

**ATHLETE OF THE WEEK**

**This runner really moves**

By **BOB KURLAND**

Staff Writer

**S**hahnaz Iqbal started running in the second grade while living in Dubai, continued to sprint in the fifth grade while residing in Canada, and stretched her legs even more as a freshman at Bergenfield.

Iqbal, who is a walking — or make that a running — geography lesson, hit the heights of her first year in cross-country by capturing the State Group 3 championship on Saturday. Her accomplishment earned her The Record's Athlete of the Week honor.

If living in three countries in her 17 years seems a bit much, ask her where she sometimes goes on vacation: "Sri Lanka, that's where our family comes from."

In order to unravel Travels with Iqbal, this is the chronology. When the Gulf War broke out, her family decided it be prudent to leave the Middle East and move to Saskatoon. And three years ago her father, Muhammad, obtained a job in New Jersey, and so the wandering family put down stakes here.

"The hardest move," says the junior, "was from Dubai, which is the hottest place, to Canada, which is the coldest. The move here was much easier. Food also proved a problem as we went from a Muslim country to Canada, where I learned to eat things like pasta."

The petite and effervescent Iqbal didn't go out for cross-country in the past because she was

into other things, such as tennis, swimming, and karate. However, coach Jean Hughes Buono talked her into it.

"I saw the potential in her coming from her middle distance running," says Buono. "And with her great work ethic and determination, I knew she'd be good at it."

Iqbal wasn't sure about the new sport. "But my parents and coaches made me believe in myself and that I could do it. And winning the championship as a rookie runner was a new and wonderful feeling."

On Saturday she'll test her "rookie" running against the best in the State Meet of Champions. "It's going to be a great challenge and I know I'll have to run my best," says Iqbal.

Although she had tasted running as a young-

ster in two other countries, she wasn't sure about competing in high school. "My brother Shafraz ran cross-country for Bergenfield and that got me interested in running."

She's a very good student despite being in her third educational system. "The Middle East education is based on the British system," she says, "so when I went to Canada I was ahead in my studies except for English. Although we studied English, we hadn't done any essay work."

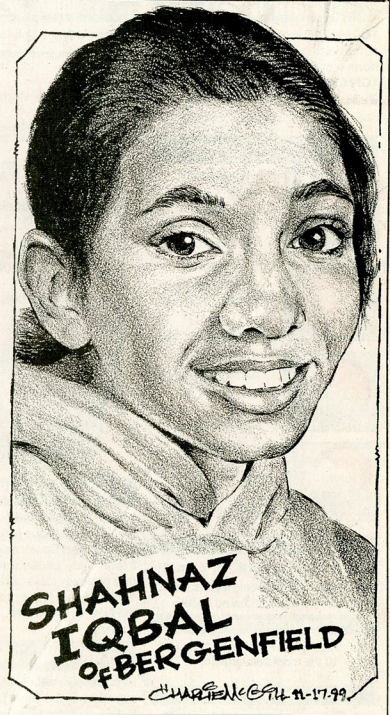
While she's now running in all three seasons, she still has time to be involved in other things. "I play the trumpet in the marching band and at home enjoy playing the piano," she says. "I'm also involved in Habitat for Humanity."

Experts see a great future in cross-country because of her will to win and amazing finishing kick.

"What she lacks is experience and she doesn't like to go in front until the end," says Buono. "But her potential is unlimited."

Buono should know something about talent since she was a fine cross-country runner for Ridgewood, and Iqbal's 19:53 in winning the championship equaled her best time.

Runners-up for Athlete of the Week: **Alecko Eskandarian** of Bergen Catholic and **Mike Ruth-erford** of Ramapo for soccer; **Chris Charles** of Park Ridge, **Joe Feola** of Bergenfield, and **Austin Wall** of Indian Hills for football.



**SHAHNAZ IQBAL OF BERGENFIELD**  
*CHARLIE CASH 11-17-99*

**SPORT: CROSS-COUNTRY**

**POSITION:** Cross-country **CLASS:** Junior **AGE:** 17

**LATEST ACCOMPLISHMENT**  
 Captured the State Group 3 championship.

**BACKGROUND**  
 Tasted a little running while living in the Middle East and Canada but became serious after arriving at Bergenfield High School.

**QUOTE**  
 "Whether it's in running or doing schoolwork, you're not a true winner until you push yourself to the utmost extent."

**North Jersey Sports**



**STAY ON TOP OF NORTH JERSEY HIGH SCHOOL FOOTBALL**

Visit The Record Web site: [www.bergen.com](http://www.bergen.com)

**ATHLETE OF THE WEEK**

**'The Beast' is best**

By **RON FOX**

Staff Writer

**J**ust the thought of asparagus made Beth Androski recoil three years ago. Now she orders the vegetable plate and welcomes any combination that arrives at the table.

"Looking back on my freshman year, I hated vegetables," says the Hackensack cross-country runner, a senior, and a champion. "But now I feel better, and I run better eating a variety of them."

Androski ran the best Saturday, turning in the second fastest 5,000-meter time in Darlington County Park history. Her sizzling 18-minute, 17-second run gained the Bergen County Group 4 championship and The Record's Athlete of the Week honor.

When Coach Ed Church suggested the heavy veggie intake, he knew it would not be a hard sell. "For a teen in today's society, Beth leads a very healthy lifestyle," he says.

Church also admires Androski's tremendous dedication to being the best in everything she does. She is ranked third in her class academically, is president of the Honor Society, and probably will study marketing in college.

"Something creative, definitely," she says. Her need to run surfaced at an early age, to the surprise of classmates. "When they told us to run the mile in elementary school, I would say, 'Yay!' while all the others would say, 'Oh, no!'" Church had advance notice that Androski

eventually would be on his team. "She was about 10 years old and her sister was a sophomore runner," the coach recounts. "Beth told me then she would run for me when she got to high school."

Once there, Androski threw herself into the program, with self-improvement her goal. She stands barely 5-foot-1, yet Church refers to her with great affection as "The Beast" because she worked so hard in the weight room that she was bench-pressing considerably more than her own weight.

"Toward the end of track season last year, I weighed about 90 pounds and I got above that [lifting]," she says modestly, happy to drop the subject.

**SPORT: CROSS-COUNTRY**

**POSITION:** No. 1 runner **CLASS:** Junior **AGE:** 17

**LATEST ACCOMPLISHMENT**  
 Androski ran the second fastest time in the history of Darlington County Park's 5,000-meter course, running 18:17 to win the Bergen County Group 4 title.

**BACKGROUND**  
 She took up running in elementary school and has been All-Bergen County in cross-country and both indoor and outdoor track.

**QUOTE**  
 "People expect a runner to be tall, but I thought, 'Wouldn't it be neat to be short and a good runner?'"

That is one more example of Androski's fierce determination to be the best. "If you set a goal, you have to be patient with yourself," she says. "You can't expect it [to happen] the next day. You have to work hard for it."

She's also become known as a student of her sports.

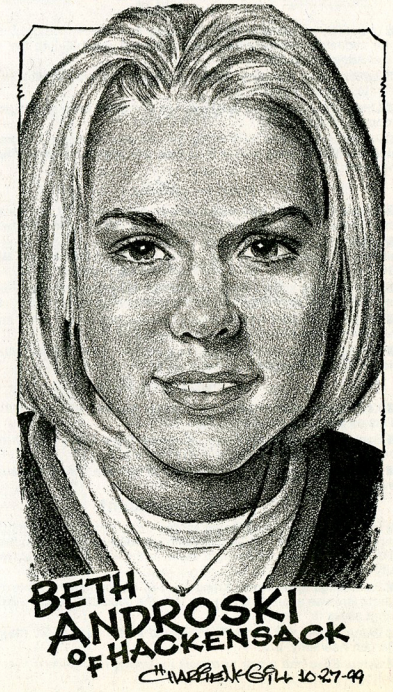
"Running isn't just moving your legs," Androski explains. "You've got to have a plan [for a race], like when to move faster, when to make a move."

Providing the support are her parents, Marietta and Michael, who have been on hand for almost all of her races, even the dual meets. Church has been a great source of strength and instruction, and Androski thanks her teammates for their friendship and ability to cheer her up on rare off days in class.

Androski provides her own moral support to the less fortunate by organizing walk-a-thons to raise money for leukemia research and food drives for the homeless as a member of the school's Interact Club.

"I love to help people," she says. "I always want to do as much as I can."

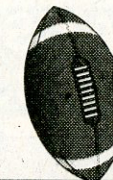
Runners-up for Athlete of the Week were **Randy Sinisi** of Tenafly, **Chris Scarpelli** of Ramapo, and **Warren Stella** of Midland Park, in football; and **Samantha Raggi** of Cresskill in volleyball.



**BETH ANDROSKI OF HACKENSACK**  
*CHARLIE CASH 10-27-99*



# North Jersey Sports



**STAY ON TOP  
OF NORTH JERSEY  
HIGH SCHOOL FOOTBALL**

Visit The Record Web site:  
[www.bergen.com](http://www.bergen.com)

## ATHLETE OF THE WEEK

# 'The Beast' is best

By **RON FOX**

Staff Writer

**J**ust the thought of asparagus made Beth Androski recoil three years ago. Now she orders the vegetable plate and welcomes any combination that arrives at the table. "Looking back on my freshman year, I hated vegetables," says the Hackensack cross-country runner, a senior, and a champion. "But now I feel better, and I run better eating a variety of them."

Androski ran the best Saturday, turning in the second fastest 5,000-meter time in Darlington County Park history. Her sizzling 18-minute, 17-second run gained the Bergen County Group 4 championship and The Record's Athlete of the Week honor.

When Coach Ed Church suggested the heavy veggie intake, he knew it would not be a hard sell. "For a teen in today's society, Beth leads a very healthy lifestyle," he says.

Church also admires Androski's tremendous dedication to being the best in everything she does. She is ranked third in her class academically, is president of the Honor Society, and probably will study marketing in college.

"Something creative, definitely," she says.

Her need to run surfaced at an early age, to the surprise of classmates. "When they told us to run the mile in elementary school, I would say, 'Yay!' while all the others would say, 'Oh, no!'"

Church had advance notice that Androski

eventually would be on his team. "She was about 10 years old and her sister was a sophomore runner," the coach recounts. "Beth told me then she would run for me when she got to high school."

Once there, Androski threw herself into the program, with self-improvement her goal. She stands barely 5-foot-1, yet Church refers to her with great affection as "The Beast" because she worked so hard in the weight room that she was bench-pressing considerably more than her own weight.

"Toward the end of track season last year, I weighed about 90 pounds and I got above that [lifting]," she says modestly, happy to drop the subject.

### **SPORT: CROSS-COUNTRY**

**POSITION:** No. 1 runner    **CLASS:** Junior    **AGE:** 17

#### **LATEST ACCOMPLISHMENT**

Androski ran the second fastest time in the history of Darlington County Park's 5,000-meter course, running 18:17 to win the Bergen County Group 4 title.

#### **BACKGROUND**

She took up running in elementary school and has been All-Bergen County in cross-country and both indoor and outdoor track.

#### **QUOTE**

"People expect a runner to be tall, but I thought, 'Wouldn't it be neat to be short and a good runner?'"

That is one more example of Androski's fierce determination to be the best. "If you set a goal, you have to be patient with yourself," she says. "You can't expect it [to happen] the next day. You have to work hard for it."

She's also become known as a student of her sports.

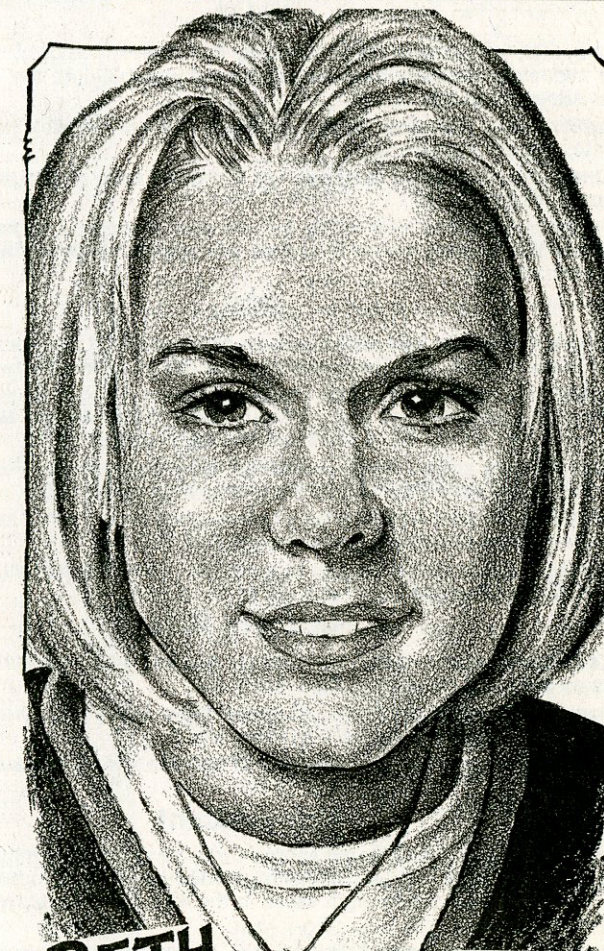
"Running isn't just moving your legs," Androski explains. "You've got to have a plan [for a race], like when to move faster, when to make a move."

Providing the support are her parents, Marietta and Michael, who have been on hand for almost all of her races, even the dual meets. Church has been a great source of strength and instruction, and Androski thanks her teammates for their friendship and ability to cheer her up on rare off days in class.

Androski provides her own moral support to the less fortunate by organizing walk-a-thons to raise money for leukemia research and food drives for the homeless as a member of the school's Interact Club.

"I love to help people," she says. "I always want to do as much as I can."

Runners-up for Athlete of the Week were **Randy Sinisi** of Tenafly, **Chris Scarpelli** of Ramapo, and **Warren Stella** of Midland Park, in football; and **Samantha Raggi** of Cresskill in volleyball.



**BETH  
ANDROSKI  
OF HACKENSACK**

CHARLES GILL 10-27-99



**ATHLETE OF THE WEEK**

**This runner really moves**

By **BOB KURLAND**

Staff Writer

**S**hahnaz Iqbal started running in the second grade while living in Dubai, continued to sprint in the fifth grade while residing in Canada, and stretched her legs even more as a freshman at Bergenfield.

Iqbal, who is a walking — or make that a running — geography lesson, hit the heights of her first year in cross-country by capturing the State Group 3 championship on Saturday. Her accomplishment earned her The Record's Athlete of the Week honor.

If living in three countries in her 17 years seems a bit much, ask her where she sometimes goes on vacation: "Sri Lanka, that's where our family comes from."

In order to unravel Travels with Iqbal, this is the chronology. When the Gulf War broke out, her family decided it be prudent to leave the Middle East and move to Saskatoon. And three years ago her father, Muhammad, obtained a job in New Jersey, and so the wandering family put down stakes here.

"The hardest move," says the junior, "was from Dubai, which is the hottest place, to Canada, which is the coldest. The move here was much easier. Food also proved a problem as we went from a Muslim country to Canada, where I learned to eat things like pasta."

The petite and effervescent Iqbal didn't go out for cross-country in the past because she was

into other things, such as tennis, swimming, and karate. However, coach Jean Hughes Buono talked her into it.

"I saw the potential in her coming from her middle distance running," says Buono. "And with her great work ethic and determination, I knew she'd be good at it."

Iqbal wasn't sure about the new sport. "But my parents and coaches made me believe in myself and that I could do it. And winning the championship as a rookie runner was a new and wonderful feeling."

On Saturday she'll test her "rookie" running against the best in the State Meet of Champions. "It's going to be a great challenge and I know I'll have to run my best," says Iqbal.

Although she had tasted running as a young-

ster in two other countries, she wasn't sure about competing in high school. "My brother Shafraz ran cross-country for Bergenfield and that got me interested in running."

She's a very good student despite being in her third educational system. "The Middle East education is based on the British system," she says, "so when I went to Canada I was ahead in my studies except for English. Although we studied English, we hadn't done any essay work."

While she's now running in all three seasons, she still has time to be involved in other things. "I play the trumpet in the marching band and at home enjoy playing the piano," she says. "I'm also involved in Habitat for Humanity."

Experts see a great future in cross-country because of her will to win and amazing finishing kick.

"What she lacks is experience and she doesn't like to go in front until the end," says Buono. "But her potential is unlimited."

Buono should know something about talent since she was a fine cross-country runner for Ridgewood, and Iqbal's 19:53 in winning the championship equaled her best time.

Runners-up for Athlete of the Week: **Alecko Eskandarian** of Bergen Catholic and **Mike Rutherford** of Ramapo for soccer; **Chris Charles** of Park Ridge, **Joe Feola** of Bergenfield, and **Austin Wall** of Indian Hills for football.

**SPORT: CROSS-COUNTRY**

**POSITION:** Cross-country **CLASS:** Junior **AGE:** 17

**LATEST ACCOMPLISHMENT**

Captured the State Group 3 championship.

**BACKGROUND**

Tasted a little running while living in the Middle East and Canada but became serious after arriving at Bergenfield High School.

**QUOTE**

"Whether it's in running or doing schoolwork, you're not a true winner until you push yourself to the utmost extent."

