PAUL SCHWARTZ**
Staff Writer

There is likely to be a major changing of the guard atop the team races at the Bergen County Group championships. And only one individual winner is expected to repeat in the meet that begins 10 a.m. Saturday at Darlington County Park in Mahwah.

That makes this year's renewal even more exciting.

Ridgewood's girls and Hackensack's boys are overwhelming favorites to win the titles at the Bergen Meet of Champions Nov. 7 at Darlington. And they are the only two sure repeaters in the eight group races. The top three teams in each group and top 10 individuals qualify for BMOG along with up to 10 wild cards.

Here's a closer look at each race, and the starting times:

BOYS GROUP 1 (1:20 p.m.) — Passaic Park, which shoots for a sixth straight Group 1 title, will get a severe challenge from Ridgewood, which should place three runners ahead of Pal Park's first, Glen Rock should beat out Midland Park and Saddle Brook for the third slot. Individually, six of last year's top 10

return, with the favorite Peter Leighton of Bogota, seventh last year. Frank Rivera of Becton, Kevin Mulholland of Glen Rock, and Josh Vanderwiele of Midland Park are other contenders for the top spot.

BOYS GROUP 2 (1:40 p.m.) — Westwood's four-year reign will come to an end, almost certainly at the hands of an excellent Rutherford team that finished third last year. Ramsey should give the Bulldogs their best challenge with Northern Highlands and River Dell battling for the final BMOG slot.

Only eighth place finisher Michael Dopf of Westwood returns from last year's top 10, and he should battle soph Matt Collins of Ramsey, Tim Meighan of Northern Highlands, and Erik Larsen of Rutherford for the individual title.

BOYS GROUP 3 (10:40 a.m.) — Northern Valley/Demarest's three-year skinn will also end Saturday. But the battle between Ramapo and St. Joseph Regional to succeed Demarest is too close to call. It may depend on the winner of the individual race. Paramus Catholic leads a large group of possible third place finishers, including Garfield, Pascack Valley, NV/Old Tappan, and Tenafly.

Individually, only five of the 1997 top 10 return, led by Tim Muratore of Tenafly (second) and Corey Kunz of St. Joseph Regional (third) who should battle Eric Knackmuhs of Ramapo in the day's

most exciting boys race. Jose Figueira of Queen of Peace might also be in the hunt.

BOYS GROUP 4 (11 a.m.) — Hackensack edged Don Bosco on the basis of a better sixth runner last year. This year, the Comets might put six in front of anyone's second and will breeze to the title. Don Bosco and Ridgewood will battle for second and third.

Thomas Baldwin of Hackensack should become the only defending individual titlist to repeat. Only three other top 10 finishers return, including Bergen Catholic's Ryan Miller, fresh off a win in the D race at the Eastern States last week.

GIRLS GROUP 1 (12:40 p.m.) — Glen Rock drops down from Group 2 and should dethrone Bogota, winner in three of the last four years. Ridgewood or Passaic Park will be the third qualifier.

Defender Nancy Sinclair of St. Mary's will be hard-pressed to hold off Tracy DellaTorre of Glen Rock and her freshman teammate Kate Libretto. Look out for Dwight-Englewood's Jacelyn Patner.

GIRLS GROUP 2 (1 p.m.) — The last race of the day could be the best, with three-time defender Ramsey facing two-time Group 3 champion Indian Hills in what is becoming a classic duel. Ramsey can't afford to lose a runner at the finish as they did in their two losses to the

Braves earlier this fall. But Indian Hills may have enough to hold off the Rams anyway. Westwood should beat out Ridgewood Park, and Northern Highlands for third.

Individually, six of the top 10 return from last year, including the Nos. 2, 3, 4 finishers, Jenica Asadorian of Westwood, Megan Campbell and Melissa Conway of Ramsey. Look for Audrey Holst of Indian Hills and freshman Briana Bayersdorfer of River Dell to battle with that trio for the title.

GIRLS GROUP 3 (10 a.m.) — Holy Angels and Ramapo are favored to battle for their first title in this wide-open group, which also includes Garfield, Cliffside Park, and Fort Lee.

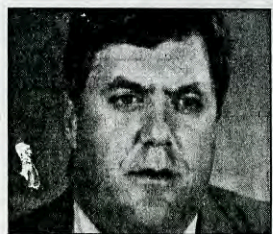
With only four of last year's top 10 returning, look for senior newcomer Fredyla Urena of Cliffside Park, Julie Clifford of Holy Angels, Melanie Howell of Bergenfield, and Belmax DeJesus of Fort Lee to be at or near the top.

GIRLS GROUP 4 (10:20 a.m.) — If there was any doubt that Ridgewood will win its 16th title in 18 years, that disappeared when Hackensack's No. 3 runner, April Quatrano, went down with a stress fracture. Hackensack and IHA, as usual, should be second and third.

With two of the seven top 10 returnees injured, the individual battle should feature Beth Androski and Patty Martin of Hackensack and Meg McDermott of Ridgewood.

WEDNESDAY, OCTOBER 21, 1998

North



PAUL SCHWARTZ
CROSS-COUNTRY

Pascack Valley rebirth

Twenty years ago, Larry DeCaro gave up his track head coaching job at Pascack Valley to spend more time with his family and concentrate on becoming a nationally recognized educator in Family Life Education.

But DeCaro never forgot his love of running, and two years ago, when Bill Henshaw decided to give up coaching cross-country at PV after more than a decade, he asked DeCaro to apply for the job.

Two years later, DeCaro has more than 70 boys and girls who stayed with the program all season, and he vows a return to greatness for Pascack Valley is

"We started the year with 89 kids and now we're down to about 77," said DeCaro recently. "We've gotten a lot of kids out through our Physical Education program, which opens with a segment on cross-country, and we've been able to recruit a lot of kids that way."

An awards system DeCaro has developed through contacts with legendary Illinois high school coach Joe Newton (19 straight state group titles) has helped keep the athletes running, and while PV is not likely to qualify a team for the Bergen Meet of Champions in Saturday's Group 3 races, the future looks bright.

"This is the purest of all sports," said DeCaro, "From the lowliest freshman to the best runner, everyone can find a way to get better and contribute to the team, and they're only doing it because they enjoy it. They're all real good kids and I enjoy working with every one of them."

DeCaro hopes to bring PV to contention in three to five years, not only in league and County competition, but at the State level.

"Everyone I've talked to says if you can get the kids out, you can develop a winning program. I look at people like Jacob Brown, Ed Church, Tom Zaccane, Steve Lurie, and John Kirchof and see what they do in order to get the kids out and make the kids better," said DeCaro. "I call them dinosaurs, but they're dinosaurs in the very best way, because they know that hard work and numbers gets it done in cross-country."

DeCaro's top runners this year are soph Dan DiGregorio and senior Chris Mitchell, each in the top 10 in the NBIL boys race, and Lisa Haystrand and Gina Abbatemarco, each in the top 30 in the girls. The boys have an outside shot at third place in Group 3.

But DeCaro vows not to quit until PV has won a State title, something only the boys (1973) and Mary Ellen McGowan (1979) have accomplished. In fact, only the 1973 boys and 1981 girls have ever made the SMOC, and the girls haven't even made the BMOG since that year.

"We're going to bring success back to PV cross-country," said DeCaro. "I know it."

A TEAM TO WATCH — Passaic Tech has bounded back into the Passaic County spotlight with its first BPSL King championship in four years and an undefeated dual meet season.

"The underclassmen have really stepped up," said longtime PCT coach Vic Jarosz. "They've sort of pushed our three seniors to the background."

The top underclassmen is league champ Clark Villar, a junior who won the individual race by 80 meters over Kevin Mulholland of Glen Rock.

"I figured he would be a good runner because he was getting better at the end of last year," said Jarosz. "He has a great work ethic, but all the guys have a good work ethic, which is why we've had success this season."

Juniors Marco Miranda and Victor Diaz and soph Adili Rosario have joined with seniors Elliot Rosario, Carlos Cruz, and Angelo Campos to give PCT a terrific pack behind Villar.

"We struggled through the first couple of races but we won them," said Jarosz. "But the guys in the back began to think they could stay with the top guys and we started to close the gaps."

Now Jarosz's team enters Friday's Passaic County meet with a chance to get into the top four teams. With five solid freshmen behind the four underclassmen, the Bulldogs should be a contender in the counties next year, and they have potential to be as good as the 1988-1990 teams that won the Passaic A titles.

"Other than Clark, none of these guys has a spectacular time, but they have a blue-collar ethic that can make us an excellent team," said Jarosz.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BERGEN GROUP CHAMPS

COURSE DARLINGTON

DIVISION GROUP 4

COURSE RECORD _____

DATE 10-24-98

RIDGEWOOD RECORD _____

WEATHER WONDERFUL!

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
3		MEG McDERMOTT	19:28.5
4		DANIELLE WALTHER	19:47
5		JULIA BROWNELL	20:04
6		ALYSON CANSEMI	20:10
8		MONICA SCHIEFFEN	20:31
9		TARA O'NEILL	20:32
10		TAYLOR DUNN	20:37

TEAM TOTAL:

TEAM PLACE: 1ST

1-5 SPLIT: 61 SECONDS 1-7 SPLIT: 69 SECONDS

COMMENTS: WE RAN A GREAT RACE AND DOMINATED THE COUNTY. HOWEVER IF WE ARE TO STEP UP AT HOLMDEL THE 21 SECOND GAP BETWEEN OUR 4TH and 5TH RUNNER MUST BE REDUCED!
WE NEED #5 RUNNING WITH #3+4.

- Ridgewood's girls continue to turn out teams like Hackensack's boys, seemingly on an annual basis and this one is no exception.

- Placing seven girls in the top 10, the Maroons had little trouble winning their 16th group title in 18 years, 26-56, over Hackensack, despite the 1-2 finish by Comets juniors Patty Martin and Beth Androski.

And with two other runners placing 1-2 in the junior varsity races with times that would have placed them in the varsity top 10, it appears that Jacob Brown's toughest coaching duty will be to select which seven girls to put on the line each week.

Martin was impressive, running 18:53, the eighth fastest time ever on the 5,000-meter course, turning the tables on Androski, who had beaten her most of the year. But Ridgewood then went 3-4-5-6-8-9-10 led by senior Meg McDermott and ever-improving Danielle Walther.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BERGEN CHAMPIONSHIP

COURSE DARLINGTON

DIVISION JUNIOR VARSITY

COURSE RECORD _____

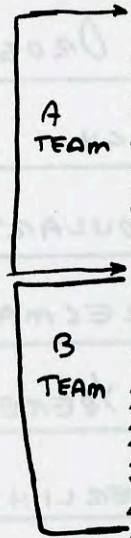
DATE 10-24-98

RIDGEWOOD RECORD _____

WEATHER _____

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
		1. Clair Nowakowski	20:33
		2. Ana Law	20:54
		3. Tira Lobell	21:20
		4. Katy Aldave	21:56
		6. Lesley Bruno	22:06
		9. (7) Diane Nelson	22:37
		10. (8) Sara Wells	22:46
		11. (10) Julie Sprich	22:58
		15. (11) Clare Weeks	23:20
		18. (14) Katie Latanich	24:17
		25. (15) Jess Rhoten	24:43
		26. (21) Kara Belknap	24:43
		37. (30) Tara Pehush	25:42
		49. (35) Nora Apsel	26:58
		56. (36) Erin Cron	28:34
		57. (38) Beth Riina	28:34
		65. Meta Shaw	29:37



TEAM TOTAL: JV-A = 15 TEAM PLACE: FIRST and SECOND
 JV-B = 56

1-5 SPLIT: 1-7 SPLIT:

COMMENTS:
 FIRST AND SECOND IN THE TEAM SCORE! JV-A may BE THE 8TH BEST IN BERGEN COUNTY. CLAIR AND ANA WOULD HAVE PLACED 10TH AND 12TH IN THE VARSITY RACE. YOU GUYS ARE THE BEST.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BERGEN CHAMPS

COURSE DARLINGTON

DIVISION FROSH LARGE SCHOOL

COURSE RECORD _____

DATE 10.24.98

RIDGEWOOD RECORD _____

WEATHER _____

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
1		ALEXANDRA OROS	10:56.3
2		PEGGY LYNCH	11:01.6
4	(3)	JACKIE GOULART	11:17.9
8	(6)	JULIA FORESMAN	11:33.6
10	(7)	RUTH VAN YPEREN	11:40.3
14	(11)	COLLEEN HERLIHY	11:54.6
21		KATHLEEN NOWAKOWSKI	12:14.5
25		PIPPA SCOTT	12:32.2
28		SARAH BIGOS	12:42.5

TEAM TOTAL:

TEAM PLACE:

1-5 SPLIT: 43 SECONDS 1-7 SPLIT: 1:18

COMMENTS: GREAT TEAM WIN! BEST IN BERGEN AS WE BEAT PASCACK VALLEY ON A TIME BASIS FROM THE SMALL SCHOOL RACE. GREAT INDIVIDUAL WIN FOR ALEXANDRA! PEGGY ACHIEVED HER BEST FINISH, JULIA CONTINUES TO IMPROVE AND RUTH RAN WELL AS OUR 5TH GIRL.

Hackensack sweeps to title

Ridgewood, Holy Angels, SJR also win

By PAUL SCHWARTZ
Staff Writer

MAHWAH — It was a day of record setting and a day of firsts in the large school races Saturday at the Bergen County group cross-country championships at Darlington County Park.

The Hackensack boys and Ridgewood girls, the dominant programs in Bergen County this year, had record-setting victories in Group 4, while the St. Joseph Regional's boys and the Holy Angels' girls won their first championships in Group 3.

As they have all year, the Hackensack boys overwhelmed the competition, scoring the first 1-through-5 sweep by any team, boys or girls, in any group in the 34-year history of the championships to overwhelm Ridgewood, 15-6-4.

Led as usual by Thomas Baldwin, who won in 15:45, easily the day's finest time, Hackensack, based on times, would have defeated the entire county in a dual meet, as John Zewdu, Frank Browne, Marquese Singletary, and Mario Santinavez joined Baldwin among the top eight times of the day.

"We still continue to get better every week," said Comets coach Tom Zaccone. "This team feeds on each other and continues to have a different finishing order in every meet. I have never seen a team like this one."

Ridgewood's girls continue to turn out teams like Hackensack's boys, seemingly on an annual basis and this one is no exception. Placing seven girls in the top 10, the Maroons had little trouble

GROUP 3-4 CROSS-COUNTRY

winning their 16th group title in 18 years, 26-56, over Hackensack, despite the 1-2 finish by Comets juniors Patty Martin and Beth Androski.

And with two other runners placing 1-2 in the junior varsity races with times that would have placed them in the varsity top 10, it appears that Jacob Brown's toughest coaching duty will be to select which seven girls to put on the line each week.

Martin was impressive, running 18:53, the eighth fastest time ever on the 5,000-meter course, turning the tables on Androski, who had beaten her most of the year. But Ridgewood then went 3-4-5-6-8-9-10 led by senior Meg McDermott and ever-improving Danielle Walther.

The Group 3 races were much closer.

Running what their coach called the best race they had ever run at Darlington, Holy Angels placed five girls in the top 20 and held off Ramapo, 59-60. Cliffside Park senior Fredyla Urena continued her debut season by holding off three-time Bergen County half-mile champion Julie Clifford of Holy Angels by five meters for the individual victory.

"The kids set goals in the beginning of the year and our motto was 'Be the Bunny,'" said Holy Angels coach Jim McCarthy. "We wanted to be like the Energizer Bunny to keep going and going and we knew we were one of the top two or three Group 3 teams around."

Gabrielle Saiz, Marianne Rausch, Rosanna Bartolomeo, and Carl Devir all finished between 11th and 18th for the Angels to enable them to defeat a Ramapo team that placed three runners in

Small schools, small margins

GROUP 1-2 CROSS-COUNTRY

ed throwing out the incomplete teams, leaving Bogota and Glen Rock tied with 30 points and Glen Rock winning on a better sixth runner.

"Always remember this about kids from Bogota," said coach Jay Mahoney. "We have tough-willed and determined kids who won't quit. Amber Neal [a soph who finished eighth Saturday] had surgery on her ACL last year and performs our team. The last two races have been the best of her year."

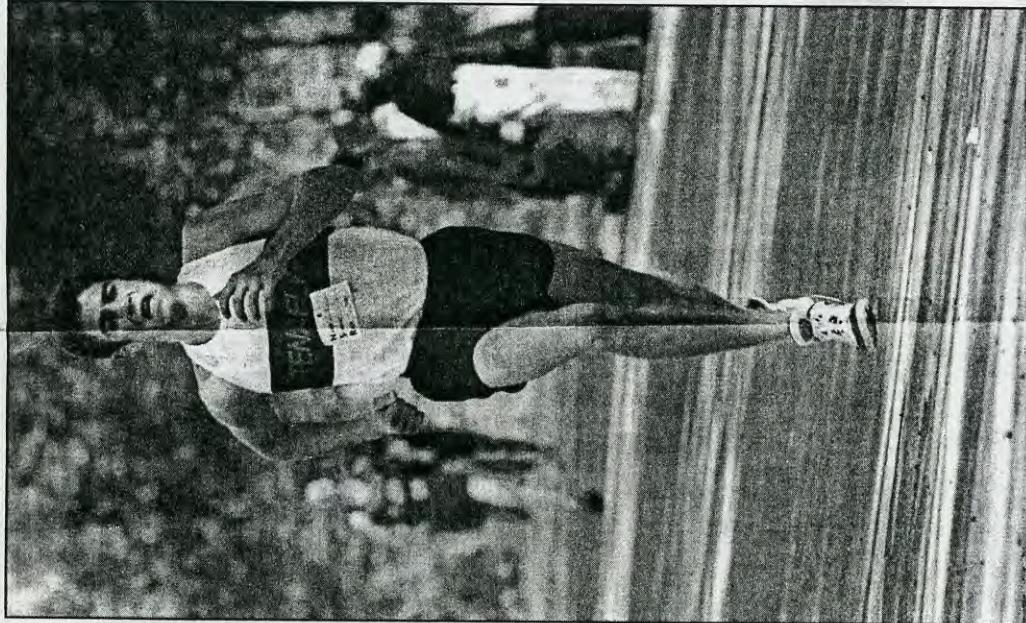
Ramsey's win over Indian Hills was powered by the 1-2 finish of sophomore Melissa Conway and senior Megan Campbell, a stalwart on the 1996 and 1997 state Group 2 champions. But it took superb efforts by 3-4 runners Kristen Schmalz and Robin Hauck to overcome the third straight failure to finish by Ramsey's putative No. 3, Beth Vesey. Conway won in the day's second best time of 19:18 for the 5,000-meter course.

Indian Hills ran a fine race, placing six runners in the top 19, but Ramsey's up-front power was too much for the Braves.

Ridgefield won the third tight race behind its usual top trio of Matt Lannin, Allen Connell and Peter Kim and a spectacular career-best race by Troy Sahai in 14th to dethrone the Pal Park pack.

Josh VanderWiele of Midland Park scored the day's biggest individual upset, edging favored Peter Leighton of Bogota by 40 yards in 16:47.

Rutherford soph Cole Dailey beat Ramsey soph Matt Collins by 30 yards to win Group 2 and lead the Bulldogs to their expected win. — PAUL SCHWARTZ



KLAUS-PETER STEITZ/STAFF PHOTOGRAPHER
Tenafly's Tim Muratore winning the Group 3 boys title at Darlington.

pack."

As expected, the individual race was the best race of the day with Tenafly's Tim Muratore powering his way to a 10-yard victory over Eric Knackmuhs of Ramapo and Corey Kunz of St. Joseph Regional.

Anthony Shrout of SJR was fourth and Larry Chiarelli 16th, finishing ahead of their counterparts from Paramus Catholic and third-place Ramapo.

Summaries on S-19

MAHWAH — When this cross-country season ends with the New Jersey State Meet of Champions in four weeks, Bergen County's small schools may point to the Bergen County group championships for showing the way to the state's most exclusive race.

Certainly, at least six Bergen County coaches might point at Saturday's races at Darlington County Park for the start of stomach complaints — complaints caused by the tightness of three of the four group races.

Rutherford's boys, as expected, continued their undefeated season with a 30-44 win over Ramsey in Group 2, the only race of the day that wasn't a nail-biter.

Bogota won its fourth Group 1 girls title in five years, 30-32, over Glen Rock, in a meet that wasn't decided until the fifth runners from Cresskill and Leonia crossed the finish line nearly five minutes after the last Bogota and Glen Rock runners had finished.

Ramsey survived another DNF from one of its top runners and held off Indian Hills, 47-48, in girls Group 2 for its fourth straight title, evening the county's best rivalry at 2-2.

And Ridgefield survived a long wait for its fifth runner to end Palisades Park's record-setting, five-year streak in boys Group 1, 65-66, earning the first County cross-country title in the school's history.

The Bogota-Glen Rock race boiled down to Glen Rock's up-front power, a 1-2-4 finish by Tracy Della Torre, freshman Kate Li-bretto, and Laura McKay versus an outstanding pack effort by the Bucos, who placed their top five runners in the top 10, and then had to sweat out the finish of Leonia's and Cresskill's fifth runners.

Those runners needed to finish because if they didn't, the team scores would have been recalculated.

Baldwin, Martin led individual stars

By PAUL SCHWARTZ
Staff Writer

The closeness of most of the team battles in Saturday's Bergen County group cross-country championships overshadowed some outstanding individual performances.

The most outstanding performances of the day, belonged to Group 4 winners Thomas Baldwin of Hackensack and Patty Martin of Hackensack, who easily ran the day's fastest times in the boys and girls meets.

Baldwin won by an almost unbelievable 225 yards, running 15:45 for the 5,000-meter Darlington County Park course, a second off his best time, and the fourth fastest ever on the course.

"I'm not sure how good Thomas is," said Hackensack coach Tom Zaccone. "I know the good kids in the state are very good and that Thomas is one of those kids. And his workouts have been sensational. But I don't know how good he'll be at the end of the year when he runs with other kids as good as he is. He hasn't been tested all year."

Martin, a junior, ran the eighth fastest race ever at Darlington, finishing in 18:53, 100 yards ahead of teammate Beth Androski. It was the best race of the year for the two-time All-Bergen selection.

"I felt really good all week and we went through the first mile slower than usual," said Martin. "I was still behind Beth halfway through the race, but I felt good and decided to pass her and I felt great the rest of the race. I'm really excited because it's the right time of the year to start running faster."

The day's most exciting individual races both took place in Group 3.

Fredyla Urena of Cliffside Park held off fast-finishing Julie Clifford of Holy Angels by just over a second in 19:43 to continue her sensational first year of cross-country.

"I knew she was coming up behind me because I heard everyone cheering for her," said Urena, who has won four major races this fall. "I was a little slower running the first loop of the course today so I had to take the lead the second time

BERGEN CROSS-COUNTRY

around or she probably would have caught me."

Tenafly's Jeremy Muratore held off Ramapo's Eric Knackmuhs and Corey Kunz of St. Joseph Regional in 16:18 in the boys race. And Muratore, who joined Urena as a BCSL American champion last week, also took advantage of a slower first mile to score his victory.

"While I was going into the woods, I knew I had to run hard to get away from them so I didn't have to depend on my kick," said Muratore. "They didn't go with me so I kept pushing. I'm faster than I used to be but it took a lot of work to get that way."

Ramsey's Melissa Conway finally got the shackles off en route to a career-best 19:18 win in Group 2, putting her in contention for the Bergen Meet of Champions title in two weeks.

"Coach [John] Kirchoff wanted me to save my energy all season and that was hard, because I'm used to running as fast as I can," said Conway, a sophomore. "It's what I can do best, and it felt good to run as hard as I could again."

Sophomore Cole Dailey of Rutherford edged fellow soph Matt Collins of Ramsey by 30 yards in the first of what figures to be a long series of battles for the boys Group 2 title.

"Matt was really close to me the whole race and I wasn't sure I could hold him off," said Dailey, who ran 16:47. "But I knew I had to hold on to help the team win."

Bergen-Passaic Scholastic League Carpenter champion Josh VanderWiele of Midland Park upset BCSL Olympic titlist Peter Leighton of Bogota by 40 yards in 16:48, and Tracy Della Torre of Glen Rock, repeated her 1996 title win and stamped herself as a solid state Group 1 top five hopeful.

Glen Rock runner improved

Glen Rock senior Kevin Mulholland is feeling much better after a scary episode at the end of the Group 1 race Saturday.



KLAUS-PETER STEITZ/STAFF PHOTOGRAPHER
Fredyla Urena of Cliffside Park winning the Bergen County Group 3 girls championship at Darlington Saturday.

Mulholland, who nearly lost consciousness after collapsing at the end of the race in which he finished fifth was released from the Valley Hospital emergency room Saturday night.

He is expected to fully recover, although whether he runs any more cross-country races this year is in doubt.

"He'll be back in the winter, but we'll have to see about any more races this fall," said Glen Rock coach Paul White. "He just went out too hard and paid quite a price. But he'll be fine."

Big meets deserve full medical help

Kevin Mulholland is already recovering from the scary collapse he suffered at the end of the boys Group 1 race Saturday at the Bergen County cross-country championships.



PAUL SCHWARTZ

But Mulholland's near-tragic episode, possibly a severe case of heat exhaustion, points up the need for adequate medical or certified training help at major events like the County championships.

There was no ambulance on hand at the meet Saturday, in part because of the difficulty of getting a volunteer ambulance squad to commit to an entire day at a site such as Darlington County Park.

But there should be at least a certified athletic trainer present, equipped with ice and water, and a cellular phone if additional help must be summoned. There were close to 1,000 runners competing in the varsity, junior varsity, and freshman events Saturday, and nearly 90 percent of the Bergen County high schools were represented. At least one school should have been able to provide a trainer for the day.

Meet officials already have agreed that future meets will have a trainer present, and attempts will be made to get an ambulance squad present, as well. There is an ambulance squad pre-

sent at the Passaic County coaches and State sectional meets, and if necessary the day could be split among several squads.

Thanks to the quick action by Glen Rock coach **Paul White**, Ridgely runner **Pat O'Hara**, a member of the Ridgely Emergency Squad, and the response of the Mahwah police department — summoned by Leonia track coach **Phil Mollere** by cell phone — tragedy was averted Saturday.

There's no guarantee that even with an ambulance squad or trainer on the scene, the scary scene would have been avoided.

But precautions must be taken to improve the safety of the athletes participating in an event such as the County championships. Fortunately, that need will be filled with trainers. Let's hope ambulance crews will be in place, too.

FOOT LOCKER ALERT — The 20th annual Foot Locker Cross-Country Championships, the only national championship in high school sports, will be held Dec. 12 in Orlando, Fla.

As usual, the Northeast qualifier will be held Nov. 28 at Van Cortlandt Park in New York with the top eight boys and girls qualifying for a trip to the nationals.

For information and entries, call (212) 720-3752 (business hours) or (718) 377-7737 (7-10 p.m.).

NOT YET — The fledgling Bergen County Track Coaches Association planned a College Expo on Nov. 27 at part of the festivities surrounding the



BERGEN GROUP 1-2

1. Ramsey — The Rams won their fourth straight Group 2 County title with a courageous one-point win over Indian Hills, tying the series at two wins apiece. Now comes a fifth battle, this time for the sectional title.

2. Indian Hills — The Braves put six runners in the top 19 at the Bergen County Group 2 meet, but came out a point short. But they get another chance this week for a second straight sectional title, this time in Group 2.

3. Bogota — How do the Bucs do it? Five runners in the top nine overcame a 1-2-4 finish by Glen Rock en route to a fourth Bergen Group 1 win in five years. And there's no reason to think they can't make it five straight sectional titles Saturday.

4. Glen Rock — The Panthers just fell short of the Bucs in the Bergen Group 1 meet, but their superior depth may pay off in the sectional meet.

5. Ridgely Park — The Scarlets finished third in Bergen Group 2 to earn their first trip to the Bergen Meet of Champions. Now they shoot for their first-ever trip to the State group championships.

BERGEN GROUP 3-4

1. Ridgewood — The Maroons should make it seven straight sectional titles Saturday, and 14 wins since 1979 after a typically dominant win in the Bergen Group 4 race. Jacob Brown is a magician with cross-country runners.

2. Hackensack — The injury that has probably ended April Quatrano's season has probably destroyed any chance of the Comets returning to the State Meet of Champions, despite the top 1-2 punch in the state.

3. Immaculate Heart — Led by the seventh-place finish of Mary D'Ariano, the Blue Eagles finished within eight points of Hackensack in Group 4, and placed seven runners in the top 25.

4. Holy Angels — The Angels got a second-place finish by Julie Clifford, and an excellent 2-5 spread of 44 seconds from their pack to earn their first Bergen County Group 3 win.

5. Ramapo — The Green Raiders placed four runners in the top 13 and fell short by just a point in their bid for their first Group 3 Bergen County title. But the first sectional title for the team could come this week.

PASSAIC/E. MORRIS

1. Passaic — The Indians won their first girls Passaic County title by placing their top five within 53 seconds from sixth to 12th place, if they can do that again this weekend, they'll finish second in the Group 4 sectional.

2. Clifton — The Mustangs ran their best race of the year, finishing eight points behind Passaic in the Passaic County championships. With four runners in the top 15, they'll be a threat at the Group 4 sectional.

3. Pompton Lakes — Shana Pitcher and Karen Auteri went 1-2, but the Cardinals couldn't quite repeat as Passaic County champions. Next is the very tough Group 2 sectional.

4. Lakeland — The Lancers finished six points behind Passaic Valley in the Passaic County meet, but had easily defeated the Hornets in winning the Northern Hills Skyline meet.

5. Passaic Valley — Kristin Scarnaty grabbed the last slot on second team All-Passaic to lead the Hornets to fourth place in Passaic County a week after they finished third in the Northern Hills Skyline meet.

Rankings by The Record sports staff.

team New England Championships on Oct. 16 in Boston. Cohen ran 24 minutes 50 seconds for 17th in the 300-man field.

The same weekend, Passaic Valley graduate **Mike Grant** of Columbia was fourth at the Iowa State Classic, helping the Lions to victory. **Felix Olivo** of Monmouth (Secaucus) and **Jeff Clark** of Manhattan (Bogota) were third and ninth, respectively, in the 29-team Uni-

versity Division race at the ICAA championships.

Kelly Ortiz of Paramus, leading the ninth-ranked Division III College of New Jersey, ran 40th in the 320-woman Allentown Invitational as CNJ won against a 46-team field. Wayne Valley grad **Amy Mizzone** of top-ranked Division III team Calvin College was sixth in the Wisconsin-Parkside Invitational, won by Calvin.

Foot Locker Northeast regional. That expo has been postponed, probably to January at a high school. Nearly 100 college coaches will be invited to meet and talk to prospective athletes. Watch this space for the rescheduled date.

COLLEGE WATCH — Former Ridge-wood runner **Mike Cohen** is running as the fourth man on the nationally ranked Dartmouth College team that finished second to Providence in the 39-

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET 18th ANNUAL FRESHMAN-JV CHAMPIONSHIPS

COURSE _____

DIVISION GIRLS J.V.

COURSE RECORD _____

DATE 10-30-98

RIDGEWOOD RECORD _____

WEATHER Wonderful Fall Day

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE							TIME
		1.	(1)	Tira Lobell	20:44			
		2.	(2)	Ana Law	20:59			
		5.	(5)	Katy Aldave	21:30			
		9.	(8)	Lesley Bruno	22:13			
		10.	(9)	Julie Sprich	22:21			
		12.	(10)	Sara Wells	22:30			
		13.	(11)	Chrissy Martin	22:46			
		17.	(14)	Diane Nelson	23:05			
		22.	(17)	Clare Weeks	23:20			
		24.	(18)	Katie Latanich	23:28			
		29.	(22)	Irene Janis	23:47			
		31.	(24)	Kara Belknap	23:56			
		33.	(26)	Jess Rhoten	24:13			
		48.	(32)	Dara Hourdajian	25:23			
		52.	(36)	Jen Dlugasch	25:40			
		54.	(37)	Tara Pehush	25:57			
		60.	(40)	Kate Strum	26:17			
		74.	(44)	Meg Snyder	28:05			
		77.	(47)	Erin Cron	28:33			
		78.	(48)	Beth Riina	28:34			

TEAM TOTAL: 44

TEAM PLACE: 1ST
4TH
7TH

- 1. RHS-A - 44
- 2. BAYONNE - 78
- 3. IHA - 94
- 4. RHS-B - 95
- 5. VERNON - 100
- 6. GLEN ROCK - 159
- 7. RHS-C - 204
- 8. P.V. - 232

1-5 SPLIT: 1:37

1-7 SPLIT: _____

COMMENTS: Our JV team is the best in New Jersey. Undefeated all year (we even beat some varsity runners today!). Tira came back and ran a great race. Katy Aldave ran an excellent varsity quality time. Chrissy Martin made a nice move to the "A." Team. The "B" team missed 3rd by one point to IHA's "A" Team. Congratulations on a great season.

Girls J-V Race

Hoboken(4)	Garfield	Glen Rock	River Dell
Ridgewood A-B-C	Bergenfield	Ramsey	Ramapo
Pascack Valley A-B	Bayonne	Passaic Valley	Lenape Valley(2)
Indian Hills	Vernon(9)	Bergen Tech(3)	East.Christian(1)
West Orange	Paramus(4)	Fair Lawn(2)	Hackensack

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET 18TH ANNUAL FRESHMAN - JV CHAMPIONSHIPS

COURSE DARLINGTON

DIVISION GIRLS FROSH

COURSE RECORD _____

DATE 10-30-98

RIDGEWOOD RECORD _____

WEATHER WONDERFUL FALL DAY

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
5		ALEXANDRA OROS	10:52
6		JACKIE GOULART	10:54
8	(7)	PEGGY LYNCH	11:07
16	(11)	RUTH VAN DYPEREN	11:34
22	(15)	JULIA FORESMAN	11:40
29	(22)	COLLEEN HERLINY	11:50
41	(28)	KATHLEEN NOWAKOWSKI	12:23
50		SARAH BIGOS	12:45

TEAM TOTAL: 44

TEAM PLACE: 2ND

1. Dumont - 31
2. RHS - 44
3. P.V. - 67
4. VERNON - 121

1-5 SPLIT: 48 SECONDS

1-7 SPLIT: 1:31

COMMENTS: We were surprised by some Dumont Frosh who have been running varsity all season. They went out fast and we didn't respond quickly enough. I suspect we will see them next week and we will be ready.

- Frosh Girls:**
- | | | | |
|--------------------|-------------|----------------|---------------|
| Hoboken(3) | Dumont(9) | Glen Rock | Garfield (9) |
| Pompton Lakes | Bergen Tech | Tenafly(4) | Lyndhurst(3) |
| Pascack Valley A-B | Ramapo | Ridgewood (9) | Westwood |
| Lenape Valley(1) | Vernon(9) | Paramus(2) | River Dell(1) |
| Bayonne(3) | Teaneck(1) | Palisades Park | Fair Lawn(3) |
| Wayne Hills(3) | | West Orange | |

NEW JERSEY TRACK

Vol. 29 No. 2 Subscription: \$20 Single Copy: \$1 Edward J. Grant, Editor and Publisher, 101 Greenwich Ct., Madison, NJ 07940 (FAX 973-377-2186) Oct. 1999

THE FIRST MONTH

The major development of the first four weeks of the 1998 CC season has been in the girls' individual picture. What was expected to be a one-girl show for Erin Donohue has now become a classic duel between Erin and Cate Guiney of Middletown South, the likes of which we haven't seen since Christi Constantiin came on to challenge Jodie Bilotta more than a decade ago.

It is not that Erin has slipped any—though her race at the Shore Coaches meet was a definite letdown—but that Cate has come up with one gem after another, capped by her 2nd place finish in the high-powered Easterns field at the Manhattan meet. (Erin should get her crack at the classic 2.5M Van Cortlandt Park course this week-end.)

The two cannot meet until the AG meet at Holmdel on Nov. 21, though both will run there in separate races a week earlier at the group meet. When they do meet, perhaps the cloud hanging over Guiney's sub-18:00 clocking at the Shore meet will be wiped away by an even faster race.

Nothing like this has happened on the boys' side. The two best, Murad Campbell of Overbrook and Jon Fasulo of Hunterdon Central met in the A race at the Shore meet and Murad scored a decisive victory. No one else has as yet surfaced to challenge him, though Tim Styler of Cranford is undefeated to date in three major races.

On the team side, Christian Brothers seems headed for a 4th-straight AG title after its relatively easy win over Cherokee on Oct. 3. The Colts' tight pack—now six deep and with two possible additions—is going to be hard to beat and all but one will return next year.

The girls' picture is quite different. Shawnee is still undefeated, but was only third fastest at the Shore meet. Roxbury has finally realized the potential it had last year and Middletown South was the fastest of all at Holmdel, though it didn't even win its race. And still in the wings are Red Bank Catholic, Ridgewood, Hunterdon Central and North Hunterdon.

Let's take a look at the various group races as the championship season gets under way:

BOYS

Gr. IV: This could very well be a SJ sweep into the AG meet with Cherokee, Washington Twp and Shawnee. The only real challenger at this point is Hackensack, which was in a different race (which it won) at Holmdel. Cherokee has the clear edge for the gold.

Campbell and Fasulo head a strong individual field which also includes Shore B winner Thomas Baldwin of Hackensack, Nate Miller of Highland, Feder Estelus of Elizabeth, Dan Christensen of Shawnee, Bryan Skelly of Washington Twp and several of the Cherokee stars.

Gr. III: Morristown has come up with a pair of fine freshmen to fill out a lineup headed by seniors Scott McCaffrey and Kian Messkoub. One frosh, Grey Reinhard, contributed to the C win at Holmdel. Its competition will probably come from a neighbor, Morris Hills, which won the D race there, led by the Mackey twins, Rich and John. (Unfortunately, John Lovenberg will miss the entire season.) Middletown South, Absegami and Ocean Twp are in the race for the third qualifying spot.

Styler is the hot favorite for individual honors, with competition coming from soph Brian Boyett of Parsippany Hills, Ryan Smith of Hightstown, Steve Roman of Monroe, Andres Cordero of Passaic Valley, the Mackey twins, McCaffrey, Randy Wetzel of Oakcrest and Lou Raffetto of Ocean Twp.

Gr. II: Somerville has been the steadiest to date with successive wins at the Stewart Memorial and Shore Coaches. The field is wide open after that with Hopewell Valley and Ridge the best bets at this point. Rutherfordford skipped Holmdel, but has been winning regularly in NJ 1 meets.

Individually, the 1-2-3 finishers in the E race at Holmdel, Bill Mason of Cinnaminson, Ray Tomczuk of Delran and Mark Bahnuik of Hackettstown appear well ahead of the field.

Gr. I: Haddonfield easily won the F race at Holmdel with only Bernards within shouting distance. It will be a scramble for the third spot.

Junior Adrian Cline of Haddon Twp upset Brian Saliter of Whippany Park in that Holmdel race, so what looked like a coronation is now a horse race.

Par A: No question about the winner here, but lots about who will finish behind CBA. St. Joseph Metuchen and Paul VI had 2nd place finishes at Holmdel in the B and C races, respectively, and the Falcons could boost their lineup with the addition of undefeated frosh star Jim Flannery. Notre Dame was only a point behind Paul VI and there are also the soph-laden Don Bosco and Delbarton teams.

The individual race here could be one of the best of the day with Geoff Fahey of CBA, Ray Driscoll of St. Joseph, Metuchen, Todd Henderson of Notre Dame, Corey Kunz of St. Joseph, Montvale, and a couple of more CBA stars among the leaders.

Par B: There could well be a first-time winner here, Wildwood Catholic, which has a solid trio of Brendan Sciarra, Mike Delaney and John Sheppard. Mater Dei is the only other contender; after that, it's a real question.

The WC boys could well go 1-2-3 individually.

GIRLS

Gr. IV: Like last year, this will be an all-out brawl, both for the gold and for the wild-card slot in the AG meet. Shawnee, Roxbury and Hunterdon Central look like the top three with Toms River East, Ridgewood and Hackensack battling for the No. 4 slot.

A solid individual field is led by Shore A winner Lindsey Gallo of Howell and Stephanie Snyder of Randolph, who ran faster in placing 2nd to Guiney in B. Amina Zohny of Columbia, Leyna Williams and Claudine Evangelista of Triton, Jenna Darcy of Shawnee, Shannon Hawrylo of Hunterdon Central and Robin Van Auken of Highland head the list for the other individual AG sports.

Gr. III: North Hunterdon and Middletown South seem locked into the top two spots, but in which order is the question. The Lions have still to get a big boost from the addition of Kris Haughey, the Eagles ditto from Kate Bongiolatti. Ocean Twp, led by Pam Meadors, heads the rest of the field.

The individual field is headed by undefeated Cheryl Bauer of Morris Hills, a winner at both Holmdel and Manhattan, and Meadors. They are followed by Julie Culley of NH, another Holmdel winner, and newcomer Sara Spillman of West Morris, a soph transfer from California.

Gr. II: This one is really up for grabs. Moorestown won the D race at Holmdel, but its average time was slower than the 2-3-4 finishers in the E race, Voorhees, Indian Hills and Ramsey. Newton has won a couple of NJ races, but skipped Holmdel.

(Continued on P. 10)

PAUL SCHWARTZ'S

CROSS-COUNTRY PREVIEWS

GIRLS STATE SECTIONALS

BOYS STATE SECTIONALS



There's a good chance that the four teams who earn championships Saturday at the 34th annual North 1 Sectional cross-country meet will each win their first championship of the 1990s. And there's a good chance that at least two teams will earn their first ever title on the 5,000-meter Garret Mountain course in West Paterson as they compete to advance to the State Group championships Nov. 14 at Holmdel County Park.

GROUP 1

TEAMS TO WATCH: Only Group 4 Memorial (1975-79) and Group 2 Dumont (1967-71) have won five consecutive Section 1 titles. Palisades Park has an excellent chance here to become the third five-time winner. But it won't be easy against Ridgely, a one-point winner at the Bergen Group 1 championship last week. The addition of Secaucus and Manchester to the mix that includes Glen Rock, Bogota, New Milford, and Midland Park could make the difference for the team title.

RUNNERS TO WATCH: Sophomore Danny Chaves of Secaucus, in his first year of cross-country is co-favored with junior Pete Leighton of Bogota and Josh Vanderwiele of Midland Park, last week's Bergen winner.

GROUP 2

TEAMS TO WATCH: Westwood, winners of three of the last four titles, sees its reign end, probably at the hands of a powerful young Rutherford team that last won a sectional in 1989. Ramsey and Kittatiny are probably the only teams that have a shot at the Bulldogs, undefeated in majors this season, with River Dell, Dumont, Walkill Valley, and Westwood in contention for the final two state group slots.

RUNNERS TO WATCH: The top returnee is 11th-place finisher Michael Dopf of Westwood. He'll join James Western of Walkill Valley, Cole Dailey and Erik Larsen of Rutherford, and Matt Collins of Ramsey for the title.

GROUP 3

TEAMS TO WATCH: A newcomer is almost certain to win the title here. Ramapo and Passaic County champion Lakeland have never won a title, and the third choice, Passaic Valley last won in 1965, the first year of the sectionals. Lakeland and Passaic Valley are hoping to become the first Passaic County school in five years to win a title. Look for Lincoln, Northern Highlands, High Point, Northern Valley at Old Tappan and Pascack Valley in the battle for the last two qualifying slots.

RUNNERS TO WATCH: Just three of the top 10 return, but two of them are two-time Passaic County champion Andres Cordero of Passaic Valley and Bergen group 3 champ Tim Muratore of Tenafly.

GROUP 4

TEAMS TO WATCH: The one race in which there's very little suspense. The only question is whether Hackensack can break the low score of 23 set by Memorial in 1976. The Comets will earn its first title since 1982 and end Ridgely's three-year reign. The Maroons should battle Vernon and Memorial for second, with Wayne Valley, Passaic, and Passaic Tech in a battle for the final slot.

RUNNERS TO WATCH: Hackensack's Thomas Baldwin tries to become the second runner in the last 11 years to break 16 minutes at Garret. He should win easily with Ted Mussano of Wayne Valley, John Warren of Vernon, Owen Tonkins of Eastside, and Comets John Zewdu and Frank Browne in the hunt for second.

It's been four years since any school outside Bergen County has won a girls team championship at the annual North Jersey 1 state sectional cross-country meet at Garret Mountain. It's unlikely that any team from Passaic, Hudson or Sussex County will break the Bergen streak Saturday in West Paterson. It's the first of the three-meet series that continues Nov. 14 at Holmdel County Park with the State group meets and climaxes on Nov. 21 with the State Meet of Champions.

Only the top five teams and top 10 individuals advance in each group to the group meet so a bad race Saturday could end a season for some fine runners and teams.

GROUP 1

TEAMS TO WATCH: Bogota shoots for a fifth straight sectional title against Glen Rock, which it upset last week to win the Bergen County title. Both teams are solid state contenders and the meet could be as close as last week's two-point win. Palisades Park should be third with Ridgely, New Milford, Cresskill, and Secaucus battling for the last two Holmdel slots.

RUNNERS TO WATCH: 1996 champ Tracy Della Torre of Glen Rock will battle 1997 champ Christina Mendoza of Hudson Tech in one of the day's most interesting races. Five of last year's top 10 return, including Concetta Panuccio of Bogota and Lauren Bolger of Saddle Brook.

GROUP 2

TEAMS TO WATCH: The super sectional, with four of last year's top 10 State Group 2 teams plus the Group 3 fourth-place finisher. Three-time state Group 2 champ Ramsey needs a great race to hold off 1997 Group 3 sectional champ Indian Hills in the fifth of eight expected battles this fall. Both teams can win the state Group 2 title. Pompton Lakes should battle Newton for third, with Ridgely Park and Westwood also in the battle for automatic team slots.

RUNNERS TO WATCH: 1997 runnerup Melissa Conway of Ramsey should win although teammate Megan Campbell, Jenica Asadorian of Westwood, Passaic champ Shana Pitcher of Pompton Lakes, and freshman Briana Bayersdorfer of River Dell could contend.

GROUP 3

TEAMS TO WATCH: Ramapo has never won a girls Group 3 sectional. But the Green Raiders are favored to defeat Northern Highlands, and Northern Valley at Old Tappan and wipe away the memory of last week's bitter one-point Bergen 3 loss to Holy Angels. Sparta, Lincoln, Lakeland, and Passaic Valley should battle for the last two Group slots.

RUNNERS TO WATCH: The top returnee in the race was 1997 11th-place finisher Melanie Howell of Bergenfield. She'll battle favored Fredyla Urena of Cliffside Park, Stacey Gallagher of Sparta, Marie Nathan of Lincoln, and Sarah Kong and Elizabeth Park of Ramapo for the title.

GROUP 4

TEAMS TO WATCH: Ho-hum! It's Ridgewood again, this time for a record-tying seventh straight title. Only Wayne Valley, winners of seven straight Group 3 titles from 1983-1989 have ever won seven straight in Section 1. Ridgewood has never missed qualifying for the group meet in 22 years of girls sectional meets. Look for Passaic champion Passaic to edge Hackensack for second place with Clifton and Vernon the probable other qualifiers. Fair Lawn, Kearny, and Memorial might also contend for a spot.

RUNNERS TO WATCH: Just four returnees in the top 10, but three of them, Patty Martin and Beth Androski of Hackensack and Meg McDermott of Ridgewood might have a doozy of a battle for the win.

Indian Hills, Ramsey head toward photo finish

By Jim Lambert

The fifth meeting between Indian Hills and Ramsey figures to add another exciting chapter to one of the top rivalries this girls cross-country season.

Ramsey and Indian Hills, who have split four races this fall, will square off again in the Group 2 race at Saturday's North Jersey, Section 1 championship at Garret Mountain. They also will meet in the Bergen County Meet of Champions on Nov. 7, figure to cross paths in the state Group 2 championships on Nov. 14 at Holmdel Park and could clash for an eighth time in the Meet of Champions at Holmdel on Nov. 21.

Ramsey has won the past three sectional Group 2 titles and Indian Hills of Oakland captured its first sectional trophy last year in Group 3.

Ramsey comes into the race ranked 14th in The Star-Ledger Top 20, and Indian Hills is No. 15. Their last meeting was Saturday, when Ramsey squeezed out a 47-48 victory to finish first in Group 2 in the Bergen County group championship meet at Darlington Park in Mahwah. Ramsey also bested Indian Hills, 21-34, in a dual meet. Indian Hills' victories over Ramsey came in the North Bergen Interscholastic League Championships, 36-53, and at the Shore Coaches meet, 127-131.

"It both teams run up to their potential, this race could be decided by one or two points," said Indians Hills coach Steve Opremeck. "It's comes down to whichever team runs better that day. Every place will be big."

Ramsey coach John Kirchof, whose teams are known for running their best when the stakes are the highest, calls the race a pick'em.

"Both teams are equal," said Kirchof. The Star-Ledger 1997 Girls Cross-Country Coach of the Year. "It's anybody's race, and we're pumped up and focused for it. It's going to be close."

Ramsey has the edge up front in individual favorite Melissa Conway and Megan Campbell, but Indian Hills pack tighter. If it comes down to a sixth-runner tiebreaker, Indian Hills has the advantage. Indian Hills' sixth runner beat Ramsey's fifth by one place and nine seconds last week.

The schedule, which is the same for every section Saturday, 10 a.m. — Boys Group 3; 10:25 a.m. — Boys Group 2; 10:50 a.m. — Girls Group 3; 11:15 a.m. — Girls Group 2; 11:40 a.m. — Boys Group 4; 12:05 p.m. — Boys Group 1; 12:30 p.m. — Girls Group 4; 12:55 p.m. — Girls Group 1.

The top five teams and 10 individuals in each sectional race qualify for the state group championships Nov. 7 at Holmdel Park. At the group meet, the top three teams and 10 individuals from each race, plus one wild-card team and 10 wild-card individuals, qualify for the state Meet of Champions on Nov. 21 at Holmdel.

Also on tap Saturday are the New Jersey Catholic Track Conference cross-country champion-

ships at Warrinanco Park in Elizabeth beginning at 2 p.m.

Here's a look at the four sections:

North Jersey, Section 1

At Garret Mountain, West Paterson

Group 4: Eight-ranked Ridgewood lost two All-Staters from last season, with Celeste Sedo having graduated and Kelly Behan, the 1997 Meet of Champions winner, injured. But the Maroons are still favored to win their ninth straight title and 15th since 1979. Injury-riddled Hackensack, ranked 12th, should finish second. Look for Hackensack's Beth Androski and Patty Martin to finish 1-2.

Group 3: Ramapo of Franklin Lakes should win its first title. The field includes Northern Highlands, the 1995 and '96 champion. In the Group 3 race at the Bergen County meet, Ramapo was second to Holy Angels of Demarest, 59-90, with North Highlands third.

Group 2: No. 14 Ramsey, winner of three straight, clashes with No. 15 Indian Hills in what could be the best race of the day. Indian Hills won the Group 3 sectional title a year ago. Sophomore Melissa Conway of Ramsey, second last year, is the individual pick.

Group 1: Glen Rock, stinging from its two-point loss to Bogota last week, gets a shot at revenge. Bogota, winner of four straight titles, edged Glen Rock, 30-32, for the Bergen County Group 1 crown. Defending champion Christina Mendoza of Hudson County Prep in Jersey City should make it two individual titles in a row.

North Jersey, Section 2

At Warrinanco Park, Elizabeth

Group 4: Second-ranked Roxbury, the 1996 Group 3 sectional winner, is a heavy favorite to win its first Group 4 title. The race also features No. 10 Randolph and No. 19 Columbia of Maplewood, the defending champion. Stephanie Snyder of Randolph is expected to successfully defend her title.

Group 3: No. 16 Westfield, the 1995 Group 4 sectional champ, is the favorite. Morris Hills of Rockaway, the sectional Group 2 winner, the last two years, should be in the hunt with 1997 runner-up Mount Olive. Cheryl Bauer of Morris Hills, the 1996 winner and third a year ago, should be the front-runner.

Group 2: With Morris Hills in Group 3, Caldwell, second last year, appears poised to capture its first trophy since 1989.

Group 1: Defending champion New Providence, behind individual choice Mia Yocco, should make it two straight. Sherry White of Newark Science, the defending champion, and Arieny Rodriguez of Newark Arts figure to battle Yocco up front.

GIRLS CROSS-COUNTRY TOP 20

- 1-Shawnee
- 2-Roxbury
- 3-Middletown South
- 4-North Hunterdon
- 5-Hunterdon Central
- 6-St. Rose
- 7-Red Bank Catholic
- 8-Ridgewood
- 9-Ocean Township
- 10-Randolph
- 11-Toms River East
- 12-Hackensack
- 13-Voorhees
- 14-Ramsey
- 15-Indian Hills
- 16-Westfield
- 17-St. Dominic
- 18-Moorestown
- 19-Columbia
- 20-Immaculate Heart

GROUP LEADERS

- GROUP 4**
- 1-Shawnee
 - 2-North Hunterdon
 - 3-Hunterdon Central
 - 4-Ridgewood
 - 5-Randolph
 - 6-Toms River East
- GROUP 3**
- 1-Middletown South
 - 2-North Hunterdon
 - 3-Ocean Township
 - 4-Moorestown
 - 5-Morris Hills
 - 6-Mount Olive
- GROUP 2**
- 1-Voorhees
 - 2-Indian Hills
 - 3-Moorestown
 - 4-Middle Township
 - 5-Ridge
 - 6-Ridge
- PREP**
- 1-Pingry
 - 2-Dak Knoll
 - 3-Peptide Prep
 - 4-Elizabeth
 - 5-Elizabeth
 - 6-Lawrenceville
- PAROCHIAL**
- 1-St. Rose
 - 2-Red Bank Catholic
 - 3-St. Dominic
 - 4-Immaculate Heart
 - 5-Morris Catholic
 - 6-Villa Walsh

TOP RUNNERS BY GROUP

- PAROCHIAL/PREP**
- 1-Kathleen Porter, Holy Cross
 - 2-Jody Seidman, St. Rose
 - 3-Claire St. Rose
 - 4-Rian Landers, Roxbury
 - 5-Megan Murphy, Pope John
 - 6-Kelly Byrnes, Red Bank Catholic
- GROUP 4**
- 1-Stephanie Snyder, Randolph
 - 2-Lindsay Gallo, Howell
 - 3-Leyna Williams, Triton
 - 4-Stephanie Last, Roxbury
 - 5-Anna Zohny, Columbia
 - 6-Jenna Darcy, Shawnee
- GROUP 1**
- 1-Em Donohue, Haddonfield
 - 2-Tracy Della Torre, Glen Rock
 - 3-Chris Menozzo, Hudson C I
 - 4-Mia Yocco, New Providence
 - 5-Kate Loretto, Bergen Catholic
 - 6-Laura Perry, Whippany Park
- GROUP 2**
- 1-Lily Thomas, Somerville
 - 2-Jamie Glenn, Point Boro
 - 3-Melissa Conway, Ramsey
 - 4-Laura Petrillo, Hopewell V
 - 5-Julie Cully, N. Hunterdon
 - 6-Julie Deirmon, Hopacong
- GROUP 3**
- 1-Cate Guiney, Middletown S
 - 2-Jamie Glenn, Morris Hills
 - 3-Pam Meadows, Ocean Twp
 - 4-Julie Cully, N. Hunterdon
 - 5-Samantha Haydu, Ocean T
 - 6-Sara Spillman, West Morris

Runner of the Week

Name: Patty Martin
School: Hackensack
Class: Junior
Size: 5-6



Key statistics: Martin ran 18:53, No. 8 all-time on Mahwah's Darlington Park course, to win the Group 4 title at the Bergen County group championships last Saturday. Last fall, she placed ninth in 2024.1 in Group 4 and 38th at the Meet of Champions in 20:33.

Did you know? Martin and her twin sisters, Jackie and Chrissy, who graduated last spring, led Hackensack to second place in Group 4 and third at the Meet of Champions last fall.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET STATE SECTIONALS

COURSE GARRET - 5K

DIVISION GROUP 4

COURSE RECORD _____

DATE 10-31-98

RIDGEWOOD RECORD _____

WEATHER COOL + BREEZY
PERFECT DAY TO RUN

TYPE OF COURSE Rocky And Hard

FINISH PLACE	TEAM SCORE	NAME	TIME
2		MEG McDERMOTT 20:04.9	20:05
4		DANIELLE WALTHER 20:27.5	20:28
6		CLAIR NOWAKOWSKI 20:49.8	20:50
7		JULIA BROWNELL 20:52.1	20:52
9		ALYSON CANGEMI 21:07.9	21:08
11		TARA O'NEILL 21:18.7	21:19
16		MONICA SCHIEFEN 21:36.9	21:37

TEAM TOTAL: 28

TEAM PLACE: FIRST

1-5 SPLIT: 1:03

1-7 SPLIT: 1:32

COMMENTS:

Sectional Champs!! The early pace was very slow which accounts for our slow times. When Patti and Beth jumped the pace after about 800 meters we should have responded but didn't. We won't be able to get away with that at Holmdel. Clair made a nice varsity debut! Meg and Danielle kept their all county hopes on track finishing 6th and 8th of the Bergen runners at the Mountain today. The team continues its excellent way!!

Bergen teams capture 7 sectional titles

Pal. Park boys stymie Ridgely bid

By PAUL SCHWARTZ
Staff Writer

WEST PATERSON — Palsades Park became only the second North Jersey boys team to win five straight sectional cross-country titles when the Tigers captured the Group 1 championship Saturday at Garret Mountain.

But before the Tigers could claim their record-tying title, they had to contend with their neighbors from Ridgely, upset winners of the Bergen Group 1 crown last week at Darlington.

The Tigers placed their five runners within a season-low 37-second span to hold off the pesky Royals, 58-64, in the closest race of the day to earn a seventh straight trip to the State Group championships Nov. 14 at Holmdel.

They were joined by favorites Rutherford (Group 2), Lakeland (Group 3), and Hackensack (Group 4) as champions, as 13 Bergen and three Passaic teams advanced to the group meets along with seven individual runners from Bergen and two from Passaic.

"We see each other all the time when we're running down Glenwood Avenue, which runs in both our towns," said Palsades Park coach Frank Donahue. "The funny thing is both of us did what we wanted to do today, and we were fortunate enough to win."

Palsades Park wanted to break up Ridgely's top trio of Matt Lamin, Peter Kim, and Allen Connell. Sophomore Adriano Castano did that with a sixth-place finish. Ridgely wanted to move its fifth runner closer to its first three and did that when

No. 5 man Joseph Atshan finished 35 seconds closer to Connell than the Royals' No. 5 man did last week.

Although the Royals did what they wanted, Palsades Park's pack of Castano, junior Will Hutchinson, sophomore Sergio Zea, junior Kevin Ragas, and senior Kyung Kim proved too strong.

"We want to take this to Holmdel and settle it there," said Donahue, with Ridgely coach Bob Mead standing alongside nodding agreement. "I think we can both do very well at States."

Individually, sophomore Danny Chaves of Secaucus outran Bogota junior Peter Leigh-ton by 20 yards in 17 minutes, 12 seconds on the 5,000-meter course.

In Group 2, Ramsey sophomore Matt Collins outlasted Rutherford junior Erik Larsen, winning the race by 40 yards in 17:12. But the Bulldogs remained unbeaten with a 47-58 win over the Rams, earning their first sectional win in nine years.

Hackensack had perhaps its worst race of the season, with its 1-5 interval 93 seconds and No. 6 man Maurice Singletary twisting an ankle. And the Comets merely won, 37-111 over Vernon for their first sectional win in 16 years.

Thomas Baldwin of Hackensack had the day's fastest time, 16:16, and won by 130 yards over Ted Mussano of Wayne Valley.

"I'm ready for the competition and I can't wait to get there," Baldwin said.

Group 3 saw Lakeland win its first ever sectional title, 60-90, over Ramapo.

CROSS-COUNTRY SECTIONAL CHAMPIONS

BOYS GROUP 1

Palsades Park
Danny Chaves, Secaucus

BOYS GROUP 2

Rutherford
Matt Collins, Ramsey

BOYS GROUP 3

Lakeland
Andres Cordero, Passaic Valley

BOYS GROUP 4

Hackensack
Thomas Baldwin, Hackensack

GIRLS GROUP 1

Bogota
Christina Mendoza, Hudson Prep

GIRLS GROUP 2

Ramsey
Melissa Conway, Ramsey

GIRLS GROUP 3

Northern Valley/Old Tappan
Stacey Gallagher, Sparta

GIRLS GROUP 4

Ridgewood
Beth Androski, Hackensack

NV/Old Tappan girls stun favorites

By PAUL SCHWARTZ
Staff Writer

WEST PATERSON — With state powerhouses like Ramsey and Indian Hills and other strong teams in the Northern Bergen Interscholastic League, Northern Valley/Old Tappan has been overshadowed, finishing only sixth in the league meet and fourth in last week's Bergen Group 3 race.

But the Golden Knights entered the limelight Saturday at the North Jersey 1 Group 3 sectional race at Garret Mountain, stunning the field for their first win in 16 years, 72-83-88, over Sparta and favored Ramapo.

Old Tappan was the only non-repeater in the meet as more heralded Bogota (Group 1), Ramsey (Group 2), and Ridgewood (Group 4) stretched their sectional streaks to five, four, and seven straight, respectively. In all, 13 Bergen teams and Group 3 runner-up Fredyla Urena of Cliffside Park advanced to the Nov. 14 State Group championships at Holmdel.

"This team has a great work ethic and I knew we had a chance," said Old Tappan coach Cathy Dunn.

Junior Stephanie Davis led the Golden Knights in fifth place, 150 yards behind race winner Stacey Gallagher of Sparta. Meghan Allen was ninth, Gina Benincasa 15th, and Amanda McDonough, Adrienne Kuerzi, and Sarah Williams finished 22nd, 23rd, and 25th, respectively.

Sparta put four runners in the top 13 and seemed headed for victory. But the Spartans waited an agonizing 2:39 for their fifth runner and that was too much to overcome. Bogota built on last week's upset of fa-

vored Glen Rock, placing five runners in the top 11 to earn a surprisingly easy 28-43 win over the Rockers.

"Two weeks ago, our seniors Almy Rojas, Concetta Panuccio, and Melinda DioDonet got in our sophomore's face [Amber Neal] and she's been flying ... ever since," said Bucs coach Jay Mahoney.

Panuccio, DioDonet, and Rojas went 3-5-6 for the Bucs, and sophomore Stephanie Brown was eighth before Neal finished 11th, six spots ahead of Glen Rock's fourth runner.

Individually, 1997 champ Christina Mendoza of Hudson Prep won by 165 yards in 20:05 over Glen Rock's Tracy Della Torre.

As usual, Ramsey and Indian Hills battled to the wire in Group 2, with the Rams prevailing, 76-80, despite Indian Hills running a fine 68-second pack from 10th to 25th.

Sophomore Melissa Conway of Ramsey won by 250 yards over Passaic champ Shana Pitcher of Pompton Lakes in 18:54 for 5,000 meters, the fastest race run at Garret in 11 years. Senior teammate Megan Campbell was third as the three-time Group 2 state titlists look for No. 4.

And Ridgewood did it again, winning, 28-75, over Passaic County champ Passaic. Meg McDermott was second to lead the Mirrors, finishing 40 yards behind winner Beth Androski of Hackensack. Danielle Walthers was fourth, freshman Clair Nowakowski (in her varsity debut) sixth, Julia Brownell seventh, and Alyson Cangemi ninth.

**FARRIER
SPORTING
GOODS**
of Wyckoff
891-9520
Corner of Godwin
& Crescent Ave.



The Village Gazette
Ridgewood
Sports
& Recreation

*We Welcome Your News Releases
of Local Events and Civic Activities!*
Please Send to
799 Franklin Avenue
Franklin Lakes, NJ 07417
Fax (201) 847-1144

Ridgewood girls run to triple crown

By W. L. Bill Allen, Jr.
Sports editor

For the second straight season, the girls cross-country contingent from Ridgewood High School has swept the triple crown of major championships.

After earning the NNJIL-Atlantic Division title by going 7-0 in dual meets and then finishing first at the league's championship meet at Darlington Country Park in Mahwah on Tuesday, Oct. 13, the Lady Maroons have now won captured the Bergen County-Group 4 crown and the state section title.

At the county meet at Darlington on Saturday, Oct. 24, Ridgewood won with 26 points, while Hackensack was a distant second with 56, followed by IHA with 64 and Fair Lawn with 94.

First across the line for RHS was senior standout Meg McDermott, who took third place with a time of 19:28.

McDermott was trailed closely by Danielle Walther, a senior who was fourth with a time 19:46, fellow 12th-grader Julia Brownell (5th/20:03), junior Alyson Cangemi (6th/20:09) and Monica Schiefen, a senior who came in eighth with a 20:30 effort.

The win brought the Lady Maroon harriers their second straight county-group crown, and their ninth such title in the past 10 years.

"The fact is, we have no

superstar," emphasizes longtime RHS girls cross-country coach Jacob Brown. "It's pack running that wins titles for us, it's a real team effort."

Ridgewood also took home the first place trophy from the NJSIAA North Jersey Section 1, Group 4 state championship on Saturday, Oct. 31, at Garrett Mountain.

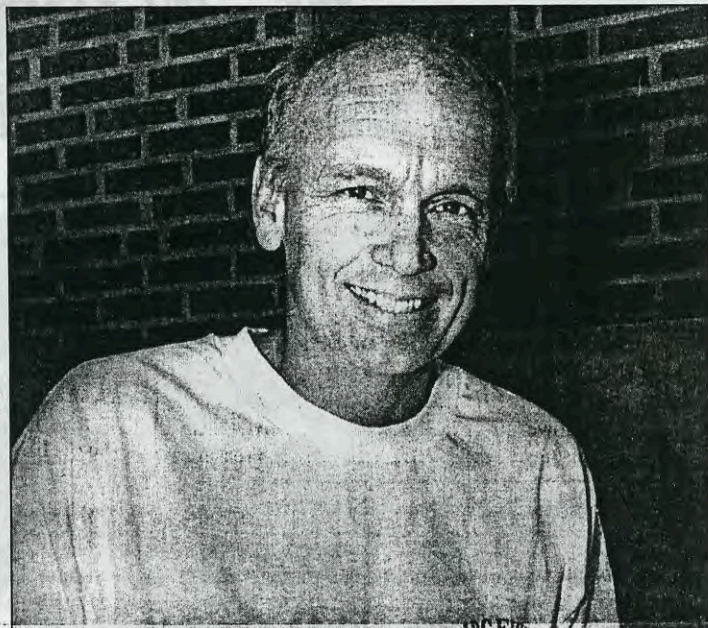
In that event, RHS compiled 28 points, while Passaic was a surprising second with 75, followed by Vernon with 119, Hackensack in fourth place with 133 and Clifton in fifth with 152.

McDermott was second with a time of 20:05, followed by Walther in fourth place with a 20:28 performance.

Ridgewood's next finisher was a surprise, as ninth-grader Clair Nowakowski took sixth place with a time of 20:50, with Brownell in seventh with a 20:52 finish and Cangemi taking ninth place by crossing the finish line at the 21:08 mark.

That decisive win brought Ridgewood its seventh straight section title.

Next up for the Lady Maroons will be the Bergen Meet of Champions, an event which is slated for tomorrow, Saturday, Nov. 7, at 2:30 p.m. at Darlington, while the State Groups championships are on tap for Saturday, the 14th, at Holmdel Park.



MIGHTY MENTOR— RHS girls X-C coach Jacob Brown has guided his charges to nine Bergen County-Group 4 Championships in the past ten years. (Photo by W. L. Bill Allen, Jr.)

Wage Gazette of Ridgewood

2nd Class
U.S. Postage
PAID
USPS #014-475
Franklin Lakes, NJ

Volume III, Number 45

Friday, November 6, 1998

www.bergentowns.com

Hand-delivered every Friday by the U.S. Postal Service



SENIORITY

The Ridgewood High School girls cross-country contingent features eight 12th-graders. See complete story on pg. 27. (Photo by W. L. Bill Allen, Jr.)

Coach hasn't lost a step

When the Ridgewood boys cross-country team steps to the line at the Bergen County Meet of Champions for the 25th time in 26 years, the runners will be led at that meet by a new coach for the first time.

But coach Mike Glynn isn't new to the B.M.O.C., although it's been 20 years since he coached the Paramus Catholic team to third place in the 1978 meet.

Glynn then left coaching and went on to become a guidance counselor at Ridgewood, coming back to coach the Maroon freshmen in 1988 and helping produce the talent that helped now-retired Larry Coyle win B.M.O.C. titles in 1991, 1995, and 1996 with the Ridgewood varsity.



PAUL SCHWARTZ
CROSS-COUNTRY

County coaches who wish to enter their freshman runners or teams in the Frosh Invitational Saturday, 45 minutes before the varsity races at Darlington, must call Mike Glynn at 201-670-2802 today or Thursday during school hours.

CATHOLIC CHAMPIONSHIPS — The Don Bosco and Paramus Catholic boys and Holy Angels and Immaculate Heart Academy girls enjoyed some success last Saturday in the New Jersey Catholic Track Conference championships at Warinanco Park in Elizabethtown.

Bosco ran an excellent 22-second five man led by Nick Arnel in 17th place to finish fourth in the 16-team field with 125 points. Christian Brothers Academy won with 30 points, followed by St. Joseph's (Metuchen) and Notre Dame. Paramus Catholic was the top B school in seventh with 210 points. Bergen Catholic was 12th with 321 points.

BC junior Ryan Miller led local runners with an 11th place in just over 17 minutes on the 6000 meter course, with Arnel next at 17:22 and James Milon of Paramus Catholic 19th in 17:25.

IHA finished behind state Parochial A favorite Red Bank Catholic, state B favorite St. Rose (Belmar), and St. Dominic's Academy in the 15-team girls field with 136 points. Holy Angels was sixth with 168 and Paramus Catholic 12th with 366.

Julie Clifford of Holy Angels was the top local finisher, placing fourth in 20:17, and was the second overall Parochial A finisher. Mary D'Ariano of IHA was 10th in 20:38.

THE RECORD'S RANKINGS

BOYS CROSS-COUNTRY

BERGEN GROUP 3-4

- Hackensack** — The Comets won the Group 4 State sectional title easily, completing its first triple crown. Next up is an all but certain win in the Bergen Meet of Champions.
- St. Joseph** — The Green Knights won their first Saturday's fourth-place finish, their best ever in the B.M.O.C.
- Ridgewood** — The Maroons were second in the Bergen 4 race and third in the Group 4 sectional. They'll run in their record 25th B.M.O.C., which they've won seven times and in which they've placed in the top three 17 times.
- Don Bosco Prep** — The Ironmen have finished in the top three the last seven B.M.O.C. races, winning in 1992, 1995, and 1997, and look to make it eight in a row Saturday after a fourth-place finish in the New Jersey Catholic Track Conference.
- Paramus Catholic** — The Paladins won the small-schools division of the N.J.C.T.C. meet and with a solid second finish in the Bergen Group 3 meet qualified for the B.M.O.C. for the first time in 1995.

BERGEN GROUP 1-2

- Rutherford** — The Bulldogs completed their Group 2 triple crown with a sectional win over rapidly improving Ramsey. In 14 previous B.M.O.C. races, the Bulldogs have finished higher than eighth just twice. This year should be the third time.
- Ramsey** — The Rams are getting better every week, closing to within 11 points of Rutherford in the Group 2 sectionals. The Rams will run in their 18th B.M.O.C. Saturday. Only two teams have run in more.

- Ridgetfield** — The Royals fell short of a triple crown by six points, after winning the B.O.S.L. National and Bergen 1 titles, and finished second in the sectional Group 1 race. They'll make their B.M.O.C. debut Saturday.
- Pallisades Park** — The Tigers won a record-tying fifth straight Group 1 sectional title after coming up a point short in the Bergen Group 1 title race. It's their seventh straight appearance in the B.M.O.C.
- River Dell** — The Golden Hawks return to the B.M.O.C. for first time in 10 years after finishing third in Bergen Group 2 and fourth in sectional Group 2. Freshman Joshua Robinson, a top 10 finisher in both races, led the effort.

PASSAIC/E. MORRIS

- Lakeland** — The Lancers continue to put together one of the best seasons in Passaic County history, earning the second triple crown in Passaic boys history. In two weeks, they'll battle the best in State Group 3.
- Passaic Valley** — Andres Cordero clinched the fifth individual Passaic County triple crown with an impressive win Saturday, and the Hornets' Brian Miller and a group of good sophomores helped PV to a second-place Passaic finish and third in the sectional 3 race.
- Wayne Valley** — The Indians proved they are more than just Ted Mussano and Matt Winkler, taking third in the Passaic meet and a solid fourth in the Group 4 sectional race.
- Passaic** — Passaic was unable to extend its Passaic County championship streak, but the young Indians acquitted themselves well in taking fourth in the County and seventh in the sectional Group 4 race.
- Passaic Tech** — Perhaps the Passaic County team of the future, the Bulldogs were fifth in the County meet. Clark Villar missed a trip to the Group 4 finals by just one place.

It's triple the fun for Rutherford, Hackensack

PAUL SCHWARTZ

Staff Writer

Every year, eight public school teams and eight individuals will win State sectional cross-country titles. But to win the Triple Crown of league, County group, and State sectional titles is much rarer, making the accomplishments of five area teams and three individuals Saturday at Garret Mountain even more impressive.

Lakeland became only the second Passaic boys team to earn the Triple Crown in 34 years of sectionals when it won Group 3 Saturday. It's a lot easier in Bergen County with four group titles each year, but only 51 teams from 22 schools have won Triple Crowns, with Rutherford earning its second by winning Group 2 Saturday and Hackensack earning its first

CROSS-COUNTRY

because the first mile here is very treacherous and people can get hurt. But we should run better the next two weeks."

Individually, Andres Cordero of Passaic Valley became only the fifth Passaic boy to win the Triple Crown when he won Group 3. And unlike the first four winners, Cordero, won his in a united Passaic meet, not one divided into A and B sections.

But, to be fair, Paul Wright of Kennedy (1979) and Pierre LeTennier of Manchestertown (1983-84) were clearly the best runners in the county in their Triple Crown years and either Yves LeTennier of Manchester or Jeff Van Horn of Wayne Valley, win-

ners of the 1981 B and A titles, respectively, would have won the overall title.

Thomas Baldwin of Hackensack became the 37th runner from 22 schools to win a Bergen Triple Crown when he won Group 4 Saturday. Eleven of those runners went on to win the Bergen Meet of Champions, a race Baldwin should win Saturday.

The girls sectionals are in their 23rd year and 12 Bergen schools have combined to win 38 Triple Crowns with Ridgewood earning a record 11th by winning Group 4 and Bogota winning its fourth Triple Crown in five years in Group 1. Ridgewood went on to win the Bergen Meet of Champions each time it earned a Triple Crown. Three Passaic schools have combined for eight Triple

Crowns, the last Wayne Valley's sixth in 1994.

"We're obviously not as good up front as we were last year [with State champ Kelly Behan, now injured, and Group 4 champ Celeste Sedo, now at Boston College] but our pack is a lot better and deeper," said Ridgewood coach Jacob Brown. "I keep saying how much I love this team and I keep finding new ways why."

Individually, Ramsey's Melissa Conway became the 26th individual from 16 Bergen schools to earn a Triple Crown with her impressive Group 2 win. Nine runners have gone on to win the B.M.O.C. Seven Passaic County girls from five schools have earned Triple Crowns with Passaic Valley's Alisha Alexander the last to do so last year.

Conway, Baldwin the favorites

By PAUL SCHWARTZ
Staff Writer

In contrast to the buzz before last year's Bergen Meet of Championships, there doesn't appear to be any suspense in Saturday's 26th renewal of the County's top cross-country event.

Melissa Conway of Ramsey probably put an end to the only uncertain race when she posted the fastest time at Garret Mountain in 11 years to win the Group 2 sectional championship.

She's now a favorite over the Hackensack duo of Beth Androski and Patti Martin in the 2:30 p.m. girls race at Darlington County Park.

CROSS-COUNTRY

Conway will not approach the 17:46 course-record time set by 1993 State champion Jenna Rogers of Ridgewood, but could become the second-fastest runner in course history. Dana Satir the 1996 State champion also from Ramsey ran 18:30 in winning the 1996 BMOC.

Ridgewood, even without new No. 1 runner Meg McDermott who is serving as a bridesmaid in her sister's wedding Saturday, will have little trouble winning the BMOC for the seventh straight time and 18th time in 19 years.

But the battle for second might be tight, with Ramsey, Indian Hills, Hackensack, Immaculate Heart, Holy Angels, and Ramapo in the running. The team with the closest spread among its five runners should prevail.

Individually, after Conway, Androski, and Martin, Group 3 champion Fredy Urena of Cliffside Park, Megan Campbell of Ramsey, Julie Clifford of Holy Angels, Jenica Asadorian of Westwood, Danielle Walther of Ramsey, and freshmen Briana Baversdorfer of River Dell and Claire Nowakowski of Ridgewood should contend for top-10 slots.

Thomas Baldwin of Hackensack will have little trouble putting a

suitable climax to his local season by winning easily in the boys race, which begins at 3 p.m.

Baldwin, who already has run the second-fastest time in the history of the Darlington course, 15:44, looks to get closer to what is probably an untouchable course record of 15:05 by Bob Keino of Ridgewood in 1992.

Group 3 champion Tim Mura-tore of Tenafly, Corey Kunz of St. Joseph Regional, and Eric Knack-muhs of Ramapo are the favorites for the runner-up role, but the Hackensack quartet of Frank Browne, John Zawdu, Marquese Singletary, and Mario Santivaner could join Baldwin in the top 10 and help the Comets not only win

their first BMOC title, but ap-

Boys

1. Thomas Baldwin, Hackensack . . . 15:44 (2)
2. Andres Coregro, Passaic Valley . . . 15:47 (3)
3. Corey Kunz, St. Joseph Reg. . . . 15:51 (9)
4. Tim Mura-tore, Tenafly 16:18 (73)
5. John Zawdu, Hackensack 16:20 (33)
6. Eric Knackmuhs, Ramapo 16:21 (34)
7. Frank Browne, Hackensack 16:30 (74)
8. Anthony Strout, St. Joseph 16:31 (75)
9. Marquese Singletary, Hack. 16:31 (75)
10. Mario Santivaner, Hack. 16:33

All-time ranking in parentheses

Girls

1. Patti Martin, Hackensack 18:53 (8)
2. Beth Androski, Hackensack 18:58 (9)
3. Stephanie Shyden, Ramapo 19:25 (11)
4. Meg McDermott, Ridgewood 19:26 (18)
5. Marianne Herbst, Mount Olive (72)
6. Fredy Urena, Cliffside Park 18:35 (72)
7. Megan Campbell, Ramsey 19:44 (74)
8. Julie Clifford, Holy Angels 19:44 (74)
9. Jenica Asadorian, Westwood 19:47 (73)
10. Danielle Walther, Ridgewood 19:47

TOP 1998 DARLINGTON PARK TIMES

proach the all-time BMOC low score of 29 points.

Others with a chance for the top 10 include Peter Leighton of Bogota, Matt Collins of Ramsey, Ryan Miller of Bergen Catholic, and Cole Dailey and Erik Larsen

of Rutherford, Ridgewood, Don Bosco Prep, and St. Joseph Regional have the best chances to be the runner-up to Hackensack, but look for Rutherford, Paramus Catholic, and Ramapo to contend for a top-five slot.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET B M O C

COURSE DARLINGTON

DIVISION _____

COURSE RECORD 17:49.1

DATE 11-7-98

RIDGEWOOD RECORD JENNA ROGERS 1993

WEATHER OVERCAST - COOL

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
10	8	CLAIR NOWAKOWSKI	19:50
13	11	ALYSON CANGEMI	20:04
15	13	JULIA BROWNELL	20:09
18	14	TARA O'NEILL	20:23
23	19	DANIELLE WALTHER	20:35
25		TIRA LOBELLE	20:36
41		ANA LAW	21:19
DR EAR RINGS!		TAYLOR DUNN	21:27
? 86 <u>LOST</u>	60	MONICA SCHIEFEN	22:55

TEAM TOTAL: 65 TEAM PLACE: 1ST

1-5 SPLIT:

1-7 SPLIT:

COMMENTS:

Danielle went out too fast trying to be all country and paid a big price. Julia was running sick. We forgot to make sure Taylor didn't have earrings. But great teams rise above individual mistakes! Clair and Alyson ran super up front. Julia was tough through her sickness. Tara was solid at 20:22 and Danielle held on to complete the team score.

37

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BMOG FROSH CHAMPS

COURSE _____

DIVISION _____

COURSE RECORD _____

DATE 11-7-98

RIDGEWOOD RECORD _____

WEATHER _____

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
5	5	ALEXANDRA OROS	10:49
6	6	PEGGY LYNCH	10:54
7	7	JACKIE GOULART	10:55
17	15	JULIA FORESMAN	11:23
22	19	RUTH VAN YPEREN	11:35
24	21	COLLEEN HERLIHY	11:39
36	32	KATHLEEN NOWAKOWSKI	12:07
41		SARAH BIGOS	12:24
46		DIPPA SCOTT	12:44

TEAM TOTAL: 52 TEAM PLACE: 1ST

1-5 SPLIT: 46 SECONDS 1-7 SPLIT:

COMMENTS: GREAT COMEBACK WIN OVER DUMONT! THEY WERE WINNING UP FRONT BUT JULIA AND RUTH BROUGHT THE SCORE TO A TIE AND COLLEEN WAS THE 6TH GIRL HERO TO BREAK THE TIE. AND SECURE THE WIN FOR RIDGEWOOD.
GREAT TEAM + GREAT RACE! BEST IN BERGEN

North Jersey Sports

ATHLETE OF THE WEEK

Change of course pays off

By RYAN JONES
Staff Writer

Ask Thomas Baldwin about last year's Bergen Meet of Champions, and the Hackensack senior makes like Marlon Brando.

"Last year I was sick, unfortunately, and I finished 23rd," Baldwin said. "If I was healthy, I would've been a contender."

It was a disappointing end to a great season for Baldwin, but it may have provided something of a beginning. In the 12 months since, Baldwin has gotten steadily better, and his résumé has grown accordingly.

"He's not a real boisterous kid, but this year, he's really different than he was in the past three years," Hackensack cross-country coach Tom Zaccone said. "Last spring, he placed in the State Meet of Champions [in the 1,600 and 3,200 meters], and I think he realized he can run with the best in the state."

That burgeoning confidence was readily apparent Saturday, when Baldwin cruised to his first BMOC title. His time of 16 minutes 10 seconds over the 5,000-meter course at Darlington wasn't close to his best of the season, but it was enough for an easy victory and recognition as The Record's Athlete of the Week.

The rise to success was neither easy nor expected for the 17-year-old Hackensack resident, who origi-

nally took up cross-country as diversion until hoops season.

"He came to Hackensack thinking he was going to be a basketball player," Zaccone said. "Thankfully, that didn't work out."

Instead, Baldwin's strong, aggressive style and the Comets' lack of depth three years ago combined to make Baldwin the team's No. 2 runner as a freshman.

"At first it was tough," Baldwin said of his abrupt promotion to one of the Comets' top positions. "I came out to do something to get me in shape for basketball, and it turned out I was really good at it."

Baldwin's success has grown in proportion to his passion for and understanding of the sport. Zaccone said his star has developed an abiding interest in the techniques and subtleties of distance running.

"He's very knowledgeable," the coach said. "He knows more than I do about the names of the kids in the state, the times they run, that sort of thing. He certainly does live and breathe running."

Baldwin also enjoys the solitude.

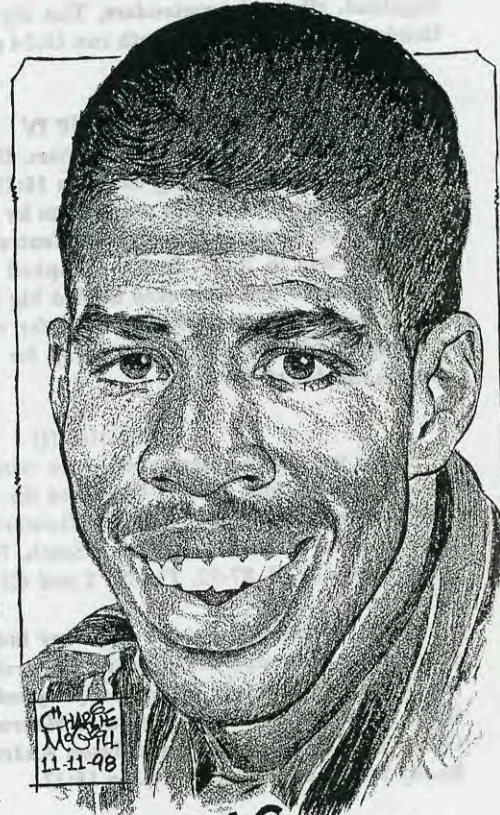
"People say it's kind of like a lonely sport," Baldwin says. "I like cross-country because you're out there by yourself."

Most of his time is dedicated to running, but when Baldwin is away from the sport, he shares the typical interests of a high school senior: taking in a movie, hanging out with friends. He also volunteers at his church, New Hope Baptist in Hackensack.

Not surprisingly, Baldwin's future plans are filled with thoughts of cross-country. His acumen makes him a perfect candidate to someday join the coaching ranks, and he expects to study sports management at whatever college offers the right combination of academics and athletics.

A Division I prospect, Baldwin hasn't yet made up his mind about where he'll go to college. Apparently, he's waiting for someone to make him an offer he can't refuse.

Runners-up for Athlete of the Week are: **Alecko Eskandarian** of Bergen Catholic for soccer and **Chris Teel** of Bergenfield, **Adam Lang** of Cresskill, **Alejandro Mercado** of Bogota, and **Will Arzenis** of Northern Valley at Old Tappan for football.



THOMAS BALDWIN OF HACKENSACK

SPORT: CROSS-COUNTRY

CLASS: Senior AGE: 17

LATEST ACCOMPLISHMENT

Won the Bergen Meet of Champions race in 16 minutes 10 seconds, qualifying for the State Group 4 meet this weekend. His goal is to finish in the top seven of the group final and earn a bid to the State Meet of Champions.

BACKGROUND

The son of Anne and Bill Acree, he is an only child. He runs year-round, competing in indoor track in the winter and outdoor track in the spring.

QUOTE

"To me, running cross-country is like a survival game. Whoever is strongest usually comes out on top."

NEW JERSEY TRACK

Vol. 29 No. 3 Subscription: \$20 Single Copy: \$1 Edward J. Grant, Editor and Publisher, 101 Greenwich Ct., Madison, NJ 07940 (FAX 973-377-2186) Nov. 1998

THE STATES

BOYS

Nothing happened in the Oct. 31 sectionals (and afterpieces) to change the team or individual picture for the upcoming group (Nov. 14) and all-group (Nov. 21) races at Holmdel County Park.

The AG team battle remains a case of "Can anyone catch CBA?" The Colts simply took a stroll in the park at the NJCTC meet which followed the NJ 2 sectionals at Warinanco with its top six finishing together around 16:50. Cherokee had a close call in SJ IV with Washington Twp and now must worry more about the silver than the gold.

Individually, Murad Campbell of Overbrook rebounded from his drop-out in the Camden County meet to defeat Ryan Miller of Highland. His main contenders, Tim Styler of Cranford and Todd Henderson of Notre Dame both ran 16:14 at Warinanco.

Now for a look by groups:

GROUP IV

The sectionals provided no surprises. Hackensack romped in NJ 1 with Tom Baldwin winning easily in 16:19. Randolph scored solidly in NJ 2, though Ken Goglas was outrun by Feder Estelus of Elizabeth in 16:29. Jon Fasulo led Hunterdon Central to a CJ win with an easy individual win in 16:37. In SJ, Campbell had a 15-yard margin on Miller in 15:10 and Cherokee needed big help from its 4th and 5th men to overcome an early WT lead for a 61-67 victory. Shawnee, Randolph and Hackensack will scrap for the 3rd and possibly 4th spots in the AG race.

GROUP III

There were three close races here with only Lakeland in NJ 1 having an easy time. Morris Hills won the neighborhood battle with Morristown in NJ 2, 49-63, North Hunterdon took a hot CJ affair from Ocean Twp and Middletown South, 75-81-84, and Egg Harbor upset Delsea in SJ, 87-92. The NJ 2 and CJ teams will battle for the AG slots.

Styler, of course, outshone the other individual winners with his 90-yard win over soph Brian Boyett of Parsippany Hills in NJ 2. Andres Cordero of Passaic Valley easily topped Tim Muratore of Tenafly at 16:24 in NJ 1, Steve Roman of Monroe outran Lou Raffetto of Ocean Twp in CJ at 16:27 and Jason Andrews of Lakewood topped Randy Wetzel of Oakcrest in SJ in 15:37.

GROUP II

The group race will probably be a repeat of the CJ affair where Hopewell Valley defeated Somerville and Raritan, 52-69-75. Only SJ winner Moorestown has a chance of breaking up this trio. Rutherford won in NJ 1 and Chatham in NJ 2. The individual race will come from the SJ pair of Bill Mason of Cinnaminson and Ray Tomczuk of Delran; Mason won in 15:39 in the sectionals. CJ winner Nick Ricco of Voorhees ran 16:51 and looks like No. 3. The other winners were Matt Collins of Ramsey in NJ 1 at 17:12 and Mark Bahnuk of Hackettstown in NJ 2 at 17:02.

GROUP I

Haddonfield appears a clear favorite after its 42-79 rout of Haddon Twp in SJ. The other winners were Palisades Park in NJ 1, Whippany Park in NJ 2 and Bernards in CJ. It's a real question who will advance with Haddonfield. The individual race will probably be a rematch of the Shore Coaches battle between SJ winner Adrian Cline of Haddon Twp and NJ 2 winner (and defending champ) Brian Saliter of Whippany Park. Brad Becker of Spotswood won the CJ race and Danny Chaves of Secaucus upset Peter Leighton of Bogota in NJ 1.

GIRLS

The muddled team situation in NJ this year got no clearer as a result of the Oct. 31 action. There were a few developments that might prove important on Nov. 21, but, in general, the contenders remain as they were before, just too closely bunched for any decision at this point.

Individually, it remains a three-girl chase. Cate Guiney affirmed her position as the third girl to break 18:00 at Holmdel with another 17:59 win there in CJ III. Erin Donohue and Cheryl Bauer continued their undefeated campaigns with easy victories.

Now a look at the groups:

GROUP IV

No question that four AG teams will come from this group, as they did last year. Ridgewood in NJ 1, Roxbury in NJ 2, Hunterdon Central in CJ and Shawnee in SJ all scored resounding wins on Oct. 31. Given the differences in the courses, the last three had virtually identical performances.

The respective individual titles went to Beth Androski of Hackensack, Stephanie Snyder of Randolph, Lindsey Gallo of Howell and Leyna Williams of Triton (over teammate Claudine Evangelista). The only really close race was in CJ where Gallo finished 25 yards ahead of Shannon Hawryko of HC in 19:34.

GROUP III

The CJ race dominated here. North Hunterdon upset Middletown South, 37-40, with Ocean Twp at 58. These three outclass the other winners: Old Tappan in NJ 1, Westfield in NJ 2 and Wilson in SJ. Key to the NH win was a 5-6-7 finish by Kris Haughey, Grace O'Neill and Lauren Senske, whose frosh sister Megan was 5th girl.

Guiney and Bauer were joined as individual winners by Stacey Gallagher of Sparta in NJ 1 and Kathryn Hughes of Central Ocean in SJ, but the group race will be strictly a three-girl affair, with Pam Meadors of Ocean Twp joining the top duo.

GROUP II

Moorestown turned in the top effort here in running away with the SJ race. Ramsey's three-time winners edged Indian Hills in NJ 1, but had a 100-second gap between the No. 2 and 3 girls. Caldwell won the weak NJ 2 race from Chatham and Voorhees had the day's 2nd best effort, topping Rumson in Gr. II. The battle for the third AG slot will be a close one between the two Bergen schools, Rumson and Cinnaminson.

There should be a very good individual race here with Ramsey Soph Melissa Conway, Somerville junior Lily Thomas and Pt. Pleasant Boro senior Jaime Glenn, all sectional winners, the contenders. Kym Hyde of Jefferson Twp, NJ 2 winner, was well behind this trio on time comparisons.

GROUP I

Donohue's 17:44 win in SJ skews time comparisons here (Haddonfield had almost a minute a girl edge over Maple Shade, for example, but won by only 11 points), but her team still has an apparent edge over CJ winner Keansburg and the 1-2 NJ 1 finishers, Bogota and Glen Rock. Maple Shade and Haddon Twp also have a shot at the AG. New Providence, the NJ 2 winner, will have to settle for a place in the top 10.

With first place conceded, the individual race for 2nd seems to lie between NJ 1 winner Christina Mendoza of Hudson Tech (or Prep, take your pick), NJ 2 champ Laura Perry of Whippany Park and the 1-2 Middlesex CJ finishers, Megan Keyser and Jill Capano.

Shawnee, Roxbury in showdown

This is the showdown that cross-country followers have been anticipating all season. Top-ranked Shawnee will finally square off with No. 2 Roxbury in what has all the makings of the best race of the season.

Shawnee is the defending Group 4 and Meet of Champions winner and has won five

GROUP 4

Group 4 titles this decade. Roxbury is seeking its first state title. There are nine top 20 teams in this race. But, under the qualifying criteria for the Meet of Champions to be held Nov. 21, only the top three teams from each group will automatically advance. The one wild-card entry is almost sure to come from the Group 4 race.

The best

Teams: No. 1 Shawnee, No. 2 Roxbury, No. 6 Hunterdon Central, No. 7 Ridgewood, No. 9 Toms River East, No. 17 South Brunswick, No. 18 Columbia, No. 19 Randolph and No. 20 Passaic.

Shawnee is unbeaten this season, while Roxbury's lone loss came when it was second to Longwood of New York at the Manhattan Invitational last month.

In the Shore Coaches Invitational at Holmdel Park on Oct. 3, Shawnee

and Roxbury ran in separate races. Roxbury won the B Division race over runner-up Middletown South, 64-66, with an average of 20:31.5, the day's second best behind Middletown South's 20:26.4. Shawnee won the A Division race with an average of 20:41.3.

The outcome of this race could be determined by the fifth runners. At the Shore meet, Roxbury's fifth ran 21:07 to Shawnee's 21:14. Each team's No. 1 runner should finish in about 19:50 and both teams have great packs. The edge in experience goes to Shawnee, but Roxbury has better depth.

Roxbury and Shawnee are both on a roll. Roxbury's last two races have brought it the North Jersey, Section 2 title and Morris County championship. Meanwhile, Shawnee was winning its ninth straight South Jersey title and the Olympic Conference crown.

Ridgewood, which won its seventh straight North Jersey, Section 1 title and ninth consecutive Bergen Meet of Champions, is always a factor. Under coach Jacob Brown, one of the state's best ever, Ridgewood has won one M of C (in 1990) and two Group 4 titles (1980 and '92). Brown's teams have 10 top-10 finishes at the M of C since 1979, with six top-four

finishes. Last year, Ridgewood was third in Group 4 and second in the M of C.

Individuals: Stephanie Snyder of Randolph, Lindsey Gallo of Howell, Claudine Evangelista and Leyna Williams of Triton, Amina Zohay of Columbia, Jenna Darcy of Shawnee, Shannon Hawrylo of Hunterdon Central, Beth Androski and Patty Martin of Hackensack and Stephanie Last of Roxbury.

This should come down to a duel between Snyder and Gallo. They haven't met this year, but Snyder has run 18:57.3 at Holmdel, this season and Gallo has run 19:05.

The rest

Teams: Passaic, Vernon, Hackensack, Phillipsburg, Morris Knolls, Hillsborough, Old Bridge, Freehold Township, Washington Township, Toms River North and Rancocas Valley.

Individuals: Danielle Walther of Ridgewood, Natalie Popowicz of Clifton, Zillah Drymon and Sherry Sikora of Roxbury, Esther Destine of Elizabeth, Christina Morgado of Union, Jillian Stein of South Brunswick, Allison Vento of Cherry Hill East, Erin Dougherty of Easton, Robin Van Auker of Highland Regional, Lindsay Scarborough of Lenape and Andrea Prickskett of Shawnee.

St. Rose on course to win 2nd title in row

Eighth-ranked St. Rose is expected to run away with its second straight title, while Jane Steinemann of Villa Walsh will have a rough time repeating as individual champion against a very tough field.

PAROCHIAL B

Teams: St. Rose, Villa Walsh, Morris Catholic, Mater Dei, Oak Knoll and Whitwood Catholic.

Individuals: Defending champion Jane Steinemann of Villa Walsh, Katie Todd of Mater Dei, Melissa Capone, Rian Landers and Maya Ferraro of St. Rose and Vanessa Bazvilio and Elizabeth Bewalder of Morris Catholic.

At the Morris County meet last week, Bazvilio was sixth (20:24.7) and

CROSS-COUNTRY TOP 20

- 1-Shawnee
- 2-Roxbury
- 3-North Hunterdon
- 4-Red Bank Catholic
- 5-Middletown South
- 6-Hunterdon Central
- 7-Ridgewood
- 8-St. Rose
- 9-Toms River East
- 10-Ocean Township
- 11-Voorhees
- 12-Ramsey
- 13-Indian Hills
- 14-Westfield
- 15-St. Dominic Academy
- 16-Moorestown
- 17-South Brunswick
- 18-Columbia

It's RBC in a runaway

The team race looms as a runaway with No. 4 Red Bank Catholic, arguably the best girls' program in state history, expected to roll to its sixth championship this decade and ninth overall. But the individual picture isn't as clear.

PAROCHIAL A

Teams: Red Bank Catholic, No. 15 St. Dominic Academy, Immaculate Heart Academy, Bishop Eustace, Holy Angels, St. John Vianney, Paul VI, Pingry and Pope John.

Individuals: Kathleen Porter of Holy Cross, Jody Benedict of St. John Vianney, Kelly Byrnes of Red Bank Catholic, Meegan Murphy of Pope John and Lauren Washtycyn of Pingry.

Benedict, 11th in Parochial A last year, is the only entry who has broken 19:50 at Holmdel this season. She did that when she ran 19:48 to take fourth at the Monmouth County meet Oct. 20 at Holmdel.

Two weeks ago, Benedict won the New Jersey Catholic Track Conference title at Warmanco Park in 19:43. But she's coming off a subpar race at last Saturday's Shore Conference meet at Holmdel, when she was 13th in 20:27.48.

Predictions

Teams: Look for Red Bank Catholic to score 30 to 35 points and win in a rout. St. Dominic is clearly the second best team and Immaculate Heart should take third.

Individuals: Benedict is the choice to win, in around 19:50, with Porter second and Byrnes third.

Four teams should fight to the finish

Facing Indian Hills is nothing new for Ramsey. This will be the seventh clash between the teams this season. They split the first four and Ramsey has taken the last two.

Individuals: The meeting of Lily Thomas of Somerville, Jamie Glenn of Point Pleasant Boro and Melissa Conaway of Ramsey will be a rematch of the E race at the Shore Coaches meet. Thomas was first in 19:17.8, Glenn second in 19:25.5 and Conaway third in 19:35.2 at the Shore meet. Also watch Laura Petrillo of Hopewell Valley, Shana Pitcher of Pompton Lakes, Megan Campbell of Ramsey, Jenica Asadorian of Westwood, Briana Beyersdorfer of River Dell, Stephanie Maxwell of Buena and Betsy Bulat and Julia Kuder of Moorestown.

The best

Teams: No. 11 Voorhees, the Central Jersey champion, No. 12 Ramsey, No. 13 Indian Hills, No. 16 Moorestown, the South Jersey champion, Caldwell, the North Jersey, Section 2 winner, Newton, Rumson, Ridge, Buena and Chinnamunson. Last year, Ramsey (66 points) defeated Morris Hills (67) and Voorhees (72) to become just the third public school girls' team to win three straight group championships. To make it four straight, however, Ramsey must beat Voorhees. Voorhees de-

Four teams should fight to the finish

Individuals: Kim Hyde of Jefferson, Kristen Bergen of Caldwell, Katherine Haenschen of Chatham, Julie Delmon of Hopatcong, Chncy DeVries of Newton, Karen Auber of Pompton Lakes, Jacquie Sobotka of Hopatcong, Audrey Holst of Indian Hills, Caitlin Moscatello of Rumson, Siacie Hillmann of Voorhees, Alexis Vergalla of Voorhees, Kate Hemminger of Manchester Township, Emily McDonough of Woodstown, Megan Spence of Northern Burlington, Jess Klein of Delran, Alii Parrin of Moorestown and Sandy Ogin of Schalaok.

GROUP 2

Seidom does a Group 2 race pack this much punch. Ramsey, ranked 12th, will shoot for its fourth straight title, but will face three ranked teams seeking their first championship. It could produce the day's closest four-team finish. Individually, it will be a rematch of last month's Shore Coaches Invitational.

The rest

Teams: Chatham, Hackensack, Jefferson, Pequannock, Hopewell Valley, Morris Hills, Westwood, River Dell, Montclair, Parsippany, and Scotch Plains.

The rest

Individuals: Thomas, who skipped the Skyland Conference meet last week to rest a slightly sore right knee, is the pick to win if her knee doesn't act up. If Thomas isn't

Ramsey gunning for fourth title

Ramsey has a chance to join some pretty exclusive company Saturday at the State group girls cross-country meet at Holmdel County Park.

If the Rams can win their fourth straight Group 2 championship they'll join North Hunterdon (four straight Group 3 titles from 1983-86) and Bernards (seven straight Group 1 titles from 1978-84) as the only public school teams to win four straight titles.

GROUP 1 (1 p.m.)

Teams to watch: Haddonfield is the nominal favorite, but Kearsburg and Haddon Township are also in the hunt. However, it wouldn't be surprising if Glen Rock or Bogota won the title.

Individuals: There's defending champion Erin Donahue of Haddonfield and then there's everyone else, including Glen Rock's Tracy DellaTorre (1996 runner-up) and freshman Kate Libretto, and Bogota's Concetta Panuccio (31st last year).

GROUP 2 (3 p.m.)

Teams to watch: Ramsey, a one-point winner over Morris Hills (now in Group 3) will battle Indian Hills, Voorhees, and Moorestown in perhaps the most exciting team race of the day. Look for Westwood to be in the top 10 after a seventh-place finish last year.

Individuals: Lily Thomas of Somerville and Jamie Glenn of Point Pleasant Boro went 1-2 in the Shore Invitational E race six weeks ago, beating Melissa Conway of Ramsey (fourth last year). Look for the Rams sophomore to reverse the decision Saturday. Other locals in the top 10 could include Passaic champion Shana Pitcher of Pompton Lakes (11th last year), Megan Campbell of Ramsey (14th), Jenica Asadorian of Westwood (18th), and freshman Briana Bayersdorfer of River Dell.

GROUP 3 (2:30 p.m.)

Teams to watch: Look for North Hunterdon, Middletown South, and Ocean Township to repeat their 1-2-3 Central Jersey finish with no locals expected in the top 10.

Individuals: Again no contest with Cate Guiney of Middletown

GIRLS CROSS-COUNTRY

South, the third girl to break 18 minutes at Holmdel, the heavy favorite.

GROUP 4 (12:30 p.m.)

Teams to watch: Roxbury, Shawnee, Hunterdon Central — they are the popular favorites throughout the state. As usual, Ridgewood is only looked at as an afterthought, although the favorite for the wild card. Don't believe it. The Maroons, even without defending State champ Kelly Behan, can win this battle, although second or third place is more likely. Passaic should finish in the top 10, along with Hackensack.

Individuals: A wide-open race with Stephanie Snyder of Randolph, Lindsay Gallo of Howell, and Leyna Williams of Triton the favorites. But North Jersey has its own favorites with Beth Androski (16th last year) and Patty Martin of Hackensack (ninth), and Meg McDermott of Ridgewood (21st). Natalie Popowicz of Clifton might also surprise in her first appearance.

PAROCHIAL A (10:30 a.m.)

Teams to watch: Red Bank Catholic is one of the state's top teams and will have little trouble winning here. St. Dominic's Academy has moved into the favorite's slot for runner-up with Pingry battling Immaculate Heart Academy and Holy Angels for third place.

Individuals: Kathleen Porter of Holy Cross is favored over Jody Benedict of St. John Vianney, Kelly Brynes of Red Bank Catholic, and Julie Clifford of Holy Angels (seventh last year). Mary D'Armano of IHA (43rd last year) also might contend for a SMOC slot.

PAROCHIAL B (11 a.m.)

Teams to watch: St. Rose, Morris Catholic, and Villa Walsh are favored to advance here. No local teams are expected to contend.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET STATE GROUP CHAMPIONSHIP

COURSE _____

DIVISION GROUP 4

COURSE RECORD _____

DATE 11-14-98

RIDGEWOOD RECORD _____

WEATHER _____

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
4	3	MEG McDERMOTT	1:56 3:51 19:54.4
16	12	CLAIR NOWAKOWSKI	2:02 3:58 20:31.2
21	16	DANIELLE WALTHER	1:57 3:52 20:45.2
27	21	ALYSON CANGEMI	2:02 3:58 20:57.2
28	22	JULIA BROWNELL	2:09 4:11 20:58.0
57	46	TAYLOR DUNN	2:10 4:16 21:50.1
65	54	TARA O'NEILL	2:10 4:17 22:08.9

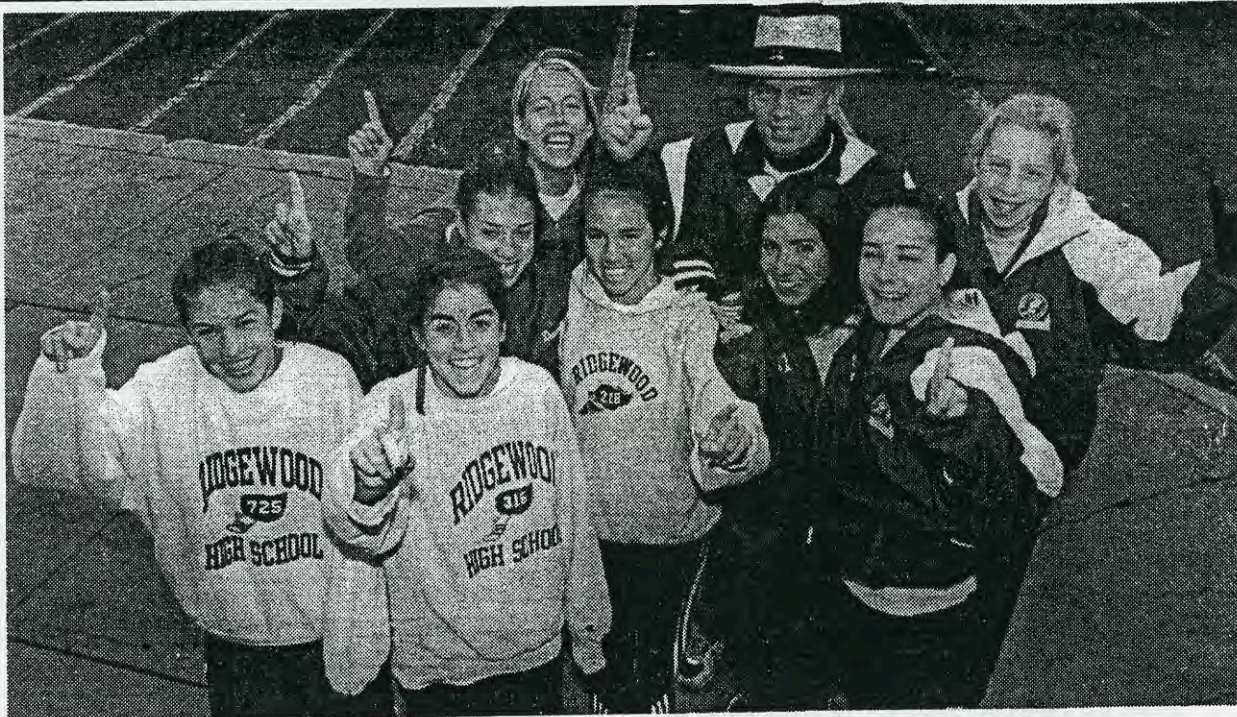
TEAM TOTAL:

TEAM PLACE: CHAMPIONS !

1-5 SPLIT: 1:04

1-7 SPLIT: 2:14

A great and exciting team race! We paced wisely up the hill. When I saw Julia's 2:09 split at the top of the hill, even tho she was far back, I knew we were running with our "heads". In the bowl we were ahead. I thought I had miscounted the Shawnee runners. Fact is we were very much ahead. Since we had run to the bowl wisely (with our heads) I started thinking we were going to win!! I just knew we had the "heart" for a good run in to the finish. We did! We even had Paul Schwartz jumping around! Individually: Meg looked like a real champion, Clair raced her first bowl, Danielle needs to go just a bit slower up the hill next week, Alyson and Julia made all the other teams race for 2nd place! Taylor and Tara will be stronger next week and closer and help the team score by beating some #5's. Great team! Great day! Great Win!



Ridgewood Runners Run to State Title

Members of the Ridgewood girls cross-country contingent, seen above along with longtime coach Jacob Brown, won the NJSIAA State Group 4 Championship in surprisingly easy fashion on Saturday, Nov. 14, at Holmdel Park. In that event the speedy Lady Maroons totaled 74 points, while the favorite, Roxbury, was second with 112 and defending champ Shawnee came in third in the 20-team field with 132. The RHS effort was keyed by senior standout Meg McDermott, who finished fourth overall with a personal best time of 19:54.

(Photo and text by W. L. Bill Allen, Jr.)

GIRLS

Nov. 14: Ridgewood provided the major surprise in the girls' action at the group championships at Holmdel County Park. The Maroon buried defending all-group champion Shawnee in the Gr. IV, 74-132. In fact, Shawnee was not even 2nd, that place going to Roxbury with 112 points.

The Ridgewood average of 20:37 was bettered by Middletown South in the Gr. III race, but this was largely because of the 18:22 winning time recorded by Cate Guiney, which was 92 seconds faster than the Maroon leader, Meg McDermott.

GROUP IV

Ridgewood ran by far its best race of the season in scoring its relatively easy win here. McDermott had taken last Saturday off to be a bridesmaid at the wedding of older sister Jen, a former state TJ record-holder. She ran 4th in 19:54 behind Beth Androski of Hakensack (19:22), Lindsey Gallo of Howell and Shannon Hawrylo of Hunterdon Central. Her four teammates were all under 21:00.

T-Rdgwd 74, Rxbry 112, Shwne 132, HC 157, TREst 169. 1-Androski, 19:22. 2-Gallo :47. 3-Hawrylo :50. 4-McDermott :54. 5-Snyder, Rndlph 20:08. 6-Stein, SoBrun 20:11. 7-Martin, Hcknsck :14. 8-Williams, Trtn :15. 9-Goodwin, TR Est :18. 10-Zohny, Clmba :19. 11-Popowicz, Clftn :24. 12-Evangelista, Trtn :25. 13-Drymon, Rxby :26. 14-McLaughlin, Brck :26. 15-Prickett, Shwne :27. 16-Nowalowski, Rdgwd :31. 17-Sikora, Rxby :33. 18-Last, Rxby :33. 19-Venuto, CHEst :36. 20-Palumbo, Shwne :38. 21-Walther, Rdgwd :45. 22-Meyer, Hlsbo :46. 23-VanAuken, Hghlnd :50. 24-Smith, HC :50. 25-Hanna, WashTwp :50.

Ridgewood girls picture of unity and teamwork

The excited Ridgewood girls cross-country team gathered around coach Jacob Brown for the traditional post-race photo Saturday after its stunning upset of nationally ranked Shawnee and favored Roxbury.

Of course, Meg McDermott, the fourth-place finisher, was in the picture along with the Maroons' other top-five finishers, Danielle Walther, Clair Nowakowski, Alyson Cangemi, and Julia Brownell. Tara O'Neill and Taylor Dunn Lobell, the Maroon's sixth and seventh runners Saturday were in the picture, too.

But three very important members of the State champion Ridgewood squad weren't in that picture: senior tri-captains Monica Schiefen, Ana Law, and Julie Sprich.

"Those kids are all real healthy kids with a good sense of themselves," says Brown. "They don't get angry when other kids beat them and they're always trying to get better."

"They'll say wise things to the younger kids about winning, and how to focus and warm up properly, and each one of them is responsible for things like the team dinners and the social situations that really make a team a team."

"I love our team," said Sprich, who has not run varsity in a major meet all season. "I love the spirit and the teamwork and the fact that we're all friends. There's always a lot of laughter and a lot of fun, even when the practices are hard."

"This year's group has always been close, from freshman year until now," says Schiefen, a third-team All-Bergen selection last year, who has been in and out of the top seven all season. "This is the closest group I've ever been a part of."

"Mr. Brown loves all of us whether we're running or just cheering on the other girls," says Law, who ran when Ridgewood won its Bergen Meet of Champions title. "It's fun to be with these guys all the time."

It's not always an easy situation when a senior gets

10 state status in three years. Cathy Dunn led Northern Valley at Old Tappan to its first sectional title in 16 years.

In all, it's a crowded candidates list worthy of

passed by underclassmen and doesn't end up in the top seven at the championship meets, but Brown says this group has been particularly good at avoiding problems.

"I usually worry about these kinds of situations where a captain gets run off the top seven by better runners, but these kids have never given me a problem," said Brown. "That's why at the end of the year, they'll share in the major trophies with the rest of the team."

COACH OF THE YEAR — Often overlooked at this time of the year with All-Bergen and All-Passaic teams to be picked are the coach of the year selections made by the respective coaches associations.

Selections were easy for the Passaic County Coaches Association, which will honor Lakeland boys coach Dick Shutte and Passaic girls coach Tony Barbato for earning impressive wins in the County championship.

But in Bergen County, where ballots are due later this month, choices won't be as clear.

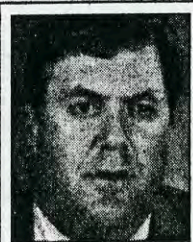
On the boys side, Tom Zacccone of Hackensack has had a sensational year with the boys dominating Bergen County and making the State Meet of Champions for the first time. And Frank Donahue of Palisades Park and Bob Hemmel of Rutherford have brought their young teams along beautifully, with Pal Park making the SMOC and Rutherford enjoying a Group 2 Triple Crown. And don't forget Bergen County's most improved team, River Dell and its coach Bill Keith, whose young team made the State group meet and BMOC for the first time in a decade. And Bob Mead at Ridgefield led the Royals to their best year ever.

With the girls, perennial candidates Jacob Brown of Ridgewood, John Kirchhof of Ramsey, and Jay Mahoney of Bogota again led their teams to successful seasons. Brown earned his third Group 4 State title, Mahoney led the Bucs to a fourth SMOC appearance in five years and a Group 1 Triple Crown, and Kirchhof took an inexperienced team to second in the BMOC and a fourth straight Group 2 sectional crown.

Ramapo coach Matt Kohlbrenner led the Green Raiders to their most successful year ever, while his counterpart at Indian Hills, Steve Opremcak, has taken the Braves program from nonexistent to top-

consideration.

Bergen coaches, make sure to get your ballots in as soon as possible. The winners will be announced next month.



**PAUL
SCHWARTZ
CROSS-COUNTRY**

Bogota, Glen Rock earn respect, SMOC berths

By PAUL SCHWARTZ

Staff Writer

It's two days after the State group cross-country championships at Holmdel, and the impressive wins of the Ridgewood girls team, Beth Androski of Hackensack, and Melissa Conway of Ramsey look even better in retrospect.

And there were also some excellent non-winning performances as well, both from teams and individually.

Bogota and Glen Rock finished 2-3 behind champion Haddonfield in the girls Group 1 race, clinching a fourth trip in five years to the State Meet of Champions for the Bucs and the first trip for the Panthers.

The two teams, who battled all season for Group 1 supremacy in North Jersey, will carry that battle to Saturday's final race of the season. For now, they reacted differently to their placing in the group meet.

"We come down here expecting to win," said Bogota coach Jay Mahoney, whose team won group titles in 1994 and 1996 and was third last year. "We set high standards and we're disappointed when we don't meet them. Haddonfield was just better than us, so we have to accept that we're the second-best team in the State. I can't ask for much more out of these kids."

Bogota placed five runners in the top 40 but couldn't keep up with Haddonfield's top twosome,

CROSS-COUNTRY

which finished first and ninth and ahead of the Bucs' best runner, Concetta Panuccio.

Glen Rock managed to stay even with Haddonfield, with their own 1-2 punch of Tracy DellaTorre and Katharine Libretto, who finished second and eighth. But the Panthers could put only two other runners in the top 50 and edged Maple Shade by a point for the SMOC invitation.

"I thought all along that our focus was on beating Bogota, and winning the State title," said Glen Rock coach Paul White. "But they've won here before and we haven't. I'm thrilled how well we competed and I hope we can get back to this spot again."

Indian Hills beat Ramsey in Group 2 for the first time in four races, placing third, just 23 points behind winner Moorestown.

And at first glance, the fading of Braves co-No. 1 runner Audrey Holst from the top 20 to 64th place in the final mile would seem to have cost her team.

But in fact, it was Holst's courage that allowed the Braves to earn their first SMOC berth, and defeat their archrivals.

"It was one of the bravest races I've ever seen," said Ramsey coach John Kirchof of Holst's ravelong battle with sciatic pain that had struck her last week. "I don't know how she hung in there and finished."

"At the two-mile mark, we were way ahead," said Indian Hills coach Steve Opremczak. "I knew Audrey was hurting and I was surprised to see her up that high. The effort she gave was an inspiration to all of us."

In the end, Holst was the fifth finisher for the Braves. Freshman Noelle Bassi, fifth in the race with the second-fastest freshman time of the day, led the Braves, with Angela Luino 18th, Sonja Neilson 22nd, and Erin Bauberger 61st.

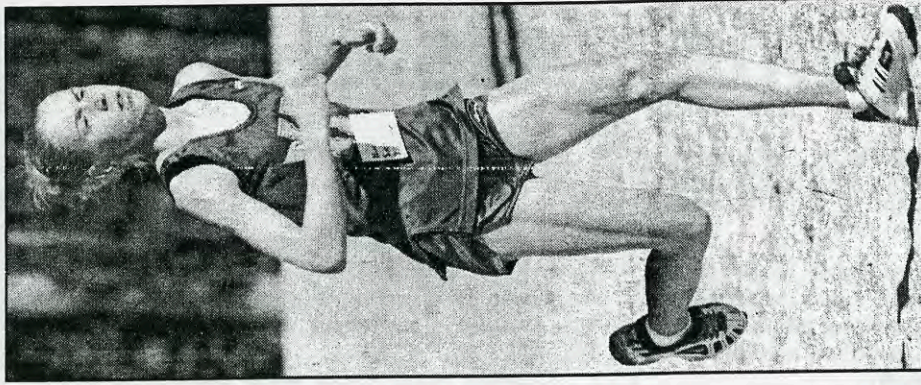
Hackensack gave coach Tom Zaccone his first trip to the SMOC with a team in 30 years with a solid third place in boys Group 4, 24 points behind winner Cherokee.

"I felt we did well today," said Zaccone. "They set such high goals for themselves after things went so well early in the year, and put a lot of pressure on themselves to break records for low score that they were disappointed when they didn't."

But after a week of confidence building, the Comets ran well again. Thomas Baldwin led the way as usual in fourth, with John Zewdu 15th, Frank Browne 21st, Mario Santivanez 36th, and Marquese Singletary 43rd.

Palisades Park also surprised, earning its third SMOC berth in four years with a third-place finish in Group 1 despite an all-underclass team.

"When we didn't get three of our top seven to the starting line at the Shore meet here, it was a wake-up call for the kids," said Pal Park



KLAUS-PETER STEITZ/STAFF PHOTO
Hackensack's Beth Androski won Saturday's Group 4 girls race.

coach Frank Donahue. "They had to learn how to perform in the big time and we proved it today. Now they have to work hard during the spring season and do their work in the summer, and maybe we can get win another State title next year."

The top individual performance by a Passaic County boy was clearly that of Passaic Valley's Andres Cordero, who led three county runners into the SMOC by running second in Group 3, 80 meters behind winner Tim Styler of Cranford.

HIGH SCHOOL SPORTS

CBA looks like lock for title

Middletown S's Guiney expected to capture girls crown

By Jim Lambert

The Christian Brothers Academy boys cross-country team appears to be a lock, and Middletown South's Cate Guiney is also likely to come up with the right combination.

That leaves just two titles up for grabs when the best of the best high school cross-country runners compete at the 27th NJSIAA Meet of Champions today at Holmdel Park.

The boys go off at 11 a.m., followed by the girls at 11:45.

CBA is expected to extend two state records today by winning its fourth consecutive NJSIAA title and 11th overall. CBA has not lost since dropping a one-point decision to Ridgewood at the Shore Coaches meet on Oct. 5, 1996, and can tie the state record of 25 invitational victories in a row with a victory.

CBA also won 25 straight from 1986 through 1988.

Guiney has run five races at Holmdel under 18:23 this season, including two clockings under 18 minutes. Her closest competitor is expected to be Erin Donohue of Haddonfield, who ran 18:49.6 to repeat as Group 1 champion. Donohue's Holmdel best is the 18:36 she ran as a freshman 13 months ago.

Guiney's 17:59.2, which she ran at the Shore Coaches meet last month, places her fourth all-time on the hilly Holmdel course, which has hosted the state championship meet since 1976.

Guiney's lone loss this season came to New York state champion

DIRECTIONS TO HOLMDEL PARK

From Parkway South: Take Exit 114. After passing through toll, make right at light onto Red Hill Road. Go four-tenths of a mile to first light and bear right onto Crawford's Corner Road. Take Crawford's Corner Road 1.1 miles before making left onto Roberts Road. Take Roberts Road eight-tenths of a mile before making right onto Longstreet Road. Holmdel Park is on the immediate left. Parking is free.

From Parkway North: Take Exit 114. At end of exit ramp, make left at light onto Red Hill Road. Go over Parkway and through first light. At second light, bear right onto Crawford's Corner Road. Take Crawford's Corner Road 1.1 miles before making left onto Roberts Road. Take Roberts Road eight-tenths of a mile before making right onto Longstreet Road. Holmdel Park is on the immediate left. Parking is free.

Jillian Mastroianni of Sayville over 2.5 miles — compared to the state distances of 3.1 miles — at the Manhattan Invitational at Van Cortlandt Park.

Neither Guiney nor Donohue has been pushed by a runner in this state all season. Donohue is the only undefeated runner in the race.

Look for the Boston College-bound Guiney, ninth at the Meet of Champions last year in 19:38, to do what she's done all season at Holmdel. She'll hammer the second mile, start to separate at the top of the bowl and shift into another gear, leaving the pack far behind. Guiney should win in around 17:50.

Junior Kelly Behan of Ridgewood, the 1997 Meet of Champions winner, has missed the entire season with a hip injury.

With the boys team title and the girls individual crown seemingly in the bag, the championships that should provide close competition are the boys individual and the girls team chases.

Jon Fasulo of Hunterdon Central is the favorite on paper in the boys race, but Tim Styler of Cranford and Nate Miller of Highland Regional are also capable of winning.

Fasulo, the only runner in the state to break 16 minutes twice at Holmdel this season, ran 15:48.7, No. 8 all-time at Holmdel, to win Group 4. Fasulo is 2-0 vs. Miller and Styler is 1-0 vs. Miller this year. Miller was second in Group 4 in 16:00.3. Styler, the only undefeated runner in the race, has yet to meet Fasulo this season. Styler was not pushed in winning Group 3 in 16:10.0. If it comes down to a kick, Styler has the advantage.

Preseason favorite Murad Campbell of Overbrook, second in the Meet of Champions last year, didn't qualify. Bothered by shin splints all season, he dropped out of the Group 4 race after aggravating the injury when he stepped into a ditch.

Styler sees it as a great three-man battle.

"I can see myself, Miller and Fasulo battling the whole way, and I like my chances," he said. "But I know it's going to be a difficult race to win."

Said Fasulo, "I feel I have a good shot, but I know it's going to be a tough race."

The most wide-open race is the girls team competition. Six teams, including Group 4 champion Ridgewood, Group 3 winner Middletown South, Roxbury, defending champion Shawnee, North Hunterdon and Red Bank Catholic all have legitimate shots at winning.

"I can't ever remember so many teams having a chance to win," said Ridgewood coach Jacob Brown, who led Ridgewood to the Meet of Champions title in 1992 and a runner-up finish last year.

MEET OF CHAMPIONS

What: 27th NJSIAA Cross-Country Meet of Champions

When: Today

Where: Holmdel Park

Schedule: Boys race 11 a.m.
Girls race 11:45 a.m.

Team outlook: Christian Brothers is favored to win an unprecedented fourth straight title and extend its state record to 11 overall championships. In the girls race, Middletown South, Ridgewood, Roxbury, Shawnee, North Hunterdon and Red Bank Catholic all have a shot at winning.

Individual outlook: The top three boys are Jon Fasulo of Hunterdon Central, Nate Miller of Highland Regional and Tim Styler of Cranford. The top three girls are Cate Guiney of Middletown South, Erin Donohue of Haddonfield and Cheryl Bauer of Morris Hills.

Course records: Boys: 15:16 by Jason DiJoseph, Paul VI, 1988.
Girls: 17:35.5 by Janet Smith, J.P. Stevens, 1983.

"If we run the same as we did last week, we'll be fine," added Brown, whose team averaged 20:37.2 last week.

"I don't know if I can ask them to run a lot better than they did, because they ran well. But maybe they can run a tiny bit better."

"It's going to be close," said Middletown South coach Karl Torchia, whose team averaged 20:19.5 last week. "But there's one thing I'm sure of — we'll run faster than we did last week."

Ridgewood girls in title hunt

By PAUL SCHWARTZ
Staff Writer

North Jersey has provided the last two girls cross-country champions at the New Jersey State Meet of Champions.

Dana Satir of Ramsey, now a sophomore at Princeton, won the 1996 title and Kelly Behan of Ridgewood won last year's race in an upset as a sophomore, but has unfortunately been unable to run since an injury last spring.

It's unlikely that a local girl will make it three in a row Saturday at 11:45 a.m. at Holmdel County Park despite the presence of Group 2 State champion Melissa Conway of Ramsey and Group 4 titlist Beth Androski of Hackensack. But that doesn't mean Bergen County won't provide a girls champion for the third straight year.

The Ridgewood team, impressive winners of the Group 4 title Saturday, will join Group 3 champion Middletown South, Parochial A titlist Red Bank Catholic, North Hunterdon, defending champ Shawnee, and Roxbury in a battle royal with no clear favorite.

In the boys race that begins at 11 a.m., Christian Brothers Academy is a heavy favorite to retain its team title with Hackensack in the six-way scrap for the runner-up slot.

Individually, Cate Guiney of Middletown South, eighth last year, is the favorite to win the girls title in a strong field that includes five of last year's top-10 finishers.

When 1997 national runner-up Murad Campbell of Overbrook dropped out of last week's Group 4 boys race, he opened the door to a multirunner battle with two-time Group 4 champ Jon Fasulo of Hunterdon Central the favorite.

Ridgewood, the 1992 MOC champion,

CROSS-COUNTRY

had an excellent race last week, with five runners in the top 30. The Maroons were the only team to have all five scorers break 21 minutes on the 5,000-meter course. No other team had more than three runners under 21 minutes.

To win, the Maroons need another solid race up front from Meg McDermott (29th last year, fourth in Group 4 last week) and continuing improvement from Clair Nowakowski and Julia Brownell. The Maroons also need Alyson Cangemi and Danielle Walther to contribute their usual solid races. A return to form by the normally reliable Tara O'Neill would give the Maroons six solid runners and enable them to earn the victory.

Red Bank Catholic put only one runner under 21 minutes last week, freshman Kelly Byrnes, but the Caseys had little trouble winning their race and essentially used the meet as a tuneup. Middletown South, led by Guiney, needs a better race from the back of their pack, while Shawnee and Roxbury are still dangerous.

Indian Hills is only a touch behind the top six and should battle for a top-10 slot with Group 1 champion Haddonfield, Group 2 titlist Moorestown, Voorhees, Ocean Township, and Hunterdon Central. Bogota, Glen Rock, and Immaculate Heart Academy also qualified in the 19-team field.

Individually, Guiney, the fourth girl in state history to break 18 minutes on the traditional state course, has broken away from the preseason favorite, Erin Donahue of Haddonfield, the Group 1 champion. Donahue (10th last year) will battle for the runner-up spot with Cheryl Bauer of Morris Hills, Julie Culley of North

Hunterdon, Pam Meadors of Ocean Township (last year's runner-up), Conway (25th last year), and Androski (32nd).

McDermott should be in the top 15, and a large group that includes Nowakowski, freshman Noelle Bassi of Indian Hills, Briana Bayersdorfer of River Dell, Tracy DellaTorre of Glen Rock, Megan Campbell of Ramsey, Jenica Asadorian of Westwood, Patty Martin of Hackensack (47th), and Julie Clifford of Holy Angels (33rd) should produce top-40 finishes in the 180-girl race.

Passaic County's only girl representative, Natalie Popowicz of Clifton, also should be in the mix for a top-40 finish and might actually be ready to surprise and cap her one-year, cross-country career with a top-20 finish.

In the boys team race, Hackensack, third in Group 4 last week, will battle Group 4 champ Cherokee, Washington Township, Shawnee, St. Joseph's of Metuchen, and Paul VI for second behind CBA. Palisades Park is also in the field.

Individually, Fasulo likely will challenge Nate Miller of Highland and Group 3 champ Tim Styler of Cranford for the title. Thomas Baldwin of Hackensack, Andres Cordero of Passaic Valley (50th last year), and Corey Kunz of St. Joseph Regional (54th) are in the hunt for top-10 finishes, with Cordero and Baldwin dark horses for the title.

Other locals who should be in the top 40 include Peter Leighton of Bogota, Ted Mussano of Wayne Valley, Tim McDonagh of Ridgewood, Ryan Miller of Bergen Catholic, Frank Browne and John Zewdu of Hackensack, and Josh Vanderwiele of Midland Park.

RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET STATE MEET OF CHAMPIONS

COURSE _____

DIVISION GIRLS CHAMPIONSHIP

COURSE RECORD _____

DATE 11-21-98

RIDGEWOOD RECORD _____

WEATHER Sunny & Warm

TYPE OF COURSE _____

FINISH PLACE	TEAM SCORE	NAME	TIME
24	(11)	MES McDERMOTT	20:05.2
53	(26)	CLAIR NOWAKOWSKI	20:48.7
55	(27)	JULIA BROWNELL	20:49.3
59	(29)	DANIELLE WALTHER	20:50.3
72	(39)	ALYSON CANSEMI	21:05.5
103	(64)	TARA O'NEILL	21:29.3
106	(67)	TAYLOR DUNN	21:37.9

TEAM TOTAL: 132

TEAM PLACE: 3rd

1-5 SPLIT: 1 MINUTE

1-7 SPLIT:

COMMENTS:

NJSIAA Meet of Champions

At Holmdel County Park, Holmdel

GIRLS TEAM SCORING

Middletown South 85, North Hunterdon 123, Ridgewood 132, Shawnee 164, Roxbury 165, St. Rose 187, Moorestown 211, Hunterdon Central 216, Red Bank Catholic 227, Indian Hills 233, Ocean Township 240, Voorhees 273, Morris Catholic 326, St. Dominic Academy 341, Immaculate Heart Academy 343, Haddonfield 343, Glen Rock 394, Villa Walsh 453, Bogota 588.

1. Cate Guiney, Middletown South 18:06.80
2. Erin Donahue, Haddonfield 18:27.4
3. Cheryl Bauer, Morris Hills 18:45.5
4. Pam Meadors, Ocean Township 19:00.2
5. Melissa Conway, Ramsey 19:07.4
6. Maggie Guiney, Middletown South 19:13.4
7. Patty Martin, Hackensack 19:30.5
8. Stephanie Snyder, Randolph 19:35.0
9. Lindsey Gallo, Howell 19:43.6
10. Julie Culley, North Hunterdon 19:46.3
11. Jenna Darcy, Shawnee 19:49.9
12. Stephanie Maxwell, Buena 19:51.2
13. Kristen Haughey, North Hunterdon 19:52.2
14. Laura Petrillo, Hopewell Valley 19:53.5
15. Kathleen Porter, Holy Cross 19:53.8
16. Julia Kuder, Moorestown 19:55.4
17. Melissa Capone, St. Rose 19:55.8
18. Julie Clifford, Holy Angels 19:56.8
19. Jamie Glenn, Pt. Pleasant Boro 19:57.0
20. Stephanie Last, Roxbury 19:59.1
21. Leyna Williams, Triton 19:59.9
22. Sarah Spilman, West Morris Central 20:01.6
23. Christina Mendoza, Hudson Prep 20:02.7
24. Meg McDermott, Ridgewood 20:05.2
25. Zillah Drymon, Roxbury 20:06.4
26. Megan Campbell, Ramsey 20:07.2
27. Briana Bayersdorfer, River Dell 20:07.5
28. Vanessa Bazydo, Morris Catholic 20:07.9
36. Jenica Asadorian, Westwood 20:25.9
39. Audrey Holst, Indian Hills 20:33.5
43. Tracy DellaTorre, Glen Rock 20:37.6
53. Clair Nowakowski, Ridgewood 20:48.7
55. Julia Brownell, Ridgewood 20:49.3
59. Danielle Walther, Ridgewood 20:50.3
63. Noelle Bassi, Indian Hills 20:54.6
68. Elizabeth Bewalder, Morris Catholic 20:58.1
71. Angela Lulino, Indian Hills 21:02.5
72. Alyson Cangemi, Ridgewood 21:05.5
83. Katherine Libretto, Glen Rock 21:15.7
86. Sonja Neilson, Indian Hills 21:20.0

BOYS TEAM SCORING

Christian Brothers Academy 55, Cherokee 66, Washington Township 110, Shawnee 143, Hackensack 156, Paul VI 176, Morris Hills 199, Middletown South 211, St. Joseph's (Met.) 228, Morristown 233, Haddonfield 297, Raritan 299, Somerville 300, Moorestown 319, Bernards 354, Wildwood Catholic 434, Mater Dei 462, Palsades Park 536, St. Rose 563.

1. Nate Miller, Highland 15:57.0
2. Tim Styler, Cranford 16:04.2
3. Steve Roman, Monroe Twp. 16:09.1
4. Jon Fasulo, Hunterdon Central 16:11.3
5. Geoff Fahey, CBA 16:12.5
6. Andres Cordero, Passaic Valley 16:14.2
7. Bill Mason, Cinnaminson 16:18.7
8. Bryan Skelly, Washington Twp. 16:19.7
9. Ryan Smith, Hightstown 16:31.5
10. Jeff DiChiara, CBA 16:33.1
11. Joe Hallin, Cherokee 16:34.1
12. Brian Salliter, Whippany Park 16:35.3
13. Rich MacKey, Morris Hills 16:35.8
14. Dan Christiansen, Shawnee 16:36.4
15. Aaron Boucher, Cherokee 16:37.6
16. Danny Chaves, Secaucus 16:39.1
17. Nick Ricco, Voorhees 16:43.3
18. Lou Raffeto, Ocean Twp. 16:43.8
19. Todd Henderson, Notre Dame 16:45.9
20. Eric Slayton, South Brunswick 16:46.6
21. Feder Estelus, Elizabeth 16:47.4
22. Randy Wetzel, Oakcrest 16:47.6
23. Ed Moran, Notre Dame 16:47.9
24. Gordon Laslusk, Westfield 16:48.4
25. Robert Hewitt, Washington Twp. 16:48.6
30. Ted Mussano, Wayne Valley 16:56.8
37. Thomas Baldwin, Hackensack 17:02.4
43. Tim McDonagh, Ridgewood 17:04.7
47. Frank Browne, Hackensack 17:06.9
49. Peter Ieighton, Bogota 17:08.6
61. Josh Vanderwiele, Midland Park 17:18.8
64. Mario Santivanez, Hackensack 17:20.4
79. John Zewdu, Hackensack 17:34.0
89. Marquese Singletary, Hackensack 17:40.5

(172 runners)

Middletown South saves best for last

by Jim Lambert

All season long, regardless of whether his team was coming off a loss or a victory, Middletown South coach Karl Torchia never stopped saying that his team had a legitimate shot at winning the Meet of Champions and could average under 20 minutes at Holmdel Park.

Even after losing back-to-back races at Holmdel Park in the Central Jersey, Group 3 race on Oct. 31 and the Shore Conference race on Nov. 7, Torchia never wavered in his confidence.

Even after his No. 2 returning runner, Kate Bongiolatti, was lost for the season with mononucleosis, he still believed. Torchia was convinced his team's best races were ahead. "The bigger the race, the better I think we'll run," he repeatedly said this season.

Torchia's words proved to be prophetic as Middletown South ran its best race of the season when the stakes were highest. Led by the remarkable Guiney twins, seniors Cate and Maggie, Middletown South received four personal best times, averaged 19:56.3 and got a clutch bounce-back race from freshman Casie Kerr to run away with its first girls' title yesterday at the 27th NJSIAA Meet of Champions at Holmdel Park.

Middletown South won with 85 points. North Hunterdon was second with 123 and Ridgewood third with 132. Defending champion Shawnee was fourth with 164.

"This is what we peaked for all season," said Torchia. "When we lost to North Hunterdon (37-40) in the Central Jersey race, we were just training through that race. We had too many big races coming up and I knew we couldn't run at our best in all of them. We targeted Group 3 and the Meet of Champions all season and we ran our better races when it counted the most."

After the sectional loss, Middletown South dropped an 84-86 decision to Red Bank Catholic in the

Shore Conference meet.

"We didn't run well in the Shore meet and I knew we'd bounce back."

Middletown South did, and in fashion, winning the Group 3 title last week with 48 points with North Hunterdon second with 65 and capped off its greatest season ever yesterday.

Cate Guiney led the way yesterday by winning in 18:06.8 to become just the second girl to win individually and as a member of a team. Jodie Bilotta of North Hunterdon did it in both 1985 and '86.

But there were several other outstanding performances that led to the victory.

Maggie Guiney, dropping her personal best by eight seconds, finished sixth in 19:13.4. Senior Jackie DeMaio was 44th in a personal best 20:38, Kerr, running just her second varsity race, was 50th in 20:47.7, an improvement of 31 seconds off her best. Middletown South's fifth runner, sophomore Sarah Brennessel was 66th in 20:55, equaling her best time. Brennessel beat North Hunterdon's fourth runner by seven places.

Kerr's place was significant because the team's normal No. 4 runner, sophomore Julia Baratta, was less than 100 percent. Baratta, who strained both her calves running in last week's Group 3 race, ran 23:13.2 yesterday after running 21:02 last week. In her varsity debut last week, Kerr ran 24:52.0.

"I knew that with Julia hurting I had to run much better for us this week," said Kerr, the Shore Conference JV champion. "There was no way I could run the same way I did last week. I knew the team needed me to run well and I was determined not to let them down."

Obviously the Guiney's twin's 1-6 finish was a big reason for Middletown's South victory.

"Having the No. 1 runner in the state up front is a huge advantage," said Torchia. "And with Maggie finishing sixth overall and fourth in the team scoring that gave us just five points after two runners. That put us in great shape to win with just three more runners yet to come in."

GIRLS TEAM ROUNDUP

GIRLS CROSS-COUNTRY

BERGEN GROUP 1-2

- 1. Ramsey** — The Rams' three-year reign atop Group 2 ended with a fourth-place finish in the State meet despite a victory by sophomore Melissa Conway. But the Rams beat archrival Indian Hills four out of seven, winning the Bergen and State sectional Group 2 titles. Only three of Ramsey's top seven return, but look for Rams coach John Kirchof to rebuild and stay near the top.
- 1. Indian Hills** — The Braves finished 10th in their first SMOC after a third-place finish in the State Group 2 race. With four of their top seven expected to return next year, the Braves again could be a team to watch next season.
- 3. Bogota** — The Bucs enjoyed another outstanding standing season that included a Group 1 Triple Crown. The Bucs return four of their seven varsity runners, but only two of their top five and need to develop some young stars in order to stay in contention.
- 4. Glen Rock** — Glen Rock made their first appearance in the State Meet of Champions by placing third in Group 1, capping a solid season. Three of their top six return, including prize freshman Katharine Libretto.
- 5. Westwood** — The Cardinals won a fourth straight BCSL American title and qualified for the State Group 2 championship after missing the BMOC. Jenica Asadorian ran well at the SMOC. She is the only senior on this year's team. Look for the Cardinals to be a contender next year.

BERGEN GROUP 3-4

- 1. Ridgewood** — With a third State Group 4 championship and a third-place finish in the State Meet of Champions capping another sensational season, the Maroons remain atop the rankings. Ridgewood returns five of its top seven runners and hopes to get 1997 State champion Kelly Behan back from the injury that sidelined her this season.
- 2. Hackensack** — Hackensack still was seventh in Group 4 and had a solid season despite an injury to April Quatrano that prevented the Comets return to the SMOC.

The Comets return their top three runners including potential All-Staters Beth Androski and Patty Martin but need some depth to contend for any major titles.

- 3. Immaculate Heart** — The Blue Eagles were third in Parochial A, earning a return trip to the SMOC, and had a solid pack all season. Three of their top seven return next year.
- 4. Holy Angels** — The Angels won their first Bergen Group 3 championship and ran well in the State Parochial A race, finishing sixth and missing a SMOC berth by less than 40 points. Four of their top seven runners return, but the Angels need to find a frontrunner.
- 5. Ramapo** — The Green Raiders just missed titles in the Bergen and State sectional races in Group 3 before succumbing to injuries in the State Group 3 meet. Five of this year's top seven return next year and the Green Raiders just might get those titles.

PASSAIC/E. MORRIS

- 1. Passaic** — The Indians enjoyed an outstanding season, having won the Passaic title and taking a very strong second in the Group 4 sectionals. Four of their top five return next year and with a little depth, the Indians could be even better next season.
- 2. Clifton** — The Mustangs returned to the State meet for the first time in four years after a very good second-place finish in the Passaic County meet. Three of this year's top seven return next year.
- 3. Pompton Lakes** — Passaic champion Shana Pitcher suffered an untimely illness right before the State Group 2 championship, preventing a return to the SMOC. The Cardinals return four of their top seven runners, but need to replace frontrunners Pitcher and Karen Auteri.
- 4. Passaic Valley** — The young Hornets should be a team to watch next year. Five of their top seven return from their Passaic County's meet fourth-place team.
- 5. Lakeland** — The Lancers won the Northern Hills Skyline meet and return four of the top seven and could be in a free-for-all battle for County honors next year.

Rankings by The Record sports staff.

Girls cross country places third in state

by Kelly Mullen

This season's girls cross country team ended with a third place finish in the NJSIAA State Meet of Champions held this past Saturday in Holmdel. The team fell to Middletown South and North Hunterdon in the State Meet.

Senior Meg McDermott was the top finisher for the team, coming in 24th with a time of 20:05.2. She was followed by freshman Clair Nowakowski in 53rd place, junior Julia Brownell in 55th, senior Danielle Walther in 59th and junior Alyson Cangemi in 72nd.

"All of the runners ran a strong race. Everyone worked really hard and made it a success," commented co-captain Julie Sprich.

The girls had won the State Group 4 meet one week ago. "We did really well in the State Group 4. Only the

top three teams qualify for states and we won it," said Sprich.

The season has been a success for the team in general. "We had an incredible season because we brought it up another level," said Sprich. An advantage for the team has been having nine runners able to run the 3.1 miles in under 21 minutes.

The team's success can be due to the fact that they are deep with talent. "The team has run really well, our varsity team has become a really tight pack instead of a team with just a couple of stars," commented co-captain Ana Law.

"Julia Brownell, Clair Nowakowski, and Danielle Walther were all new on varsity and all stepped it up this season. Of course Meg [McDermott] stepped it up another level and Monica [Schiefen], Taylor [Dunn] and Tara [O'Neill] had a steady season," commented Sprich.

Sprich predicted that next season

will "probably be better than this." They have a strong returning team, led by Cangemi.

Walther sums up the season by saying, "In general we met our goals. We proved we are just as good as we were last year even without our top runners."



girls cross country seniors
courtesy of Arrow Yearbook

Ridgewood girls forced to settle for third place

By PAUL SCHWARTZ
Staff Writer

HOLMDEL — For Ridgewood to earn its second State Meet of Champions cross-country title, the Maroon girls had to run even a better race Saturday than they did last week, when they stunned the field on the way to the Group 4 title.

Ridgewood ran well, but Middletown South and North Hunterdon ran better, dropping the Maroons to third place in the SMOC.

"We weren't as sharp up front as we had been last week," said Ridgewood coach Jacob Brown, "although we might have been sharper in the back than last week. We didn't lose the race. Middletown South just won it."

Indeed they did. Led by race winner Cate Guiney, who defeated Erin Donahue of Haddonfield by more than 100 yards in 18:06.8, Middletown South also got a sixth-place finish from Guiney's twin, Maggie, easily her best race of the year. Ridgewood ran well, with a 60-second

pack led by Meg McDermott in 24th place, but it was a pack with the front runners fading back towards the fourth and fifth runners rather than the reverse.

Despite the late withdrawal of Group 4 champ Beth Androski of Hackensack, suffering from a 102-degree fever, Bergen County placed two runners in the top 10, three in the top 20, and six in the top 30. Clifton's Natalie Popowicz, the only Passaic girl to qualify, missed the race with an infection in her heel.

Ramsey sophomore Melissa Conway was in the top 10 throughout the race and finished fifth, in 19:07.2, the seventh-fastest Bergen race all-time at Holmdel. And Hackensack junior Patti Martin, adopted for the day by Ridgewood as a teammate after Androski was unable to run, came from 30th place early to finish seventh, in 19:30.5, nearly a half-minute faster than her previous Holmdel best.

"I tried not to go out too hard today, but I wanted to be in the top 10 early," said Conway, 25th last year. "I'm a much stronger runner than I was last year and I

CROSS-COUNTRY

feel much more comfortable running in front than I did last year."

"I felt pretty strong and placing so high today gives me something to shoot for next season," said Conway, the second underclassman in the race behind fellow sophomore Erin Donahue. "I think in the next two years I might have a chance to get better."

Martin went out slowly, and progressively moved up the pack, finishing at the head of the main group of runners after the top-six finishers.

"I was shocked and felt pretty bad when I found out Beth couldn't run," said Martin, whose sister Jackie was fifth as a freshman in 1994. "This race was what I was training for all year, and I've gotten lots more confidence this year."

Julie Clifford of Holy Angels capped her final cross-country race with a best-ever 19:56.8 at Holmdel for 18th. Megan Campbell of Ramsey was 26th, a step

ahead of the state's top freshman finisher, Briana Bayersdorfer, of River Dell.

BEFORE ANDRES CORDERO could become the highest Passaic County finisher at the SMOC in 16 years, the Passaic Valley senior had to learn more than just how to run fast at Holmdel.

He also had to learn to run smart and how to relax.

The relaxation came after a meeting in early October between Andres, his family, and members of the Passaic Valley athletic staff. And Saturday, Cordero ran his smartest race ever en route to a sixth-place finish at the SMOC. Only Tony Williams of Kennedy, fifth in 1982, has finished higher.

"He had to learn to control his nerves," said an elated Vic Mizzone, the Hornets coach. "He's a much calmer kid now and he's turned into a fierce competitor. I'm thrilled for him."

"Today was the smartest race I've ever run," said Cordero, who ran 16:14.2 for

the 5,000-meter course and finished within 100 meters of race winner Nate Miller of Highland Regional after coming from well back after the first mile.

Cordero was by far the top area boys finisher, with two-time Passaic runner-up Ted Mussano of Wayne Valley next, in 30th place in the 172-runner field.

Bergen County champion Thomas Baldwin of Hackensack had his worst race of the year and finished 37th, but his Comet team still managed a fifth-place finish in the 19-team SMOC field. As expected, the Christian Brothers Academy won its fourth straight title and ninth in 13 years, 55-66, over Cherokee. Washington Township was third, followed by Shawnee and Hackensack, fifth with 156 points.

"The rest of the team ran what they had done all season, although our order was a little different," said Tom Zaccone of Hackensack. "I was afraid we might pack it in when they saw Thomas starting to struggle midway through the race, but they held together. It was nice to get to this level."



1998
**GIRLS ALL-COUNTY
CROSS-COUNTRY TEAMS**

PAGE S-10



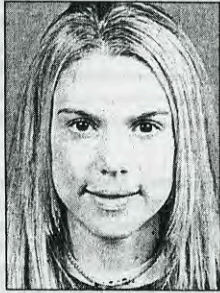
1998
**GIRLS ALL-COUNTY
CROSS-COUNTRY TEAMS**

PAGE S-10

All-County Cross Country

BERGEN — GIRLS

FIRST TEAM



BETH ANDROSKI
Hackensack, junior

One of four underclassmen on the first team, she enjoyed a sensational year, winning four major titles and never finishing lower than fourth in eight major races. Her wins came in the Brett Taylor A, NNJIL Atlantic, sectional Group 4, and the State Group 4 races. She was second in the Bergen 4, Season Opener A, and Bergen Meet of Champions races and fourth in the Shore B race. She will enter next season with the 10th fastest time ever run at Darlington, and the 20th fastest Bergen-Passaic time at Holmdel.



JENICA ASADORIAN
Westwood, senior

Asadorian was a second-team pick last year. After a slow start from the effects of mononucleosis, she finished with five top five finishes in seven major meets. She was second in the Bergen County Scholastic League American meet, third in the BMOC (her best race of the year), fourth in the Bergen and sectional Group 2 races, and fifth in the Shore F race. She was 13th in the State Group 2 race, earning a wild-card bid to the SMOC and then running solidly there, with a 36th-place finish. She had the 15th fastest race in Darlington history and is tied for 79th all time at Holmdel.



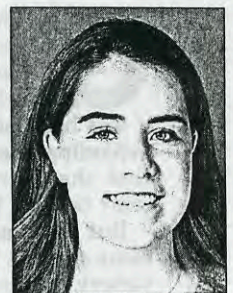
BRIANA BAYERSDORFER
River Dell, freshman

The top freshman in New Jersey, Bayersdorfer spent the first half of the season dominating freshman races and impressing in dual meets. She moved up to the 5,000-meter varsity distance without skipping a beat, placing no lower than sixth in five of the six meets. The 27th-place finish came in the SMOC, the top finish of any ninth grader. She was third in the BCSL American and Bergen Group 2 meets, fifth in the sectional 2 and BMOC races, and sixth in State Group 2. She already has the 19th-best time all time at Darlington and is tied for 55th locally at Holmdel.



MEGAN CAMPBELL
Ramsey, senior

Another runner who moved up from second team, she was part of the 1996 and 1997 State Group 2 championship teams. In seven major meets, she was seventh or better six times, missing only at the SMOC where she was a very solid 26th. She was second in both the NBIL and Bergen 2 races, was third in the sectional 2, sixth in the BMOC, and was seventh in both the State Group 2 and Shore E races. She finished her career 21st all time at Darlington and tied for 55th all time at Holmdel.



JULIE CLIFFORD
Holy Angels, senior

Clifford has been the county's top half-miler for three years and a two-time second-team cross-country selection. She had nine top-20 finishes in nine major races, and six top-10 finishes. She won the NNJIL Pacific meet, was second in the Bergen 3 and Passaic Coaches 3 races, was third in Parochial A, fourth in the New Jersey Catholic Track Conference meet, and sixth in the Season Opener A. Clifford was 13th in the Shore C race, 11th in the BMOC, and in her best race of the year was 18th in the SMOC.



MELISSA CONWAY
Ramsey, sophomore

A worthy successor to 1996 State champion Dana Satir, she lost just twice in seven major races all season and set herself up as a future contender for the State championship. She won the NBIL, Bergen 2, sectional 2, BMOC, and State Group 2 meets in five consecutive weeks. Before her hot streak, she was third in the Shore E race and beat the two runners in front of her at the Group 2 State race. She then was fifth in the SMOC. One of two repeaters from last year, she ranks seventh all time at Darlington, tied for 10th locally at Holmdel and tied for 13th all time at Garret Mountain.



TRACY DELLA TORRE
Glen Rock, senior

After two years as a second-team runner, she moved up to first team this year and led the Panthers into their first-ever State Meet of Champions. She won only the Bergen 1 race, but had five runner-up finishes, at the B-PSL Carpenter, sectional 1, Passaic Coaches 1, Shore F, and finally her second State Group 1 runner-up finish in three years. She also finished seventh in the BMOC and was a solid 43rd in the SMOC. She finished with the 24th-best time ever at Darlington and tied for 73rd locally at Holmdel.



PATTY MARTIN
Hackensack, junior

Making her third appearance on the All-Bergen squad and hoping to match her sister Jackie's record of four straight appearances next year, she never finished lower than seventh in nine major races. Her only win came at the Bergen Group 4 race when she upset teammate Androski. She was second in the Brett Taylor A, third in the NNJIL Atlantic, sectional 4, fourth in the BMOC and Season Opener A, sixth in the Shore B, and seventh in both the Group 4 and SMOC races. She ranks tied for eighth at Darlington and 24th all time locally at Holmdel.



MEG MCDERMOTT
Ridgewood, senior

Moving up from the second team, McDermott became the leader on a team that lost defending State champ Kelly Behan to injury and Group 4 titlist Celeste Sedo to graduation and still won the Group 4 State championship. She was ninth in the Shore B race early in the year and had four straight top-five finishes — second in the NNJIL Atlantic and sectional 4 races, third in the Bergen 4 race, and fourth in the State Group 4 race. She then was 24th in the SMOC. Her best time at Darlington ranks 22nd all time and she is in the 40th spot all time at Holmdel.

Ridgewood overcame major loss

Graduation losses are something every coach has to deal with. But when Ridgewood suffered its usual graduation losses and then lost its No. 1 runner to injury, it was bad enough. But when that No. 1 runner is defending State champ Kelly Behan, it appeared that the Maroons wouldn't be able to duplicate their terrific 1997 season.

But the Jacob Brown-coached Maroons overcame all that. They went on to an impressive upset victory for their third Group 4 State championship and finished third in the State Meet of Champions. Before that, the Maroons won their 15th straight Northern New Jersey Interscholastic League championship, 16th Bergen Group championship in 18 years, seventh straight Group 4 sectional, and 18th Bergen Meet of Champs title in 19 years.

Without a real star like Behan, the Maroons relied on All-Bergen selection Meg McDermott to lead a team that at various times included, Danielle Walther, Clair Nowakowski, Julia Brownell, Alyson Cangemi, Tara O'Neill, Monica Schiefen, Taylor Dunn, Ana Law, and Julie Sprich.

The Ramsey and Indian Hills girls battled all season, splitting six major meet decisions and naturally finishing tied atop the small-school rankings.

John Kirchhof's Ramsey team won the dual meet, and then captured the Bergen 2 title (by one point) and sectional 2 title (by four points) before finishing second in the BMOC, six points ahead of third-place Indian Hills. The Rams were led by Bergen County and Group 2 State champion Melissa Conway and fellow All-Bergen selectee Megan Campbell.

Steve Opremcak's Indian Hills team won the Northern Bergen Interscholastic League title (by 13 points), finished ahead of Ramsey by four points in taking third at the Shore E race, and then beat Ramsey for the third and final SMOC slot in State Group 2 before placing 10th in the SMOC. The Braves were led by Audrey Holst, Angela Luino, and freshman Noelle Bassi.

Passaic won its first girls title and led Passaic all season.

— PAUL SCHWARTZ

ALL-BERGEN

Second team

NOELLE BASSI, Indian Hills _____ Freshman
 JULIA BROWNELL, Ridgewood _____ Junior
 ALYSON CANGEMI, Ridgewood _____ Junior
 AUDREY HOLST, Indian Hills _____ Junior
 KATHERINE LIBRETTO, Glen Rock _____ Freshman
 LISA NEPIL, Ridgefield Park _____ Junior
 CLAIR NOWAKOWSKI, Ridgewood _____ Freshman
 FREDYLA URENA, Cliffside Park _____ Senior
 DANIELLE WALTHER, Ridgewood _____ Senior

Third team

MARY D'ARIANO, Immaculate Heart _____ Senior
 BELMAX DEJESUS, Fort Lee _____ Sophomore
 AMY GIACOBONE, Immaculate Heart _____ Junior
 LAURA HEMMERT, Northern Highlands _____ Junior
 ANGELA LUINO, Indian Hills _____ Senior
 SONJA NEILSON, Indian Hills _____ Senior
 TARA O'NEILL, Ridgewood _____ Junior
 CONCETTA PANUCCIO, Bogota _____ Senior
 MARGARET PARK, Ramapo _____ Sophomore

Honorable mention

Melanie Howell, Bergenfield; Stephanie Brown, Melinda DioDonet and Almy Rojas, Bogota; Melissa Hayes, Dumont; Kenesha Brathwaite, Jill Brownlee and Jen Elmezz, Fair Lawn; Meghan O'Toole and Agnes Rusin, Garfield; Laüca McKay, Glen Rock; Shauna Koenig, Claire McGuire and April Quatrano, Hackensack; Marianne Rausch and Gabrielle Saiz, Holy Angels; Jenna Bellisonzi, Erin Bortz and Erin Kallman, Immaculate Heart; Erin Bauberger, Indian Hills; Julia Kaye, Northern Highlands; Meghan Allen and Stephanie Davis, NV/Old Tappan; Carol Anne Bullen and Jeri Chico, Paramus; Jillian Romero, Paramus Catholic; Allison Herron, Pascack Hills; Laura Cheifitz and Sarah Kong, Ramapo; Erin Boettger, Robin Hauck, Jen Myers, Kristen Schmalz and Sabrina Silverstein, Ramsey; Shenee Clarke and Laura Stiefel, Ridgefield Park; Taylor Dunn, Ana Law, Tira Lobell and Monica Schiefen, Ridgewood.

ALL-PASSAIC

First team

KAREN AUTERI, Pompton Lakes _____ Senior
 SHONDELL BRATHWAITE, Passaic _____ Junior
 TRACEY COOK, Clifton _____ Junior
 SHANA PITCHER, Pompton Lakes _____ Senior
 NANCY MARTINEZ, Passaic _____ Senior
 NATALIE POPOWICZ, Clifton _____ Senior
 LARA SCHNEIDER, DePaul _____ Junior
 JESSICA VAN DENEND, Eastern Christian _____ Senior
 SHAKIRA WILLIAMS, Passaic _____ Senior
 NICOLE WINES, Wayne Valley _____ Sophomore

Second team

MICHELLE COHEN, Lakeland _____ Sophomore
 PIA GIUNTO, Clifton _____ Senior
 TARA MAHER, Pompton Lakes _____ Sophomore
 OTISHA MATHIS, Passaic _____ Junior
 SHANAE PRITCHETT, Passaic _____ Junior
 KRISTIN SCARNATY, Passaic Valley _____ Senior
 RACHEL TOYE, West Milford _____ Sophomore
 BETHANY VAN ALSTINE, Hawthorne Christian _____ Senior
 EDITH WERPACHOWSKA, Clifton _____ Junior
 TIA WHITAKER, Kennedy _____ Sophomore

Honorable mention

Stacey Baron and Kristin Rumbaugh, Clifton; Kate Lavoie and Nissa Zigarelli, DePaul; Krissy Benanus and Yvonne Wisse, Eastern Christian; Christina Concepcion and Teelia Lowery, Eastside; Amy VanderFleet, Hawthorne; Laronda Kersey and Isis Valenzuela, Kennedy; Lori Johansson and Karina Zyla, Lakeland; Stephanie Brautigan, Manchester; Edyta Bazan and Shakerah Speight, Passaic; Betty Cerat and Keneisha Reid, Passaic Tech; Krystal Cordero and Sara Nowen, Passaic Valley; Noelle Avoletta and Janell Bender, Pompton Lakes; Danise Cavallero and Gina Nasissi, Wayne Valley; Allison Post and Curry Snover, West Milford.

1998 GIRLS ATLANTIC DIVISION ALL LEAGUE CROSS COUNTRY

FIRST TEAM

<u>RUNNER</u>	<u>SCHOOL</u>	<u>CLASS</u>
Beth Androski	Hackensack	?
Meg McDermott	Ridgewood	12
Patricia Martin	Hackensack	?
Natalie Popowicz	Clifton	12
Alyson Cangemi	Ridgewood	11
Danielle Walther	Ridgewood	12
Shuna Koenig	Hackensack	?
Julia Brownell	Ridgewood	11
Tara O;Neil	Ridgewood	11
Taylor Dunn	Ridgewood	11

SECOND TEAM

<u>RUNNER</u>	<u>SCHOOL</u>	<u>CLASS</u>
Monica Schiefen	Ridgewood	12
Shondell Brathwaite	Passaic	11
Claire McGuire	Hackensack	?
Tracey Cook	Clifton	11
Shanae Pritchett	Passaic	11
Edith Werpachowska	Clifton	11
Otisha Mathis	Passaic	11
Nancy Martinez	Passaic	11
Kristin Rambaugh	Clifton	12
Pia Guinto	Clifton	12

HONORABLE MENTION

<u>RUNNER</u>	<u>SCHOOL</u>
Anna Law	Ridgewood
Tia Whitaker	JF Kennedy
Stacy Baron	Clifton
Edyta Bazan	Passaic
Christina Concepcion	Eastside
Jenny Mitchell	Bloomfield
Bridget Atkinson	Hackensack
No Nominee	Barringer

Super 25: Honorable Mention

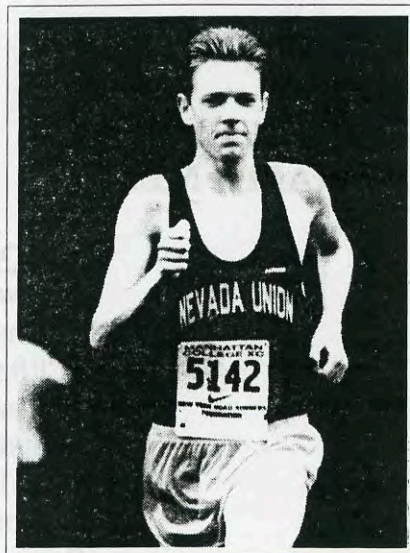
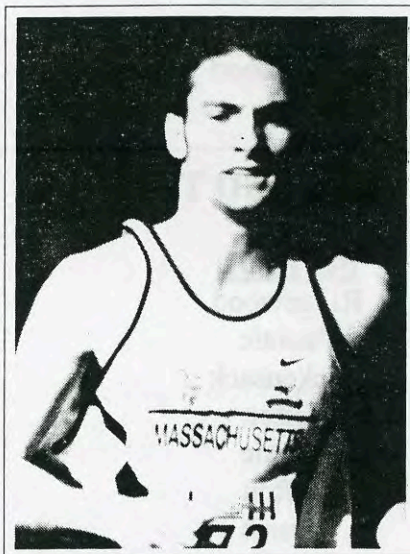
The Next Best Teams in the Country

Boys 26 - 50

Listed Alphabetically

Girls 26 -50

Albuquerque Acad, Albuquerque, NM
 Belmont HS, Belmont, CA
 Bend HS, Bend, OR
 Cherokee HS, Marlton, NJ
 Fairfield Prep, Fairfield, CT
 Gloucester HS, Gloucester, MA
 Hickman HS, Columbia, MO
 Highlands Ranch HS, High Ranch, CO
 Horizon HS, Scottsdale, AZ
 Katella HS, Anaheim, CA
 Little HS, Auburn, ME
 Lockport HS, Lockport, IL
 Manchester HS, Midlothian, VA
 Montgomery Bell HS, Nashville, TN
 Mountain Crest HS, Hyrum, UT
 Mt. Lebanon HS, Pittsburgh, PA
 Oakton HS, Vienna, VA
 Rock Springs HS, Rock Springs, WY
 St. Xavier HS, Cincinnati, OH
 Schaumburg HS, Schaumburg, IL
 Stevens Pt HS, Stevens Point, WI
 Stillwater HS, Stillwater, MN
 The Woodlands HS, Houston, TX
 Trinity HS, Louisville, KY
 Whitman HS, Bethesda, MD



Top: Mass. state champion Tristen Colangelo, a junior, led Gloucester to the Div I team title. Below: Mike Gregg, a Nevada Union senior, placed 5th in the Calif. state Div I race and 10th in the Foot Locker West. (photos by Garret Meade/Trak Shots).

Beavercreek HS, Beavercreek, OH
 Burnt Hills-Ballston Lake HS, B Lake, NY
 Carmel HS, Carmel, IN
 Coffman HS, Dublin, OH
 Desert Vista HS, Phoenix, AZ
 Gallup HS, Gallup, NM
 Knoxville West HS, Knoxville, KY
 Lake Braddock HS, Burke, VA
 Leesville Road HS, Raleigh, NC
 Mustang HS, Mustang, OK
 Naperville No HS, Naperville, IL
 Newport HS, Bellevue, WA
 North Allegheny HS, Wexford, PA
 North Hunterdon HS, Flemington, NJ
 Pearl River HS, Pearl River, NY
Ridgewood HS, Ridgewood, NJ
 Russell HS, Great Falls, MT
 St. Andrews HS, Ridgeland, MS
 Scott HS, Covington, KY
 Sultana HS, Sultana, CA
 Torrey Pines HS, Encinitis, CA
 Watauga HS, Boone, NC
 Waukesha West HS, Waukesha, WI
 Westfield HS, Westfield, IN
 West Plains HS, West Plains, MO



TONY VASSALLO

This is the 1998 All-Suburban girls cross-country team. Front Row (from left): Clair Nowakowski, Julia Brownell, Danielle Walther, Meg McDermott and Alyson Cangemi, all of Ridgewood. Back Row: Tracy Della Torre of Glen Rock, Melissa Conway and Megan Campbell, both of Ramsey, and Noelle Bassi and Audrey Holst, both of Indian Hills.

SPORTS

Ridgewood runs away with cross-

country honors

By JIM McCONVILLE

NORTHWEST BERGEN — If there were ever a dynasty in high school sports, it could safely be said that the Ridgewood High School girls cross-country program qualifies. One of the most successful harrier programs in the state, the Maroons consistently are the team to beat in Bergen County.

With this year's continuation of the success formula, it is little wonder that the All-Suburban first team has a distinct Ridgewood flavor, with five of the ten spots going to Maroon runners. Indian Hills and Ramsey each have two runners on the first unit, and Glen Rock has the other spot.

Five girls are back from last year's first team, including three-time, first-team choices Tracy Della Torre of Glen Rock and Megan Campbell of Ramsey. The team has four seniors, three juniors, a sophomore and two freshmen, making it a young but experienced group.

For the second straight year, an Indian Hills runner is the Freshman of the Year, with Erin Bauberger getting the honor, while Jacob Brown of Ridgewood is the Coach of the Year.

The individual profiles:

NOELLE BASSI, Indian Hills — One of the bright young faces on the Braves' team, this freshman had four top-ten finishes and will be a force to be reckoned with come the next three seasons. She opened her varsity career with a 39th-place finish in the Shore Invitational E Race and got attention with a fourth-place showing in the Northern Bergen Interscholastic League (NBIL) meet.

Bassi placed sixth in the Bergen County Group 2 meet, then added an 11th in the Group 2, Section 1 state meet. After a surprising eighth-place finish in the Bergen Meet of Champions (BMOC), she placed sixth in the state Group 2 race before coming in 63rd in the State Meet of Champions (SMOC).

JULIA BROWNELL, Ridgewood — This junior came up from the junior varsity and made a solid contribution in both the major races as well as the dual meets, especially in a tight win over Hackensack. Her season got underway with a 38th in the Shore B Race, and she placed eighth in the Northern New Jersey Interscholastic League (NNJIL) meet to get her post-season going.

Brownell's 19th-place finish in the Ridgewood Invitational B Run was followed by a fifth in the Bergen County Group 4 meet and a seventh in the Group 4, Section 1 race. She placed 15th in the BMOC and 28th in the state Group 4 run before closing the campaign by finishing 55th in the SMOC.

MEGAN CAMPBELL, Ramsey — Her third selection to the first team culminated an outstanding career for this senior, as she claimed six top-ten finishes, beginning with a seventh in the Shore E Race.

Campbell's post-season got started with a pair of second-place finishes to teammate Melissa Conway in the NBIL and Bergen County Group 2 runs, and she then finished third in the Group 2, Section 1 state race. After placing sixth in the BMOC, she was seventh in the state Group 2 run before closing out her career by finishing 26th in the SMOC.

ALYSON CANGEMI, Ridgewood

— This junior's second appearance on the first team comes on the heels of three top-ten finishes for the Maroons, the first of her career. She opened the season by finishing 20th in the Shore B Race and then had a season-best fifth-place finish in the NNJIL Atlantic Division meet.

Cangemi was 16th in the Ridgewood Invitational B Run, then ran sixth in the Bergen County Group 4 meet. Her ninth-place finish in the Group 4, Section 1 state run was followed by a 13th in the BMOC and a 27th in the state Group 4 race before closing out her season with a 72nd in the SMOC.

MELISSA CONWAY, Ramsey — In nine major races, this sophomore was in the top ten eight times, and she stamped herself as the one to beat the next two seasons with six victories. She got the first one in the Roxbury Sophomore Race, then ran third in the Shore E Meet.

Conway's post-season featured five straight wins in five consecutive weeks, beginning with the NBIL meet and followed by the Bergen County Group 2 run, the Group 2, Section 1 state race, the BMOC and the state Group 2 meet. She placed a strong fifth in the SMOC and closed the year with a 46th in the Foot Locker Northeast Regional race.

TRACY DELLA TORRE, Glen Rock — This three-time, first-team selection leaves with five career first-place finishes, and, except for a few steps, she could have doubled that total. The senior was second five times this season, beginning with the Passaic Invitational Group 1 Run and continuing with the Shore F Meet.

Della Torre came in second in the Bergen-Passaic Scholastic League (B-PSL) King Division meet after winning the league race the previous two years, but came back with a victory in the Bergen County Group 1 meet. After that, it was back to second in the Group 2, Section 1 state run followed by a seventh in the BMOC.

Della Torre's second-place finish in the state Group 2 race helped the Panthers to the team portion of the SMOC for the first time ever, and she ran a 43rd in the race to close out her career.

AUDREY HOLST, Indian Hills — A second-team choice last season, this junior moves to the first team after a season that saw her run to four top ten finishes. She opened the year with a 16th in the Shore E Race, then had a third in the NBIL meet and a fifth in the Bergen County Group 2 race. She was tenth in the Group 2, Section 1 state meet and ninth in the BMOC before a bout of sciatica caused her to come in 64th in the state Group 2 run despite competing in pain. She rebounded by finishing 39th in the SMOC.

MEG McDERMOTT, Ridgewood — In her second season as a runner after previously playing soccer, this senior became the number-one runner for the Maroons and recorded six top-ten finishes in seven major races.

A two-time first team selection, McDermott began the season with a ninth in the Shore B Race, then ran second in the NNJIL Atlantic Division meet to open the post-season. After finishing 10th in the Ridgewood Invitational B Run, she placed third in the Bergen County Group 4 meet and second in the Group 4, Section 1 state run. She missed the state Group 4 race to be a bridesmaid in her sister's wed-

ding, but came back to run a 24th in the SMOC.

CLAIR NOWAKOWSKI, Ridgewood — This freshman took the express lane to the varsity this season, beginning the year on the sub-varsity level before becoming a prominent part of the post-season. She won a pair of pre-season freshman races, the Brett Taylor event and the Ridgewood Invitational B Run, and added the Bergen County junior varsity title.

Nowakowski's sixth-place finish in the Group 2, Section 1 state meet was her varsity debut, and that was followed by finishes of 23rd in the BMOC, 16th in the state Group 4 meet and a 53rd in the SMOC.

DANIELLE WALTHER, Ridgewood — Another of the many pleasant surprises for the Maroons, this senior blossomed this year into a strong pack runner, and her 11th-place finish in the Shore B Run was the first indication.

Walther had three top-ten finishes, starting with a sixth in the NNJIL Atlantic Division meet. After placing 11th in the Ridgewood Invitational B Run, she racked up fourth-place finishes in the Bergen County Group 4 meet and the Group 4, Section 1 state run, both career bests, and she added a 23rd in the BMOC and a 21st in the state Group 4 run before closing her career with a 59th in the SMOC.

ERIN BAUBERGER, Indian Hills — The Braves have been a rising team in the past few years, and it is the influx of young talent such as this freshman that has put the team on the road to success.

By placing 20th in the Shore E Run, Bauberger served notice to her teammates that she was ready for the varsity, and her post-season opened with an 18th-place finish in the NBIL meet. After running 13th in the Bergen County Group 2 race, she was 25th in the Group 2, Section 1 state meet and 39th in the BMOC. Her season closed with a 61st in the state Group 2 meet.

JACOB BROWN, Ridgewood — Losing your top two runners from the previous year — Celeste Sedo to graduation and Kelly Behan to injury — is difficult for any team, but this veteran Maroon mentor continued his amazing success story with a group that had no true superstar but a group of hard-working athletes.

Brown's Maroons swept five titles — NNJIL Atlantic Division, Bergen County Group 4, BMOC, Group 4 state-sectional and state Group 4 — all the way to the SMOC, where Ridgewood placed third. The Maroons' state-sectional title was their seventh in a row, and the BMOC championship was their 18th in 19 seasons.

Cross-country

1998 all-state

By Jim Lambert

Brown says his best won't be his last

Jacob Brown, who began the girls cross-country program at Ridgewood in 1974, has had several memorable seasons in his 24 years as coach at the school. But many believe the job he did this past fall was his best.

Brown, entered this season trying to replace two All-State runners off last year's team, which finished second at both the Group 4 meet and the Meet of Champions. Celeste Sedo, the 1997 Group 4 champion, was off to Boston College and Kelly Behan, last season's M of C winner, was on the shelf for the season with a hip injury.

Many observers felt Ridgewood couldn't become a Group 4 title contender and had only an outside shot at even qualifying for the M of C. Brown was among the pessimists.

"There was no way when the season started that I thought we were going to win Group 4," said Brown. "There were too many other good teams. I was really just focusing on trying to finish in the top three and make it back to the Meet of Champs. That was the goal."

How wrong they were.

Brown, with four runners in his top seven who didn't run varsity last year, guided Ridgewood to one of the season's most stunning victories at the Group 4 meet. The team, then ranked No. 7 in The Star-Ledger Top 20, scored 74 points to easily outdistance then No. 1 Shawnee (132), which finished third, and No. 2 Roxbury (112), which placed second.

It was Ridgewood's second Group 4 title this decade and third overall and was the crowning moment of a magical season.

Ridgewood also captured its seventh straight North Jersey, Section 1, Group 4 and Bergen County Meet of Champions titles and went unbeaten in dual meets to extend that winning streak to 98 over 16 seasons.

The school capped its season by placing third in the M of C, marking the 11th time since the inception of the M of C in 1976 that it qualified and the seventh time it placed fourth or better.

Brown is The Star-Ledger 1998 Girls Cross-Country Coach of the Year.

He likes to downplay his role in the team's success this season.

"People want to say that it was my best job as a coach and that's fine with me," said Brown, a half-miler and hurdler in his days at Hopewell Memorial High in Pennsylvania and Penn State.

"But, I basically did the same thing I've always done. It's just that I had a group that responded well to what I told them. They bought into what I was telling them and that was a big key to our success."

Brown, 53, isn't about to let this memorable season be his last. He wants to stay in coaching as long as possible.

"I have no intentions of retiring from coaching anytime soon," he said. "I'm having too much fun. I'll probably retire from teaching before coaching. Coaching is a big part of my life."

How this team was selected

The Star-Ledger All-State teams are selected by sportswriters whose full-time job is high school sports coverage. Their decisions are based on meet coverage, opinions of coaches, players, colleagues and results from individual tournaments, when applicable.

Individual and team statistics are not the leading factor.

If you have a question about the process, you can contact our high school sports office at 908-789-3355, after 5 p.m.

**COACH
OF YEAR**

THURSDAY
EDITION



OPINION

Local teachers selected for awards

PRICE 35c

Coach takes state award in stride

By R. N. Rajan
Staff Writer

RIDGEWOOD — Ridgewood High School track-and-field coach Jacob Brown always had a high regard for The Star-Ledger Coach-of-the-Year selections.

"Their choices are always fair and appropriate," Brown said.

However, little did Brown realize that he would be one of those selected to receive the award. Brown was recently named 1998 Girls Cross-Country Coach of the Year. For Brown, who's been a health teacher and track and field coach at Ridgewood High School for 28 years, being selected to receive the award is an honor.

"It's the biggest award I've gotten because it's a state-wide award," Brown said.

However, he is quick to add he had some help from this year's 44-member cross-country team, which won the state Group Four meet and ranked third in the Meet of Champions among a pool of approximately 400 school teams this last season.

"I had great kids this year. They're the ones who got this award for me," Brown noted.

Brown said he thought he was picked because the team made an impressive comeback this past season.

"Coming into the season, it didn't look like we'd do well, then we won the state meet," Brown explained.

Brown said, award notwithstanding, he is suffering from "cross-country withdrawal."

"We had a great season. It was one I was sad to see end," Brown said.

Brown is also once again the Ridgewood News All-Suburban Coach of the Year in his sport. See page 17.

When considering all the functions that our government performs, the education of our students has to be the most important.

After all, these are our children, and they are our future.

With that in mind, it is always nice to see that teachers who work particularly hard to bring the best possible education and learning experiences to their students receive an honor or notice for their efforts.

There are many teachers who earn these awards throughout the year, and three educators who did so recently stand out as examples of teaching at its finest.

The first teacher is Jacob Brown, track and field coach and health teacher at Ridgewood High School, who recently was named by a daily newspaper as the girls cross country Coach of the Year. His selection

as the top girls cross country coach in the state is an impressive honor indeed. Brown, who was also named Ridgewood News' All-Suburban Coach of the Year this year, modestly credits his students for his being chosen. Yet his 28 years as a Ridgewood High School track and field coach show clearly that his hard work and dedication to his teams have been a successful time for all.

Along those lines, Theresa DeSimone, a social studies teacher at St. Thomas More School in Midland Park, was named to "Who's Who Among Teachers." What makes this selection that much more special is that a student nominated DeSimone for the award.

For 10 years, DeSimone has been teaching at St. Thomas More, and she has begun a number of projects at the school. One such program,

"Teen Talk," provides teens the opportunity to get together and discuss whatever is on their minds.

Even a new teacher can make a difference, as has third grade teacher Sean Boyle at Julia A. Traphagen School in Waldwick. Boyle received a Certificate of Commendation as part of the Sallie Mae First Year Teacher Program, after Principal Carolyn Small nominated him for the award. Small had selected Boyle for his efforts inside and outside the classroom on behalf of his students and for his ability to incorporate new ideas into his classes.

It is important that our teachers bring the best possible education to our students. The efforts of Brown, DeSimone, Boyle and countless other educators in our area deserve recognition from the community.

All-Suburban girls cross-country

FIRST TEAM

- Noelle Bassi, Indian HillsFreshman
- Julia Brownell, Ridgewood.....Junior
- Megan Campbell, Ramsey.....Senior
- Alyson Cangemi, Ridgewood.....Junior
- Melissa Conway, Ramsey.....Sophomore
- Tracy Della Torre, Glen Rock.....Senior
- Audrey Holst, Indian Hills.....Junior
- Meg McDermott, Ridgewood.....Senior
- Clair Nowakowski, Ridgewood.....Freshman
- Danielle Walther, Ridgewood.....Senior

FRESHMAN OF THE YEAR Erlin Bauberger, Indian Hills

COACH OF THE YEAR Jacob Brown, Ridgewood

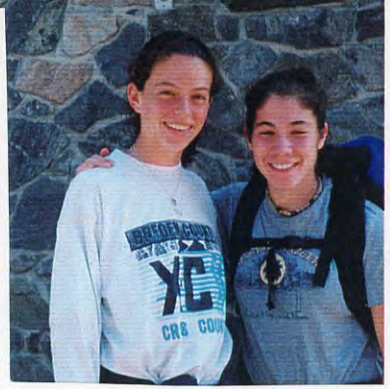
SECOND TEAM

- Taylor Dunn, RidgewoodJunior
- Laura Hemmert, No. Highlands.....Junior
- Julia Kaye, Northern Highlands.....Junior
- Katherine Libretto, Glen Rock.....Freshman
- Angela Luino, Indian Hills.....Senior
- Sonja Nellson, Indian Hills.....Senior
- Tara O'Neill, Ridgewood.....Senior
- Margaret Park, Ramapo.....Sophomore
- Kristin Schmalz, Ramsey.....Senior
- Monica Schiefen, Ridgewood.....Senior

JACOB BROWN, Ridgewood —

Losing your top two runners from the previous year — Celeste Sedo to graduation and Kelly Behan to injury — is difficult for any team, but this veteran Maroon mentor continued his amazing success story with a group that had no true superstar but a group of hard-working athletes.

Brown's Maroons swept five titles — NNJIL Atlantic Division, Bergen County Group 4, BMOC, Group 4 state-sectional and state Group 4 — all the way to the SMOC, where Ridgewood placed third. The Maroons' state-sectional title was their seventh in a row, and the BMOC championship was their 18th in 19 seasons.



Cross Country

The Overlooked Sport

By Kristin Nazario

What exactly is cross-country? To tell you the truth, for most of my life, I had no idea. Something to do with running, I guess. It's that sport where people run around with their shirts sticking to their backs, spitting on sidewalks, singing cheezy songs, waving at cars, and throwing wild pasta parties. Actually, they all seemed pretty crazy.

There are no cheerleaders on the sidelines: "Give me a C; Give me an R..." We've been stuck wearing the same old uniforms for years as we watch the other teams get new ones. We hear the glory of the football team's victory, the pitcher's no-hitter, and the soccer team's courageous win, but what about cross-country? Our sport is filled with just as much courage, endurance, dedication, and glory as those teams, but how often do you hear about us?

We push ourselves to the limit by training hard and accomplishing things we never thought possible. With each practice, we improve and build up our stamina, then finally prove ourselves in the Big Meet.

On that line, it's just you and your ability. There are no excuses. You run, cross the finish line, and get your time. It doesn't get any simpler than that. It's just a different, nerve-wracking feeling. Plus you get to pin on one of those funky numbers. And if you're good, you get your name in the newspaper!

However, it goes so far beyond that. I heard about cross-country while I was on winter and spring track freshman year. I wondered how those people ran eight miles a day. Yet I always held an admiration for them, and a curiosity of how they did it. They always seemed to have so much fun, so I decided to join.

I then realized that it wasn't just running. XC holds unlimited benefits and advantages. Each practice is different because we get to go everywhere. We meet all kinds of people: the casual jogger, the dog walker, the people stopped at a stop light, and they all say, "You're an inspiration to us all!" Sure, we invite them to come along, but for some reason they always decline.

Some team members even went trick-or-treating on a run. On hot days, we go on a desperate search for sprinklers or restaurants for water. And while practices for the other sports are cancelled because of rain, we get psyched! Yes, mud fights!

The greatest thing of all is when you're done with the race. It gives such an overwhelming feeling of accomplishment. I did that? I ran that time? I came in that place? We trained hard and now it's time to celebrate!

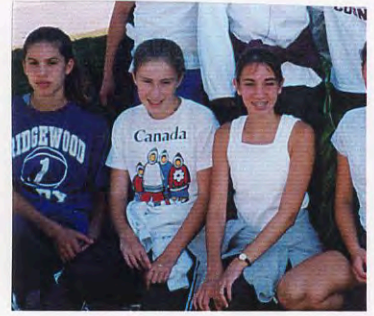
We jump around- this is after that brief moment when we'd rather die, but we get over that- and the "Runner's High" kicks in. It's pure euphoria. We may be tired, but we're the most hyper group of people you'll ever see. There is so much team spirit: joking, laughing, blasting music, and partying the whole bus ride. We just ignore the fact that we have to do it all again at the next meet.

I have made the best friends that I'll probably ever have in my life in this sport. Our team just bonds instantly, especially when we're trying to think of a good excuse to cut a workout. (Going to the trainer always seems to work.) We feel like we've been through so much together. How many times can you watch *Prefontaine* or tease Coach? And where else do you have the excuse to run through the streets singing, "Eye of the Tiger," "I Wanna Hold Your Hand," the theme from *Grease*, or any other song?

(Oh, and may I just insert one question here: Guys, why must you always honk at a girl when she's covered in sweat, her hair plastered to her head, and spit all over her face? Just wondering.)

So what else do we get from this sport? I truly don't have enough time or space to fit it all in. Basically, we find out what we are capable of, who we are, and how much determination and perseverance we have. It builds character and shows us that we can accomplish almost anything if we set our minds to it. We get in the greatest shape of our lives, meet many fun people, and are able to eat junk food without the guilt.

Take my advice, though. Tacos, donuts, and running don't mix. It's just not a pretty picture.



RIDGEWOOD GIRLS CROSS COUNTRY HISTORY

<u>year</u>	<u>duals</u>	<u>league</u>	<u>bergen</u> gr IV	<u>bergen</u> champs	<u>state</u> section	<u>state</u> group	<u>state</u> champ
1974	4-2			2nd		7th	
1975	3-2	1st		3rd		8th	
1976	5-1	1st		3rd	2nd	4th	
1977	4-2	2nd		4th	4th	11th	
1978	2-1	2nd	2nd	6th	2nd	12th	
1979	5-0	1st	2nd	2nd	1st	3rd	8th
1980	6-0	1st	1st	1st	1st	1st	2nd
1981	7-0	1st	1st	1st	1st	4th	
1982	5-0	1st	1st	1st	1st	3rd	4th
1983	4-1	3rd	2nd	1st	3rd	12th	
1984	5-0	1st	1st	1st	1st	5th	
1985	5-0	1st	1st	1st	2nd	6th	
1986	4-0	1st	1st	1st	1st	3rd	7th
1987	4-0	1st	1st	1st	2nd	6th	
1988	4-0	1st	1st	1st	2nd	12th	
1989	7-0	1st	1st	1st	2nd	8th	
1990	8-0	1st	1st	1st	1st	6th	
1991	9-0	1st	1st	2nd	2nd	3rd	9th
1992	7-0	1st	1st	1st	1st	1st	1st
1993	6-0	1st	1st	1st	1st	3rd	3rd
1994	6-0	1st	1st	1st	1st	2nd	4th
1995	6-0	1st	1st	1st	1st	5 th	
1996	6-0	1 st	2 nd	1 st	1 st	3 rd	8 th
1997	6-0	1 st	1 st	1 st	1 st	3 rd	2 nd
1998	7-0	1 st	1 st	1 st	1 st	1 st	3 rd

FIRST TEAM ALL BERGEN COUNTY

1976	Alyson Grunder
1977	Klara Grape
1978	Barbara Remmers
1979	Mary Ellen Mileski and Carol Dickstein
1980	M.E. & Patti Mileski, C. Dickstein, Kathy Duffy, Sue Hart
1981	Mary Ellen & Patti Mileski, and Colleen Wright
1982	Mary Ellen & Patti Mileski, and Margaret Scutro
1983	Margaret Scutro
1984	M. Scutro, Karen O'Brien, Jen Hughes
1985	Jen Hughes, Linda Hockey, Norine D'Arcy
1986	Jen Hughes and Jean Hughes
1987	Jen Hughes and Jean Hughes
1988	Jean Hughes and Lynne Collazo
1989	Liz Figlar and Eileen Fitzgerald
1990	Liz Figlar, Eileen Fitzgerald, and Jenna Rogers
1991	Eileen Fitzgerald and Jenna Rogers
1992	Claire Blaney, Jeanne Reilly, J. Rogers, A. Smith, Lauren Stuhr
1993	Jenna Rogers, Amy Smith, Lauren Stuhr

RIDGEWOOD HIGH SCHOOL GIRLS CROSS COUNTRY
DUAL MEET WIN STREAK HISTORY

- 1978 9/19 LOST TO BERGENFIELD (26-31)
 but beat Bloomfield (1 girl)
 9/26 Paramus (15-50)
 10/10 Paramus Catholic (20-41)
- 1979 9/25 Fairlawn (15-48)
 10/2 Teaneck (17-44) and Hackensack (15-50)
 10/16 Bergenfield (22-33) and Wayne Valley (3 girls)
- 1980 9/23 Bergenfield (15-49) and Wayne Valley (3 girls)
 9/30 Passaic Valley (20-38)
 10/2 Fairlawn (2 girls)
 10/7 Ramsey (19-38), Teaneck (16-45) & Hackensack (15-50)
 10/21 Clifton (15-50)
- 1981 9/28 Bergenfield (15-48)
 9/24 Passaic Valley (20-40)
 10/1 Fairlawn (15-50)
 10/6 Hackensack (18-43) and Teaneck (16-47)
 10/13 Paramus Catholic (20-41)
 10/20 Clifton (15-48)
- 1982 9/28 Paramus Catholic (15-50)
 10/5 Bergenfield (20-41) and Teaneck (15-50)
 10/12 IHA (16-47)
 10/19 Hackensack (19-42)
- 1983 9/20 Belleville (3 girls)
 9/27 Passaic (15-50)
 10/4 LOST TO HACKENSACK (30-27)
 10/11 Paramus Catholic (15-49)
 10/18 Teaneck (18-40)
- 1984 9/14 Paramus Catholic (15-50)
 9/18 IHA (15-50)
 10/4 Hackensack (23-36)
 10/9 Paramus (21-38)
 10/16 Teaneck (17-46)
- 1985 9/20 Paramus Catholic (1 girl)
 9/26 IHA (15-50)
 10/8 Hackensack (20-43)
 10/15 Paramus (24-31)
 10/17 Teaneck (18-39)
- 1986 9/19 Teaneck (4 girls finished)
 9/30 IHA (15-50)
 10/14 Hackensack (24-33)
 10/16 Paramus (24-35)

1987 9/22 Paramus Catholic (15-50)
9/29 IHA (15-50)
10/13 Hackensack (18-42)
10/15 Paramus (22-34)

1988 9/27 Paramus Catholic (18-45)
10/4 Passaic (23-36) and Eastside (2 girls)
10/11 Clifton (15-40) and Kennedy (no girls)
10/18 Teaneck (15-48)

1989 9/16 Paramus Catholic (19-43)
9/19 Passaic (20-40)
9/26 Kennedy (3 girls)
10/3 Clifton (22-33) and Eastside (2 girls)
10/10 Montclair (15-50) and Barringer (3 girls)

1990 9/18 Passaic (15-50) and Bloomfield (15-50)
9/25 Kennedy (17-46)
10/2 Clifton (19-42) and Eastside (15-50)
10/9 Montclair (20-38) and Barringer (2 girls)
10/16 IHA (15-46)

1991 9/13 IHA (19-42)
9/20 Paramus Catholic (16-47)
9/24 Bloomfield (15-48), Passaic (15-49) and
St. Domonic (15-50)
10/1 Kennedy (20-43)
10/7 Clifton (18-37) and Eastside (1 girl finished)
10/16 Montclair (19-44)

1992 9/15 Passaic (15-50)
9/17 Belleville (15-50)
9/22 Kennedy (15-48)
9/30 IHA (19-40)
10/8 Clifton (16-47) and Bloomfield (no girls)
10/13 Eastside (3 girls) and Montclair (2 girls)

1993 9/21 Passaic (15-50) and Barringer (no girls)
9/28 Kennedy (15-50)
10/5 Eastside (15-50) and Montclair (2 girls)
10/13 Clifton (18-45) and Bloomfield (no girls)

1994 9/20 Montclair (2 girls) and Passaic (15-50)
9/28 Kennedy (15-46) and Bloomfield (no girls)
10/4 Eastside (19-42) and Barringer (3 girls)
10/11 Clifton (17-48)

1995 9/19 Passaic (15-50) and Montclair (1 girl)
9/27 Kennedy (22-37) and Bloomfield (no girls)
10/10 Clifton (16-45)
10/12 Eastside (15-50) and Barringer (3 girls)

1996 9/25 Kennedy (24-34) and Bloomfield (3 girls)
10/1 Clifton (18-45) and Passaic (17-46)
10/9 Eastside (4 girls) and Montclair (2 girls)

1997 9/23 Kennedy (21-38) and Bloomfield (15-50)
9/30 Clifton (15-46) and Passaic (15-48)
10/7 Montclair (4 girls) and Eastside (1 girl)

1998 9/15 Passaic (21-36)
9/24 Eastside (15-50)
9/28 Hackensack (26-31) and Bloomfield (15-50)
and Barringer (15-50)
10/6 Kennedy (15-50) and Clifton (18-41)

98 MEET WIN STREAK OVER 16 YEARS.

END of 1998 Season :

141 DUAL MEET WINS
83 CHAMPIONSHIP WINS

224 TOTAL WINS

