



**RIDGEWOOD  
CROSS  
COUNTRY**

**2001**

**SEASON  
SUMMARY**

2001

Ridgewood Girl's Cross Country

2001

Dual Meets  
6 wins

Nutley	15-50
Montclair	21-37
Holy Angels	15-50
Paramus	19-42
Passaic	22-35
Teaneck	15-46

Championship Meets  
5 wins

Shore Coaches (B race)	1 <sup>st</sup>
Ridgewood Invitational	2 <sup>nd</sup>
Bergen Group 4	1 <sup>st</sup>
NNJIL	1 <sup>st</sup>
NJ North 1 State Section	1 <sup>st</sup>
Bergen Meet of Champs	1 <sup>st</sup>
State Group 4	5 <sup>th</sup>
SMOC	11 <sup>th</sup>

Junior Varsity Meets  
3 wins

Shore Coaches	4 <sup>th</sup>
Ridgewood Invitational	1 <sup>st</sup>
Bergen Champs	1 <sup>st</sup>
JV "section champs"	1 <sup>st</sup>

Frosh Meets  
5 wins

Maroon Inv.	3 <sup>rd</sup>
Brett Taylor	1 <sup>st</sup>
Ridgewood	1 <sup>st</sup>
Bergen Champs	1 <sup>st</sup>
NNJIL	1 <sup>st</sup>
Frosh "Section Champs"	1 <sup>st</sup>
BMOC	2 <sup>nd</sup>

2001 Ridgewood Girls Cross Country

seniors: Sarah Bigos\*, Cassidy Canzani\*, Julia Foresman\*, Jackie Goulart\*, Colleen Herlihy\*, Lauren Lillis\*, Peggy Lynch\*, Clair Nowakowski\*(1st team all State, all Bergen, all Suburban), Alexandra Oros\*, Ruth VanYperen\*.  
(all seniors were captains).

juniors: Casey Callan, Kerry Doherty, Kristen Espenak, Jackie Macchi, Kate McDonagh, Jenna Rubinoff.

sophomores: Tammie Armstrong, Ashley Bridgefarmer, Reine Duffy, Casey Dunn\*, Caroline Gable, Lianne Hansen, Jill Herlihy, Justine Lupo\*(1st team all Bergen, all Suburban), Shannon McCarthy, Meghan O'Connell\*, Emily Terrin\*(1st team all Suburban).

frosh: Clair Burns, Jenn Cortright, Sara Delaney, Genevieve Hamilton, Jane Horwitz, SuJean Park, Rachael Ryan, Katie Simpson.

coach: Jacob Brown

\*= letter winner

## CROSS COUNTRY 2001

### Schedule of Practice and other events:

Clair and Justine are training this week for Footlocker  
11/29 All County Dinner at the Fiesta  
12/?? Team Awards Dinner at Appleby's TBA

### Schedule of Competitions:

9/17 - Monday - Nutley away Bus-3pm  
9/19 - Wednesday - Montclair home  
9/21 to 9/23 - Cross Country Weekend  
9/24 - Monday - Holy Angels & Paramus at Darlington Park  
9/28 - Friday - Frosh only, Maroon Invitational at Garret Mountain  
Bus-2pm  
10/6 - Saturday - Shore Coaches Invitational at Holmdel Park  
1:06-JV, 2:53-varsity Bus-10am  
10/6 - Saturday - Brett Taylor at Darlington Park  
9:15-frosh Bus-7am  
10/9 - Tuesday - Passaic at Garret Mountain Bus-3pm  
10/13- Saturday - Ridgewood Invitational at Veterans Field  
1:15-frosh, 1:45-JV, 2:30-varsity  
10/20- Saturday - Bergen Group 4 Champs at Darlington Park  
2:10-varsity, 2:45-JV, 3:10-frosh Bus-12noon  
10/23- Tuesday - NNJIL Championship at Garret Mountain  
3:05-JV, 3:50-varsity, 4:05-frosh Bus-1pm  
10/26- Friday - Frosh & Junior Varsity Sectional Championship  
3:55-frosh, 4:25-JV Bus-2pm  
10/27- Saturday - State Sectionals at Garret Mountain  
10am-varsity Bus-8am  
11/3 - Saturday - Bergen County Meet of Champs at Darlington Park  
2:30-varsity, 1:55-frosh Bus-12noon  
11/10- Saturday - State Group 4 Champs at Holmdel Park  
11:30am-varsity Bus-8am  
11/17- Saturday - State Meet of Champs at Holmdel Park  
11am-varsity Bus-7:30am  
11/24- Saturday - FootLocker Regional Champs at Vancortland Park.  
11:05-soph, 12:30-seeded varsity Bus-9am

last updated 11/18/01

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS Nutley  
 DATE Sept 17, 2001  
 TEAM RECORDS: RHS 1-0

DISTANCE 2.8  
 COURSE RECORD \_\_\_\_\_  
 COURSE CHARACTER \_\_\_\_\_  
 WEATHER Sunny

PLACE	NAME	SCHOOL	TIME	PLACE	NAME	SCHOOL	TIME
1.	Clair Nowakowski	RHS	17:24	21.	Kerry Doherty	RHS	22:54
2.	Justine Lupo	RHS	18:25	22.	Tammie Armstrong	RHS	22:58
3.	megan williams	Nutley	18:38	23.	Katie Canonico	Nutley	23:10
4.	Julia Foresman	RHS	18:54	24.	Jane Horowitz	RHS	23:39
5.	Alex Oros	RHS	18:58	25.	Daniel K Endora	Nutley	23:30
6.	Emily Terrin	RHS	19:46	26.	Sarah Bigos	RHS	24:16
7.	Peggy Lynch	RHS	19:48	27.	Sarah Delaney	RHS	25:25
8.	Casey <del>Dunn</del>	RHS	19:53	28.	Jenn Cortright	RHS	<del>25:30</del>
9.	megan O'Connell	RHS	19:53	29.	Grace Misnes	Nutley	27:34
10.	Kate McDonagh	RHS	19:57	30.			
11.	LeAnne Hansen	RHS	20:23	31.			
12.	Claire Burns	RHS	20:34	32.			
13.	Cassia Ganzani	RHS	20:35	33.			
14.	Caroline Gable	RHS	20:52	34.			
15.	Rachel Ryan	RHS	21:05	35.			
16.	Ruth vanYperen	RHS	22:13	36.			
17.	Lauren Willis	RHS	22:14	37.			
18.	Shannon McCarthy	RHS	22:15	38.			
19.	Jill Herling	RHS	22:15	39.			
20.	Katie Simpson	RHS	22:41	40.			

**SCORING**

RHS	NUTLEY
1	3 (8)
2	23 (9)
4 (3)	24 (10)
5 (4)	29 (11)
6 (5)	(12)
<b>FINAL</b>	<b>SCORE:</b>
15	50

**COMMENTS:**

Jackie Mackie; Alex Genova; and Kristen E. didn't finish due to injury

NUTLEY HAD 4 RUNNERS - FORFIT SCORE OF 15-50  
 NEW TO CROSS COUNTRY RUNNERS MEGAN O'CONNELL and EMILY TERRIN LOOKED VERY GOOD. FROSH CLAIRE BURNS and RACHAEL RAN VARSITY QUALITY TIMES IN THEIR FIRST RACE. THE TEAM LOOKS VERY GOOD!

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS montclair  
 DATE 9/19/01  
 TEAM RECORDS: RHS \_\_\_\_\_

DISTANCE 3.1  
 COURSE RECORD \_\_\_\_\_  
 COURSE CHARACTER \_\_\_\_\_  
 WEATHER Sunny

PLACE	NAME	SCHOOL	TIME	PLACE	NAME	SCHOOL	TIME
1.	Justine Lupa	RHS	21:06	21.	Amanda Lugl	montclair	26:35
2.	Meghan O'Connell	RHS	21:17	22.	Jane	RHS	26:42
3.	Christen Vanhoffman	montclair	21:21	23.	Jenn Coutright	RHS	27:27
4.	Emily Terrin	RHS	21:25	24.	Gene vere	RHS	29:38
5.	Ellen Davis	montclair	21:29	25.	Casey Callan	RHS	29:15
6.	Kate McDoughna	RHS	22:35	26.	Colleenhering	RHS	29:10
7.	Jessica Mannors	<del>RHS</del> montclair	22:51	27.	<del>Corr</del> Reine	RHS	29:32
8.	Leanne Hanson	RHS	22:51	28.	Sara Delaney	RHS	29:33
9.	Casey Dunn	RHS	22:58	29.			
10.	Lajaun Samuels	montclair	23:18	30.			
11.	Caroline Gable	RHS	23:31	31.			
12.	Jenn Shwarts	montclair	23:51	32.			
13.	Casey Canzani	RHS	24:12	33.			
14.	Racheel Ryan	RHS	24:13	34.			
15.	Kerry <del>Doherty</del>	RHS	24:29	35.			
16.	Stephanif Adickman	mont	24:31	36.			
17.	Ruth VanMyer	RHS	24:36	37.			
18.	Shannon McCarthy	RHS	24:37	38.			
19.	Katie Simpson	RHS	26:29	39.			
20.	Sujean	RHS	26:32	40.			

**SCORING**

RHS	
1	3
2	5
4	7
6	10
8	12
<b>FINAL</b>	<b>SCORE:</b>
21	37

**COMMENTS:**

Jackie Mackhi is out for her knee  
 6 Runners UNDER 23 minutes  
 1 is OUTSTANDING FOR TODAY.

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS HOLY ANGELS & PARAMUS  
 DATE 9-24-01  
 TEAM RECORDS: RHS 4 WINS & 0 LOSSES

DISTANCE 5K  
 COURSE RECORD \_\_\_\_\_  
 COURSE CHARACTER DARLINGTON  
 WEATHER OVERCAST VERY HUMID  
+ WARM

PLACE	NAME	SCHOOL	TIME	PLACE	NAME	SCHOOL	TIME
1.	CLAIRE NOWAKOWSKI	RHS	19:35	21.		HolyAngels	24:39
2.	JUSTINE LUPO	RHS	20:59	22.	SHANNON Mc CARTHY	RHS	24:40
3.	JACKIE GOULART	RHS	21:10	23.		HolyAngels	24:57
4.	CAROL BULLEN	PARAMUS	21:18	24.	TAMMIE ARMSTRONG	RHS	25:28
5.	KATHERINE WENG	PARAMUS	21:32	25.	SUJEAN PARK	RHS	25:42
6.	SULIA FORESMAN	RHS	21:36	26.	SHERRI SHRINAVASA	PARAMUS	25:49
7.	ALEX OROS	RHS	21:58	27.	COLLEEN HERLIHY	RHS	25:58
8.	EMILY TERRIN	RHS	22:09	28.	MARISSA O'BRIEN	PARAMUS	25:58
9.	PEGGY LYNCH	RHS	22:29	29.	JILL HERLIHY	RHS	26:15
10.	JESSICA WENG	PARAMUS	22:40	30.		HolyAngels	26:28
11.	KATE McDONAGH	RHS	22:54	31.	SARA DELANEY	RHS	27:08
12.	SARAH CRISCUOLO	HolyAngels	22:55	32.	RACHAEL RYAN	RHS	27:19
13.	CAROLINE NORRIS	HolyAngels	23:09	33.	KATIE SIMPSON	RHS	27:19
14.	CASEY DUNN	RHS	23:10	34.	JANE HORWITZ	RHS	27:23
15.	CASSIE CANZANI	RHS	23:30	35.		HolyAngels	
16.	MEG HARGROVE	HolyAngels	23:37	36.			
17.	LIANNE HANSEN	RHS	23:40	37.			
18.	CAROLINE GABLE	RHS	24:08	38.			
19.	CLAIRE BURNS	RHS	24:08	39.			
20.	LAUREN LILLIS	RHS	24:16	40.			

SCORING

RHS	PARAMUS	HOLY ANGELS
1	1	4 (8)
2	2	5 (9)
3	3	10 (10)
6	(4)	(11) (11)
7	(5)	(12) 12
19	FINAL 15	SCORE: 42 50

COMMENTS:

PARAMUS AND HACKENSACK WERE AT DARLINGTON TODAY SO WE RAN TOGETHER AND COUNTED THE RACE AGAINST PARAMUS. OUR TIMES ARE EXCELLENT CONSIDERING THE WEATHER AND OUR WORK LOAD.

13 RIDGEWOOD ATHLETES DID NOT RUN FOR VARIOUS REASONS TODAY.

# Expectations running high

## Local girls should dominate

By **PAUL SCHWARTZ**  
STAFF WRITER

From an individual standpoint, North Jersey girls cross-country has never enjoyed a year like 1984.

That year, Bergenfield's Toni Ann Angione became the first North Jersey winner of the State Meet of Champions, edging Wayne Valley's Jen Van Horn, with Margaret Scuto of Ridgewood fourth and Missy Duchini of Wayne Valley seventh.

But the 2001 season could top that. North Jersey has never looked ahead with as much optimism going into a cross-country season. The first four girls who cross the finish line at the State Meet of Champions Nov. 17 at Holmdel could come from Bergen and Passaic counties.

Passaic Valley junior Jesse Mizzone, Hawthorne Christian junior Lindsay Van Alstine, Glen Rock senior Erin Henry, and Ridgewood senior Clair Nowakowski could write a new piece of history topping 1984.

There have been other fine years for area individuals with Jenna Rogers of Ridgewood (1993), Dana Satir of Ramsey (1996), and Kelly Behan of Ridgewood (1997) capturing State titles and North Jersey runners placing in the top five in each of the past 10 years and 17 of the past 20.

The favorite is Mizzone, second to Erin Donohue of Haddonfield last fall. Already this year, she has blistered a 17:33 5K road race and ran 18:10 for 5,000 meters at Darlington County Park, a time bettered only by Rogers at the Bergen Meet of Champions in 1993 en route to her State title two weeks later. Her goals are to win the State Meet of Champions and make it to the Foot Locker Nationals in Orlando, Fla., in December.

But Mizzone, the defending Passaic County champion, has to hold off someone in her own backyard first.

Van Alstine, the only North Jersey girl to win two State Group titles, shoots for her third straight Parochial B title and hopes to improve on her fifth-place finish in last year's State meet.

Two Bergen County standouts also figure to be in the hunt for statewide honors. Henry was second in the State Group 1 and the Bergen Meet of Champions and 13th in the State meet in her first

## GIRLS CROSS-COUNTRY

cross-country season last fall.

Nowakowski was 18th in the 1999 State Meet of Champions and was undefeated until a third-place finish in the Bergen Meet of Champions last fall before anemia forced an end to the rest of her season.

But the sensational quartet won't be the only top performers in the area this year. In Passaic County, All-American intermediate hurdler Tawana Watkins of Kennedy, third last fall in cross-country, returns along with senior Kristen Varina of Hawthorne and juniors Yanirda Mejia of Passaic and Amy Cierich of Wayne Valley.

In Bergen, six of last year's top 10 finishers in the Bergen Meet of Champs return, including junior Shaneika Bernard of Hackensack (third), senior Briana Bayersdorfer of River Dell and sophs Justine Lupo of Ridgewood and Jenna Bauberger of Indian Hills.

In all, 14 of the top 25 from last year's Bergen Meet of Champions return with soph Ali Eckmeyer of Northern Valley/Old Tappan and juniors Felicia Chevalier of Dumont and Virginia Westervelt of Northern Valley/Demarest perhaps the best of the group.

The team battles could be interesting. Passaic is favored to win a fourth straight girls title with West Milford and Passaic Valley probably the next two finishers.

Ridgewood counts on Nowakowski, Lupo, Peggy Lynch, Jackie Goulart, and Alexandra Oros to lead Jacob Brown to his 10th straight Bergen Meet of Champions title and 21st in 22 years.

The Maroons also could be in the hunt for a fifth State Group 4 title and ninth trip to the State Meet of Champions in 11 years.

Indian Hills was expected to be Ridgewood's closest rival, but Pascack Valley easily trimmed the Braves in a dual meet and with a solid pack, won the Season Opener A race impressively.

Indian Hills should snap back and battle with PV, Northern Valley/Old Tappan, and Northern Valley/Demarest for the NBIL title and a top five slot in the Bergen Meet of Champions. Cresskill figures to hold off Bogota, Ridgefield, and Palisades Park in Group 1.



CLAIRE NOWAKOWSKI  
Ridgewood

## GIRLS TOP 15

**1. Ridgewood** – A shutout of Nutley in its dual opener was followed by an easy win over Montclair.

**2. Pascack Valley** – They may not be this good all year, but an easy win over Indian Hills followed an impressive Season Opener A win.

**3. NV/Old Tappan** – The Golden Knights add impressive freshman Taylor Lebowitz to a solid nucleus season.

**4. Cresskill** – The Cougars easily beat Bergen Tech and took the Season Opener B title. But they may lack depth.

**5. Glen Rock** – Once Erin Henry fully recovers from a mild case of mononucleosis and Kristen Stephen hits her stride, the Panthers might contend for the Group 1 state title.

**6. Ramsey** – The Rams may not be as strong as in the past but they beat Pascack Hills and Mahwah easily.

**7. Dumont** – The Huskies should again contend for the BCSL American title and finished second in the Season Opener A race.

**8. Indian Hills** – The Braves were stunned, 20-35, by Pascack Valley in their opening meet, but expect to improve weekly.

**9. NV/Demarest** – The Norsewomen beat Wayne Hills and Fair Lawn but face depth problems.

**10. Passaic** – The three-time defending Passaic County champions look ready to try for a fourth.

**11. River Dell** – With Briana Bayersdorfer and a solid pack, the Golden Hawks could rise quickly.

**12. West Milford** – An early season win over Clifton might be the start of an excellent year.

**13. Hackensack** – Shaneika Bernard leads a solid returning nucleus for the Comets.

**14. IHA** – Theresa Hearn hopes to boost the Blue Eagles.

**15. Bogota** – Coach Jay Mahoney's team always improves as the year moves on.

# must be on their watch

## CROSS-COUNTRY NOTEBOOK

## GIRLS CROSS-COUNTRY TOP 15

d to race reasons.

e athletes e races. of watch- hem and acles, and

of the top and some in a sport rules, and

ior **Bobby** advantage . It simply

een wear- ntry and it **Paul Kor-** s off of his /ear.

o a junior, he motiva-

r monitor- team has a ing out the nnecessary ething like even more

g races, but

I think the new rule is absurd," said Emmerling, part of the Tigers' 1999 and 2000 State Group 1 champions.

If the state provides clocks or officials calling out splits on the track and throughout the cross-country courses, watches may be unnecessary. But not all meets provide this. Watches cause no harm, and now they only provide another excuse for officials to disqualify a runner for actions that have nothing to do with the race itself.

**CONTINUING A TRADITION** - The 10th annual Brett Taylor Invitational will be held Saturday morning at Darlington County Park, honoring the memory of the former Hackensack captain who died in 1992.

While not as prestigious as the Shore Coaches Invitational, held the same day at the State championship course in Holmdel, it is one of the highlights of the season because it honors Taylor and awards scholarships from the proceeds to Bergen County track and cross-country athletes. Last year, four \$1,000 scholarships were awarded by the committee, which includes Taylor's mother.

Last year's winners, all freshmen at college now, were: **Arash Darian**, Mahwah: An all-league cross-country and middle-distance runner.

**Peyton Fischer**, Ramsey: An eight time letter-winner who ranked in the top quarter of her class, she was a league and County group champion in the 800 meters and 400 intermediate hurdles.

**Jenny Lee**, Emerson: A four-year cross-country runner, she ranked second in her class.

**John Woodburn**, Ridgewood: A solid member of a strong Maroon cross-country team, he ranked in the top third of his class.

**ANOTHER MEET SWITCH:** The BCSL American meet scheduled for Oct. 13 at Darlington County Park has been switched to Oct. 15 at the same site.

**1. Ridgewood** - Undefeated Maroons face first key test in Shore invitational B race.

**2. Pascack Valley** - The Indians remain unbeaten with their next race the NBIL championship next Friday.

**3. Passaic** - The Indians lost a dual to Bloomfield but finished third in the Maroon 3-4 meet after winning Passaic Coaches Group 4.

**4. Ramsey** - The Rams lost a tight one to Pascack Valley after winning the Maroon 1-2.

**5. Hackensack** - The Comets were a solid fourth in the Maroon 3-4 and easily beat Holy Angels.)

**6. NV/Old Tappan** - The Golden Knights defeated NV/Demarest but slip because of no major races yet.

**7. Ramapo** - The Green Knights ran very well at the Passaic Coaches 3 meet but were beat soundly by Ramsey and Pascack Valley last Monday.

**8. NV/Demarest** - The Norsewomen lost to Old Tappan and will run their top two at Shore.

**9. IHA** - The Blue Eagles had

an excellent 2nd place finish in the Passaic Invitational 4 and ran well at the Stewart Memorial.

**10. Cresskill** - The Cougars beat perennial Parochial B power Mater Dei, 50-64, at the Passaic Invitational Group 1 meet for a second straight major win.

**11. Glen Rock** - Look for Glen Rock to start to make their move by winning their BPSL Division title Monday.

**12. Indian Hills** - The Braves have lost four dual meets, to the Nos. 2,4,6 and 7 teams but are still among the area's best.

**13. River Dell** - River Dell knocked Dumont out of the Top 15 in a dual meet and are still unbeaten in the BCSL American.

**14. West Milford** - The Highlanders beat Passaic Valley, 25-31, in a showdown in the Northern Hills Skyline.

**15. Passaic Valley** - The Hornets are more than just magnificent Jesse Mizzone and could be a contender for the Passaic title.

- 5-Shawnee
- 6-Hopewell Valley
- 7-Red Bank Catholic
- 8-Middletown South
- 9-Southern
- 10-North Hunterdon

- 15-Morristown
- 16-Old Bridge
- 17-Toms River South
- 18-Camden Wilson
- 19-Cherokee
- 20-Rumson

### TOP RUNNERS BY GROUPS

#### OVERALL

- 1-Jesse Mizzone, Passaic Valley
- 2-L. Van Alstine, Hawthorne C
- 3-Christy Planer, Rumson
- 4-Jen Blank, Toms River East
- 5-Erin Henry, Glen Rock
- 6-Nicole Kurtain, Notre Dame
- 7-Natalie Jones, Hopewell Valley
- 8-Kelsey Rinehart, Moorestown
- 9-Courtney Epps, Columbia
- 10-Sara Best, Voorhees

#### GROUP 4

- 1-Jen Blank, Toms River East
- 2-Courtney Epps, Columbia
- 3-Clair Nowakowski, Ridgewood
- 4-Shaneika Bernard, Hackensack
- 5-Amy Maier, Morristown
- 6-Raven Lea, Columbia
- 7-Katie Quinn, Shawnee
- 8-Tawana Watkins, Pat. Kennedy
- 9-Kim Lavin, Morris Knolls
- 10-Old Bridge

#### GROUP 2

- 1-Christy Planer, Rumson
- 2-Kelsey Rinehart, Moorestown
- 3-Sara Best, Voorhees
- 4-Liz Wort, Voorhees
- 5-Kira McGroarty, Hopatcong
- 6-Ashley Wolf, Montville
- 7-Colleen Hughes, Moorestown
- 8-Kerry Maybaum, West Essex
- 9-Danielle Stanton, Montville
- 10-Ashley Folchetti, Holmdel

#### GROUP 1

- 1-Erin Henry, Glen Rock
- 2-Julie Uilmeyer, Shore Regional
- 3-Allyson Krayl, Point Beach
- 4-Darlene Pekaar, Saddle Brook
- 5-Cari Anne Gerbino, Glen Ridge
- 6-Grace deMarrals, Bernards
- 7-Kate D'Aco, Westwood
- 8-Desirae Symons, Verona
- 9-Christine Dobrosky, Mtn. Lakes
- 10-C. Stratkowski, Spotswood

utes at Holmdel, that's all I really want to do in this race."

Considering that Mizzone has broken 19 minutes in every race this season, there certainly are expectations for her to become the 42nd girl to do it at Holmdel.

Mizzone, second at the Meet of Champions last fall, is coming off an 18:13.16 victory last Friday at the Maroon Invitational at Garret Mountain, West Paterson. That's the fifth fastest time ever run at Garret and 51 seconds faster than her best there last year. She's also run 18:10 at Darlington Park in Mahwah, No. 2 all-time on that course.

With all her fast early-season times, Mizzone has created speculation that she may be peaking too soon.

"I'm really not training that hard right now," Mizzone said. "So I think I will keep getting stronger and faster as the season goes along."

Southern Regional and Shawnee right behind. Look for Blank, 11th at the Meet of Champions last fall, to methodically pull away over the final mile and finish first in around 19:50.

**B Division, 2:53 p.m.:** Ridgewood, the No. 4 team, is the clear choice to win, although No. 17 Toms River South should not be taken lightly. Individually, Courtney Epps of Columbia and defending champion Clair Nowakowski of Ridgewood are the class of the field.

**Predictions:** Look for Ridgewood to finish first with perhaps the lowest score of the meet. Epps and Nowakowski should battle up front the whole way, with Epps finally breaking away after the tennis courts.

**C Division, 2:30 p.m.:** This offers a preview of the Central Jersey, Group 3 championship, as No. 8 Middletown South matches up

could be the most exciting test race of the meet, as No. 2 Voorhees squares off with No. 3 Moorestown, No. 6 Hopewell Valley and No. 7 Red Bank Catholic, the defending champion. At the State Group 2 meet last year, Voorhees finished first, Hopewell Valley second and Moorestown third.

There are several good individuals in the race, which features Jesse Mizzone of Passaic Valley. Also entered are Natalie Jones of Hopewell Valley, Sara Best of Liz Wort of Voorhees, Kelsey Rinehart and Colleen Hughes of Moorestown and Kelly Byrne of Red Bank Catholic.

**Predictions:** Voorhees is the fastest average of the meet. Mizzone should run around 19:50 and win the race by nearly a minute.

**E Division, 11:09 a.m.:** Montclair at No. 12, clashes with North Hunterdon, the defending champion in a race that includes



# RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET Monroe  
 DIVISION FRESH 3-4  
 DATE 9-28-01  
 WEATHER Cool

COURSE GARRET MOUNTAIN  
 COURSE RECORD ?  
 RIDGEWOOD RECORD 13:00.5 JUSTINE LUDO 2000  
 TYPE OF COURSE \_\_\_\_\_

FINISH PLACE	NAME	<u>Crossed</u>	TIME
8	RACHAEL RYAN	14:03.4	14:03.0
12	CLAIRE BURNS	14:25.5	14:49.3
22	KATIE SIMPSON	15:12.5	15:13.2
28	SUSEAN PACE	15:27.8	15:42.0
31	JANE HORWITZ	15:50.2	15:51.8
36	JENN COZRIGHT	16:25.4	16:27.3
39	SARA DELANEY	16:43.8	16:53.3

14:03.4  
 14:25.5  
 15:12.5  
 15:27.8  
 15:50.2  
 16:25.4  
 16:43.8

Monroe Woodbury - 15  
 Vernon - 64  
 RHS - 65

# RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET SHORE COACHES  
 DIVISION VARSITY B RACE  
 DATE 10-6-01  
 WEATHER SUNNY + COOL

COURSE HOLMDEL  
 COURSE RECORD 17:35.5 JANET NORTH SMITH EDISON 1983  
 RIDGEWOOD RECORD 18:29 PATTI MILESKI 1982  
 TYPE OF COURSE \_\_\_\_\_

FINISH PLACE	TEAM SCORE	NAME	(SPLITS)	TIME
2	2	CLAIR NOWAKOWSKI	1:54 6:36 3:47 13:19	20:13.6
3	3	JUSTINE LUPO	1:55 6:59? 13:26	20:24.8
11	7	EMILY TERRIN	2:08 4:12 14:25	21:24.5
17	13	JACKIE GOULART	1:59 14:26	21:58.3
33	28	ALEXANDRA OROS	2:08 7:12 4:13 14:55	22:33.1
34		JULIA FORESMAN	2:03 7:15 4:08 14:57	22:33.7
41		PEGGY LYNCH	2:09 7:17 4:13 15:03	22:56.4

TEAM TOTAL:  
53

TEAM PLACE:  
FIRST

1-5 SPLIT:  
2:20

1-7 SPLIT:  
2:43

COMMENTS: GOOD NEWS / BAD NEWS

GOOD NEWS - A great team win, Emily's emergence as a cross country runner, Justine's time improvement, Julia's finish after a BAD fall.

BAD NEWS - Slow times, large 1-5 + 1-7 split, we worried too much (my fault). We weren't tough enough after the mow. Our total time will rank us about 11<sup>TH</sup> in N.J., 4<sup>TH</sup> in Group 4. BUT WE WILL BE READY IN NOVEMBER.

# RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET SHORE COACHES  
 DIVISION JV-A  
 DATE 10-6-01  
 WEATHER \_\_\_\_\_

COURSE Holmdel  
 COURSE RECORD \_\_\_\_\_  
 RIDGEWOOD RECORD \_\_\_\_\_  
 TYPE OF COURSE \_\_\_\_\_

FINISH PLACE	TEAM SCORE	NAME	TIME
4	4	MEGAN O'CONNELL	21:57.2
21	21	LAUREN LILLIS	23:16.1
28	28	CASSIDY LANZANNI	23:27.1
29	29	KATE McDONAGA	23:27.4
30	30	LIANNE HANSEN	23:29.6
41	37	CASEY DUNN	24:07.9
49	44	CAROLINE GABLE	24:23.0
50	45	KRISTEN ESPENAK	24:25.7
77	69	RUTH VANPEREN	25:18.3
88	80	KERRY DOHERTY	25:41.4
95	86	JACKIE MACCHI	25:55.5
96	87	SHANNON MCCARTHY	25:55.8
99	90	TAMMIE ARMSTRONG	25:58.5
105	95	JILL HERLIHY	26:04.6
118	106	COLLEEN HERLIHY	26:24.9
151		SARAH BIGOS	28:29.9
153		CASEY CALLAN	28:32.4
170		REINE DUFFY	31:22.0

TEAM TOTAL: TEAM PLACE: 4<sup>TH</sup>

1-5 SPLIT: 1-7 SPLIT:

COMMENTS:

Great Race By megan - Varsity Quality Time! 4<sup>TH</sup> place Team among the States Best. We would Be 6<sup>TH</sup> Ranked in New Jersey. Holmdel PR's by Cassidy, Kate, Kerry, Sarah Bigos. We Have an Awesome team and are ready To do Well in the league and county.

# RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BRETT TAYLOR

COURSE DARLINGTON

DIVISION FROSH

COURSE RECORD \_\_\_\_\_

DATE 10-6-01

RIDGEWOOD RECORD \_\_\_\_\_

WEATHER \_\_\_\_\_

TYPE OF COURSE \_\_\_\_\_

FINISH PLACE	TEAM SCORE	NAME	TIME
3		CLAIRE BURNS	10:51
		RACHAEL RYAN	10:52
		KATIE SIMPSON	11:55
		SUJEAN PARK	12:06
		SARA DELANEY	12:14
		JENN CORTRIGHT	12:18

TEAM TOTAL:

TEAM PLACE:

1<sup>ST</sup>

1-5 SPLIT:

1-7 SPLIT:

COMMENTS:

# Mizzone shines at Shore

By **PAUL SCHWARTZ**  
STAFF WRITER

**HOLMDEL** – If the Shore Invitational is as good a preview of the State championship races six weeks from now, the rest of New Jersey is going to have a hard time catching Passaic Valley junior Jesse Mizzone.

She continued her record-breaking season Saturday by breezing to a 250-yard victory over Natalie Jones of Hopewell Valley at the Girls D race at the state's largest meet, where more than 200 schools race over the same 5,000-meter course that serves as the State group championships course on Nov. 10 and the State Meet of Championships course a week later.

Mizzone's time of 18:29 not only was nearly a minute faster than any of the more than 1,000 runners in the six varsity races Saturday, but has been bettered only once in history by an area runner. Jen Van Horn of Wayne Valley ran 18:26 when she won the 1984 Group 3 State championship.

Her closest competitor was

## SHORE CROSS-COUNTRY

Hawthorne Christian junior Lindsay Van Alstine, winner of the Girls F race in 19:22, an improvement of eight seconds on her own personal record at the Holmdel course.

But it was another tremendous race for Mizzone that caught everyone's attention once again.

"I thought when I was coming down the final hill that I had run in the high 18 [minutes]," said Mizzone, whose previous best was 19:14 at the Holmdel course. "I couldn't read the clock but then I saw the one change to a two and I knew I'd run a great time."

Mizzone will try for a double this weekend at Friday's Northern Hills Conference meet and the Girls Eastern States race at Van Cortlandt Park next Saturday.

Defending Girls B champion Clair Nowakowski of Ridgewood couldn't

repeat her own 2000 Shore victory but led the Maroons to the team title in the race in their first major race of the season.

"I was pretty excited to run today and it was hard not to have had any experience at running a big race when almost everyone else had run one before today," said Nowakowski.

Nowakowski's teammates ran a great race to hold off Brick Township, 53-57, and keep themselves in the thick of what could be a crowded Group 4 championship race.

Sophomore Justine Lupo ran her best race of the year, and finished right behind Nowakowski in third place in 20:25. First-year cross-country runner Emily Terrin was 11th and Jackie Goulart 17th. The Maroons placed all seven of their runners in the top 41.

The Ridgewood boys also had a good day, placing third in the Boys B race behind perennial state champ Christian Brothers Academy.

The best area boy of the day was NV/Demarest junior Dane Garlasco, who was sixth in the D race.

# Bernard, Gaffney set new highs

By **JOHN BRENNAN**  
STAFF WRITER

**MAHWAH** – Shanieka Bernard of Hackensack and Meghan Gaffney of Pompton Lakes did more than just win their respective cross-country races at Saturday's Brett Taylor Invitational at Darlington County Park.

They also exceeded their highest expectations, adding even greater satisfaction to strong performances that allowed them to join Owen Bourgholtzer of Mahwah and Vernon's Chris Johnson as the day's varsity winners.

Bernard grew wide eyed when told minutes after the race that her win-

ning time for the Varsity A race was 19:32.

"Whoa," said Bernard, who thought the wet conditions precluded such a low time. "Really? I figured anything under 20 minutes would be good today. Some parts of the course were really good, but there was a part near the tennis courts where I almost thought I was going to fall down."

While Bernard strode confidently toward the finish line, Gaffney believed she had no such luxury in the Varsity B race. Pushing herself toward her personal best time and aware that race favorite Katie D'Aco could be lurking, Gaffney grimaced for the last 100 or more yards.

But word of her time – 19:58, the second-best time of the day among the girls – put a smile on Gaffney's face.

"My goal in the preseason was just to break 21 minutes, so this is really something," said Gaffney, a sophomore. "Katie D'Aco and I were passing each other the whole second lap, and I didn't get ahead for sure until right before we ran into the woods."

Bourgholtzer said he didn't feel that conditions were ideal as he won the boys Varsity B race in 16:54.

"It was so windy that I felt like that slowed me down," said Bourgholtzer, who after surveying the field had set first place as his goal. "I felt comfortable the whole time, though."

## CROSS-COUNTRY

### BRETT TAYLOR INVITATIONAL

at Darlington County Park, Mahwah  
Varsity A Boys

**Team scores:** Vernon 23, Ridgewood 33, Wayne Hills 44, Eastside 94.

1. Chris Johnson, Vernon, 16:31; 2. Fernando Silva, Belleville, 16:41; 3. Andy Halma, Nutley, 17:10; 4. Craig Walker, Hackensack, 17:11; 5. Richard Acosta, Bergenfield, 17:13; 6. Sean Valdes, Paramus, 17:14; 7. Alan Acosta, Bergenfield, 17:27; 8. Elvis Cole, Hackensack, 17:28; 9. Kyle Engelken, Ridgewood, 17:29; 10. Dalton Polizzi, Vernon, 17:33.

11. Vernon, 17:41; 12. Jeff Klatsky, Nutley, 17:45; 13. Jimmy Egan, Ridgewood, 17:46; 14. Chris Smiga, Bayonne, 17:52; 15. Matt Jackson, Ridgewood, 18:00; 16. Greg Chester, Vernon, 18:01; 17. Ian Keller, Vernon, 18:04; 18. Robbie Scott, Ridgewood, 18:06; 19. Jason Finkelstein, Wayne Hills, 18:07; 20. Greg Corcoran, Ridgewood, 18:14.

#### Varsity B Boys

**Team Scores:** Rutherford 44, Westwood 79, Saddle Brook 113, Manchester 122, Becton 144, Pascack Hills 150, Dumont 161, Ridgefield Park 190, Bogota 192.

1. Owen Bourgholtzer, Mahwah, 16:54; 2. Bob Bloor, Rutherford, 17:15; 3. Mike Cole, Westwood, 17:48; 4. Phil Kang, Dumont, 17:56; 5. Denis Apablaza, Secaucus, 18:03; 6. Armin Diaz, Manchester, 18:04; 7. Sean Hartel, Pascack Hills, 18:06; 8. Ryan Bravo, Saddle Brook, 18:13; 9. Alex Marcoulides, Mahwah, 18:13; 10. Anthony Cavallaro, Rutherford, 18:24.

11. Nick Ferrell, Rutherford, 18:24; 12. Matt Errico, Rutherford, 18:28; 13. Scott Harrison, Rutherford, 18:31; 14. Dave Chang, Westwood, 18:34; 15. Brian White, Saddle Brook, 18:35; 16. Jon Molesan, Pascack Hills, 18:36; 17. Matt Magnifico, Becton, 18:38; 18. Joey Sciacchetano, Pompton Lakes, 18:43; 19. Bill Flynn, Westwood, 18:44; 20. Daniel Muller, Ridgefield Park, 18:48.

#### Varsity A Girls

##### Team scores:

Immaculate Heart 40, Passaic 43, Hackensack 49, Union Hill 101, Vernon 121.

1. Shanika Bernard, Hackensack, 19:32; 2. Carol Bullen, Paramus, 20:06; 3. Megan Williams, Nutley, 20:24; 4. Theresa Hearn, IHA, 20:42; 5. Caitlin Hemmer, IHA, 20:52; 6. Claudine McGuire, Hackensack, 21:11; 7. Gasell Martinez, Passaic, 21:14; 8. Yaninda Mejia, Passaic, 21:30; 9. Alejandra Mondregon, Passaic, 21:36; 10. Katie Fry, IHA, 21:38.

11. Awinna Martinez, Passaic, 21:43; 12. Serika Thomas, Hackensack, 21:45; 13. Kate Hynes, IHA, 21:45; 14. Zainab Hinia, Hackensack, 21:53; 15. Jessica Poleira, Bayonne, 21:54; 16. Danielle Braun, IHA, 22:00; 17. Taihey Garcia, Passaic, 22:02; 18. Cara Steffey, IHA, 22:06; 19. Jenna Pisani, Vernon, 22:11; 20. Carolina Valera, Passaic, 22:14.

#### Varsity B Girls

**Team scores:** Dumont 25, Bogota 34, Secaucus 69.

1. Meghan Gaffney, Pompton Lakes, 19:58; 2. Katie D'Aco, Westwood, 20:11; 3. Sue Giesemann, Dumont, 20:29; 4. Felicia Chevalier, Dumont, 20:37; 5. Alyssa Ross, Pascack Hills, 21:29; 6. Darlene Pekaar, Saddle Brook, 21:45; 7. Amy Gohlich, Westwood, 21:45; 8. Lauren Zaccone, Mahwah, 22:00; 9. Danielle Amato, Saddle Brook, 22:13; 10. Angela Panuccio, Bogota, 22:26.

11. Renee Knurowski, Becton, 22:42; 12. Mihaela Piron, Ridgefield Park, 22:49; 13. Sabina Sura, Bogota, 23:01; 14. Kathy Harinar, Dumont, 23:15; 15. Malena Caballero, Dumont, 23:43; 16. Shaquilla Gibbs, Bogota, 23:59; 17. Michelle Sapoff, Pascack Hills, 24:05; 18. Shannon Tee, Bogota, 24:13; 19. Kim Heron, Bogota, 24:24; 20. Jaijnee Millitar, Dumont, 24:36.

## CROSS-COUNTRY

### SHORE INVITATIONAL

At Holmdel County Park  
BOYS VARSITY A

**Team Scores** Old Bridge 47, Hunterdon Central 78, Cherokee 141; 13. North Bergen 387.

1. Marc Pelerin, Cherokee, 16:01; 2. Dan Deichert, Eastern, 16:22; 3. Keith Krieger, Cherokee, 16:30; 4. Andrew Riviello, Eastern, 16:33; 5. Jonathan Fox, Hunterdon Central, 16:35.

**Local finishers** 13. Javier Cuevas, North Bergen, 17:03; 48. Manuel Ruidiaz, North Bergen, 18:01.

#### BOYS VARSITY B

**Team Scores** CBA 67, Hillsborough 95, Ridgewood 123; 18. Bergen Catholic 449; 20. Fair Lawn 486.

1. Eddie Baynes, Toms River South, 16:25; 2. Jim Flannery, St. Joseph (Met.), 16:28; 3. Kevin Fortkiewicz, Bloomfield, 16:41; 4. Jeff Peterson, CBA, 16:51; 5. Matt Forys, Howell, 16:58.

**Local finishers** 13. Ken Sinkovitz, Bergen Catholic, 17:22; 14. Rodolfo Crispin, Ridgewood, 17:23; 15. Doug Sampson, Ridgewood, 17:24; 23. Erik Nygaard, Ridgewood, 17:40; 30. Chris Perez, Ridgewood, 17:58; 33. Igor Kreymer, Fair Lawn, 18:02; 42. Dave Maher, Ridgewood, 18:16; 47. Rob Nelson, Ridgewood, 18:19.

#### BOYS VARSITY C

**Team Scores** Mainland 68, Paul VI 96, Red Bank 98; 19. Ramapo 517.

1. Rob Walden, Scotch Plains, 16:28; 2. Gray Reinhard, Morristown, 16:33; 3. Robbie Dennis, Red Bank, 16:43; 4. Dan Ciabrone, Middletown South, 16:51; 5. Greg Langley, Red Bank, 16:53.

**Local finisher** 34. Scott Knackmuhs, Ramapo, 17:45.

#### BOYS VARSITY D

**Team Scores** Holmdel 105, Cranford 123, Mount Olive 128; 6. NV/Demarest 193; 22. Passaic Valley 570.

1. Craig Segal, Holmdel, 16:37; 2. Matt Piccarello, Red Bank Catholic, 16:50; 3. K.C. Brown, Cranford, 16:56; 4. Erik Brown, Monmouth, 16:59; 5. Mark Matema, Delbarton, 17:00.

**Local finishers** 6. Dane Garlasco, NV/Demarest, 17:03; 12. Dario Cantatore, NV/Demarest, 17:16; 15. Mike Accordino, NV/Demarest, 17:21; 42. Ted Siebold, NV/Demarest, 18:00.

#### BOYS VARSITY E

**Team Scores** Haddonfield 31, Bishop Eustace 149, St. Rose 150; 27. Indian Hills 670.

1. Chris Platt, Haddonfield, 16:22; 2. Skip Stiles, Haddonfield, 16:22; 3. Breton Bonnette, Haddonfield, 16:35; 4. Ryan Lavender, St. Rose, 16:59; 5. Robert Edwards, Bridgeton, 16:58.

**Local finisher** 10. Matt Klypka, Indian Hills, 17:05.

#### BOYS VARSITY F

**Team Scores** St. Benedict's 99, Blair Academy 111, Maple Shade 195; 16. Leonia 382; 21. Cresskill 476; 26. Ridgefield 643; 27. New Milford 697.

1. Oskar Nordenbring, Montclair-Kimberley, 16:42; 2. Noah Waters, St. Benedict's,

16:51; 3. Michael Kerrigan, Blair, 16:55; 4. Tom Santifort, Mater Dei, 17:02; 5. Mike Dulong, Montclair-Kimberley, 17:07.

**Local finishers** 11. Steve Begley, Cresskill, 17:37; 34. Adam Foman, Leonia, 18:26; 48. Rafael Abreu, Leonia, 18:44.

#### GIRLS VARSITY B

**Team Scores** Ridgewood 53, Brick Twp. 57, Toms River South 102.

1. Ashley Uniszkievich, Hillsborough, 19:58; 2. Clair Nowakowski, Ridgewood, 20:14; 3. Justine Lupo, Ridgewood, 20:25; 4. Raven Lea, Columbia, 20:35; 5. Sari Weissbard, Fair Lawn, 21:01.

**Other local finishers** 8. Daphne Aronovits, Fair Lawn, 21:17; 11. Emily Terrin, Ridgewood, 21:25; 17. Jackie Goulart, Ridgewood, 21:59; 33. Alex Oros, Ridgewood, 22:34; 34. Julia Foresman, Ridgewood, 22:34; 41. Peggy Lynch, Ridgewood, 22:57.

#### GIRLS VARSITY C

**Team Scores** North Hunterdon 64, Middletown South 90, Paul VI 149; 14. Ramapo 367 1. Nicole Lombardy, Middletown South, 17:46; 2. Erin Enderly, Ocean Twp., 19:51; 3. Brittany McCann, Delsea, 20:14; 4. Amy Maier, Morristown, 20:15; 5. Dilshanie Perera, Princeton, 20:17.

#### GIRLS VARSITY D

**Team Scores** Moorestown 49, Voorhees 72, Red Bank Catholic 84; 12. Passaic Valley 381; 22. Northern Highlands 611.

1. Jesse Mizzone, Passaic Valley, 18:29; 2. Natalie Jones, Hopewell Valley, 19:30; 3. Megan Hughes, Moorestown, 19:40; 4. Sara Best, Voorhees, 19:42; 5. Elizabeth Wort, Voorhees, 19:45.

**Other local finishers** 33. Sarah Christensen, Northern Highlands, 21:19; 39. Virginia Westervelt, NV/Demarest, 21:41; 42. Pam Papapetrou, NV/Demarest, 21:47.

#### GIRLS VARSITY E

**Team Scores** Montville 113, Rumson-Fair Haven 138, Shore 139; 10. Indian Hills 289. 1. Ashley Wolf, Montville, 19:37; 2. Erin Geiger, Immaculata, 19:43; 3. Christy Planer, Rumson-Fair Haven, 19:52; 4. Liz Geiger, Immaculata, 20:05; 5. Kira McGroarty, Hopatcong, 20:11.

**Local finishers** 10. Jenna Bauberger, Indian Hills, 20:48; 15. Briana Bayersdorfer, River Dell, 21:21; 17. Erin Bauberger, Indian Hills, 21:24.

#### GIRLS VARSITY F

**Team Scores** Pingry 61, Schalick 132, Oak Knoll 138; 7. Cresskill 201; 9. Ridgefield 251.

1. Lindsay Van Alstine, Hawthorne Christian, 19:22; 2. Grace Nuzzi, St. Joseph (Hamm.), 20:20; 3. Amanda Smith, Pingry, 20:38; 4. Allyson Krayl, Pt. Pleasant Beach, 20:51; 5. Elizabeth Hankinson, Oak Knoll, 21:03.

**Other local finishers** 14. Katy Botsford, Cresskill, 21:49; 20. Linda Ndrejioni, Cresskill, 22:43; 31. Courtney Reggo, Ridgefield, 23:09; 43. Rachel Von Dreele, New Milford, 23:49; 47. Nova Hanna, Ridgefield, 23:57; 50. Tracy Hickey, Ridgefield, 24:01.

HIGH SCHOOL SPORTS

# Waters-led St. Benedict's earns victory ... and respect

CROSS COUNTRY

BY JIM LAMBERT  
FOR THE STAR-LEDGER

St. Benedict's Prep has been looking for respect all season.

Yesterday, they earned it in a big way.

Led by Noah Waters' runner-up finish, St. Benedict's averaged 17:55.3 and edged prep rival Blair, 99-111, to finish first in the boys F Division race in the Shore Coaches Invitational at Holmdel Park.

"We wanted to come in here and show people what a strong program we have," Waters said. "And we knew if we came in here and won we would prove it to everyone."

For St. Benedict's, Waters was second in a Holmdel personal-best 16:50.5, Andre Fearon was 19th in 17:59.9, Gerrie Cummings was 24th, Fatos Alija 28th and Brian Delaney 29th. St. Benedict's will be even stronger with the varsity addition of Bryan Scotland, who scored an impressive victory in 12:14.5 over two miles in the Freshman C Division championship race.

With the victory, St. Benedict's solidified its position as the favorite to win the Essex County and state prep titles.

St. Benedict's coach Marty Hannon said his goal is to bring the St. Benedict's program back to the prominence it held a few decades ago, when it won numerous state titles in a run of success that ranks among the best in state history.



PHOTO BY RICH SCHULTZ

Bob Wallden of Scotch Plains takes first place in fine style in the Varsity C race.

"I want to bring this program back to the way it was," Hannon said. "We want to bring all that great tradition back. And the way these kids are working, I think we are headed in the right direction."

St. Benedict's wasn't the only Essex County winner.

Sophomore Oskar Nordenbring of Montclair Kimberley remained unbeaten by winning the F Division race in a Holmdel personal-best 16:41.7. His previous best on the course was 17:01, which he ran to win the state parochial B title last year.

"I was hoping to run faster," Nordenbring said. "But I didn't re-

ally have anyone to push me. When I'm in a race with runners that push the pace, I think I will be able to run around 16 minutes on this course and hopefully finish in the top 10 at the Meet of Champions."

Senior Kevin Fortkiewicz of Bloomfield also had a strong showing, placing third in the A Division in 16:40.1. That's a 12.3-second improvement on his course best set last year in the state Group 4 race.

The race was especially satisfying for Fortkiewicz after a couple of subpar races at Warinanco Park the previous two weeks.

"This was a good race for me," Fortkiewicz said. "I hit a little bit of a speed bump at Warinanco, but this race put me back where I want to be. Now I just have to keep working at moving closer and closer to the runners that are ahead of me and hopefully close the gap even more when the Group 4 race comes around."

There was a notable absence among Essex County runners in the girls B Division race. Courtney Epps of Columbia missed the event to make a recruiting visit to the University of Pennsylvania. Epps would have been favored to win the race.

Jesse Mizzone, a Passaic Valley junior, blasted her way around Holmdel Park's hilly, 3.1-mile layout in 18:28.1, the 12th-fastest time ever on the state championship course, to run away with the girls D Division race.

With two more shots at Hol-



PHOTO BY RICH SCHULTZ

Kevin Fortkiewicz of Bloomfield takes third place in the Shore Coaches Invitational Varsity B race at Holmdel Park yesterday.

del this season and another three scheduled for next year, Mizzone seems to have a good chance to become only the fifth girl in state history to break 18 minutes at Holmdel.

"That would be nice, but all I'm

really concerned with right now is improving in each race I run," Mizzone said.

Mizzone's performance certainly makes her an overwhelming favorite to win the M of C scheduled Nov. 17 at Holmdel.

SHORE COACHES INVITATIONAL

BOYS VARSITY A

TEAMS: 1-Old Bridge 47, 2-Hunterdon Central 78, 3-Cherokee 141, 4-Shawnee 118, 5-Bridgewater-Raritan 176, 6-Eastern 207, 7-Cherry Hill East 215, 8-East Brunswick 220, 9-Washington Township 292, 10-Southern Regional 295, 11-Manalapan 336, 12-Rancocas Valley 371, 13-North Bergen 387, 14-Edison 387, 15-Piscataway 396, 16-Jackson 415, 17-Marlboro 421, 18-Vineland 431, 19-Lenape 523, 20-Winlow Township 540, 21-P. Stevens 611, 22-Union 618, 23-Freehold Township 620, 24-Elizabeth 640, 25-Millville 719.

INDIVIDUALS: 1-Marc Pelerin, Cherokee, 16:00.8, 2-Dan Deichert, Eastern, 16:21.6, 3-Keith Krieger, Cherokee, 16:29.7, 4-Andrew Rivello, Eastern, 16:33.0, 5-Jon Fox, Hunterdon Central, 16:34.9, 6-Rich LaFerolla, Old Bridge, 16:36.0, 7-Tim Paule, Old Bridge, 16:38.1, 8-Chris Pannone, Hunterdon Central, 16:38.4, 9-Dan Harding, Old Bridge, 16:38.7, 10-Ryan Bennett, Old Bridge, 16:47.3.

BOYS VARSITY B

TEAMS: 1-Christian Brothers 67, 2-Hillsborough 95, 3-Ridgewood 123, 4-Memorial (W.N.Y.) 141, 5-Toms River South 195, 6-Hamilton East 257, 7-Keamy 269, 8-Seton Hall Prep and Triton 270, 10-Howell 284, 11-Cherry Hill West 317, 12-Abseggen 318, 13-St. Joseph's (Met.) 319, 14-Brick 333, 15-Randolph 360, 16-St. Joseph's Prep 371, 17-Columbia 411, 18-Bergen Catholic 449, 19-Bloomfield 460, 20-Fair Lawn 486, 21-Sayreville 578, 22-Perth Amboy 652, 23-Brick Memorial 656, 24-Woodbridge 678.

INDIVIDUALS: 1-Eddie Baynes, Toms River South, 16:24.1, 2-Jim Flannery, St. Joseph's (Met.), 16:27.1, 3-Kevin Fortkiewicz, Bloomfield, 16:40.1, 4-Jeff Peterson, Christian Brothers, 16:50.8, 5-Matt Foyis, Howick, 16:57.3, 6-Nick Vaccaro, Hillsborough, 17:03.8, 7-Willy Melofchik, Christian Brothers, 17:05.3, 8-Luis Capellan, Memorial (W.N.Y.), 17:08.6, 9-Mike Klueber, Hillsborough, 17:11.5, 10-Patrick Ryan, Christian Brothers, 17:12.6.

BOYS VARSITY C

TEAMS: 1-Mainland 10, 2-Paul VI 96, 3-Red Bank 98, 4-Morristown 109, 5-Scott Plains 124, 6-Middletown South 138, 7-Notre Dame 191, 8-West Morris 494, 9-Princeton 331, 10-West Windsor-Plainsboro North 344, 11-Westfield 407, 12-Cumberland 414, 13-Lacey 418, 14-Watchung Hills 423, 15-Williamstown 434, 16-North Brunswick 481, 17-Hightstown 485, 18-Egg Harbor 496, 19-Ramapo 517, 20-Deptford 551, 21-Lawrence 565, 22-Wall 582, 23-Warren Hills 599, 24-Colonia 622, 25-Oakcrest 623, 26-North Hunterdon 627, 27-Seaside 750, 28-Camden 799, 29-Morris Knolls 826.

INDIVIDUALS: 1-Bob Wallden, Scotch Plains, 16:27.5, 2-Gary Reinhard, Morristown, 16:32.5, 3-Robbie Dennis, Red Bank, 16:42.4, 4-Den Clamborne, Middletown South, 16:50.8, 5-Greg Lamley, Red Bank, 16:52.5, 6-Greg Hughes, Mainland, 16:58.4, 7-Andrew Vernon, Paul VI, 17:00.2, 8-Brian Getzen, Mainland, 17:05.7, 9-Matt McGrorty, Mainland, 17:06.7, 10-Spenser Pope-son, Mainland, 17:08.9.

BOYS VARSITY D

TEAMS: 1-Holmdel 105, 2-Cranford 123, 3-Mount Olive 128, 4-Morris Hills 168, 5-Delbarton 183, 6-Demarest 193, 7-St. John Vianney 219, 8-Moorestown 235, 9-Hopewell Valley 255, 10-Red Bank Catholic 268, 11-Monmouth Regional 274, 12-Holy Cross 277, 13-Ridge 324, 14-Manasquan 446, 15-South Plainfield 459, 16-Kingsway 460, 17-Voorhees 466.

INDIVIDUALS: 1-Craig Segal, Holmdel, 16:36.8, 2-Matt Piccarello, Red Bank Catholic, 16:50.0, 3-K.C. Brown, Cranford, 16:55.5, 4-Erik Brown, Monmouth Regional, 16:58.2, 5-Mark Materna, Delbarton, 16:59.6, 6-Dave Garlasco, Demarest, 17:03.0, 7-Andrew Sabella, Mount Olive, 17:03.8, 8-Victor Vences, St. John Vianney, 17:08.1, 9-Billy Kelly, Manasquan, 17:09.3, 10-Courtney Burgher, Mount Olive, 17:11.0.

BOYS VARSITY E

TEAMS: 1-Haddonfield 31, 2-Bishop Eustace 149, 3-St. Rose 150, 4-Cinnaminson 161, 5-Pope John 206, 6-Walkill Valley 247, 7-Shore Regional 250, 8-Bridgett 283, 9-Colts Neck 299, 10-Montville 308, 11-Kittatiny 323, 12-Delaware Valley 396, 13-Parishan 398, 14-Rumson 415, 15-Spotswood 418, 16-Allentown 449, 17-Deiran 466, 18-Somerville 481, 19-St. Augustine 513, 20-Haddon Township 578, 21-Mountain Lakes 581, 22-Camden Catholic 587, 23-Chatham 601, 24-Johnson 603, 25-Summit 618, 26-Hopatcong 646, 27-Indian Hills 670, 28-Immaculata 701, 29-Woodstown 734, 30-Montgomery 752, 31-Gloucester City 759, 32-Lincoln 787, 33-Burlington Township 789, 34-Newton 827.

INDIVIDUALS: 1-Chris Platt, Haddonfield, 16:21.5, 2-Skip Stiles, Haddonfield, 16:21.9, 3-Bretton Bonetta, Haddonfield, 16:34.5, 4-Ryan Lavender, St. Rose, 16:57.7, 5-Robert Edwards, Bridgett, 16:58.0, 6-Jon Anderson, Cinnaminson, 16:58.7, 7-Jorge Ventura, Colts Neck, 17:00.8, 8-Marc Altenuo, Shore Regional, 17:02.2, 9-David Webster, Summit, 17:02.8, 10-Matt Klypka, Indian Hills, 17:04.3.

BOYS VARSITY F

TEAMS: 1-St. Benedict's Prep 99, 2-Blair 111, 3-Madison Shade 195, 4-Schalick 212, 5-Bernards 247, 6-New Providence 238, 7-Montclair Kimberley 242, 8-Boonton 273, 9-Gill-St. Bernard's 306, 10-Haddon Heights 313, 11-Pingry 321, 12-Princeton Day 351, 13-Pennsville 355, 14-Metuchen 359, 15-Wildwood Catholic 367, 16-Leonia 382, 17-Mater Dei 387, 18-Point Pleasant Beach 418, 19-Highland Park 427, 20-Riverside 429, 21-Cresskill 476, 22-Keypoint 513, 23-Keansburg 536, 24-Bound Brook 584, 25-St. Joseph (Hamm.) 643, 26-Ridgefield Park 643, 27-New Milford 697.

INDIVIDUALS: 1-Oskar Nordenbring, Montclair Kimberley, 16:41.7, 2-Noah Waters, St. Benedict's, 16:50.5, 3-Michael Kerrigan, Blair, 16:54.8, 4-Tom Santiflor, Mater Dei, 17:01.2, 5-Mike Dulong, Montclair Kimberley, 17:06.4, 6-Jon Phillips, Blair, 17:07.8, 7-Eric Meder, Pingry, 17:27.1, 8-Milo Schwab, Highland Park, 17:28.4, 9-Andrew Johnson, Blair, 17:35.4, 10-Brian Kayser, Point Pleasant Beach, 17:36.0.

GIRLS VARSITY A

TEAMS: 1-Southern Regional 58, 2-Toms River East 79, 3-Shawnee 98, 4-Hunterdon Central 125, 5-Toms River North 175, 6-Edison 209, 8-East Brunswick 243, 9-Bridgewater-Raritan 286, 10-Vineland 317, 11-Union 336, 12-Old Bridge 337, 13-Rancocas Valley 342, 14-Piscataway 370, 15-Eastern 377, 16-Cherry Hills East 378, 17-Millville 401.

INDIVIDUALS: 1-Kathryn Wardenski, Southern Regional, 19:36.5, 2-Keega Schaffer, Southern Regional, 19:49.5, 3-Jen Bank, Toms River East, 20:00.2, 4-Erin Riddle, Lenape, 20:03.1, 5-Kristan Lucas, Edison, 20:07.9, 6-Kathleen Quinn, Shawnee, 20:23.6, 7-Stephanie Zottoli, Old Bridge, 20:24.0, 8-Kim Bonner, Shawnee, 20:26.5, 9-Mary O'Connor, Edison, 20:27.5, 10-Michelle Archambault, Hunterdon Central, 20:31.2.

GIRLS VARSITY B

TEAMS: 1-Ridgewood 53, 2-Brick 57, 3-Toms River South 102, 4-Bloomfield 115, 5-Hillsborough 134, 6-Livingston 147, 7-Roxbury 200, 8-Memorial (W.N.Y.) 209, 9-Howell 231, 10-Woodbridge 277, 11-Sayreville 285, 12-Cherry Hill West 286.

INDIVIDUALS: 1-Ashley Unszkiewicz, Hillsborough, 19:57.1, 2-Claire Nowakowski, Ridgewood, 20:13.6, 3-Justine Lupo, Ridgewood, 20:24.8, 4-Raven Lea, Columbia, 20:34.3, 5-Sari Weisbard, Fair Lawn, 21:00.1, 6-Colleen Weber, Steiner, 21:12.4, 7-Kelly Cannon, Toms River South, 21:14.0, 8-Daphne Aronovits, Fair Lawn, 21:16.5, 9-Erin Kubarewicz, Bloomfield, 21:18.4, 10-Joanne McCabe, Brick, 21:19.3.

GIRLS VARSITY C

TEAMS: 1-North Hunterdon 64, 2-Middletown South 90, 3-Paul VI 149, 4-Morris Knolls 157, 5-Westfield 167, 6-Delsea 190, 7-Morristown 198, 8-Camden Wilson 253, 9-Randolph 272, 10-Princeton 294, 11-Ocean Township 324, 12-Watchung Hills 360, 13-Mainland 364, 14-Ramapo 367, 15-Wall 383, 16-Notre Dame 443, 17-Egg Harbor 444, 18-Hightstown 453, 19-West Windsor-Plainsboro North 496, 20-Red Bank 504, 21-Lawrence 516, 22-North Brunswick 526, 23-Colonia 655.

INDIVIDUALS: 1-Nicole Lombardy, Middletown South, 19:45.8, 2-Erin Enderly, Ocean Township, 19:50.3, 3-Brittany McCann, Delsea, 20:13.2, 4-Amy Maier, Morristown, 20:14.3, 5-Dilshanee Perera, Princeton, 20:16.30, 6-Kathleen Galan, Highland Regional, 20:24.5, 7-Kimberly Valle, Morris Knolls, 20:26.3, 8-Becky Crossan, North Hunterdon, 20:26.9, 9-Shari Gorga, North Hunterdon, 20:28.4, 10-Holly Greiner, North Hunterdon, 20:28.7.

GIRLS VARSITY D

TEAMS: 1-Moorestown 49, 2-Voorhees 73, 3-Red Bank Catholic 84, 4-Hopewell Valley 92, 5-Mgr. Donovan 165, 6-Ridge 175, 7-Holmdel 238, 8-Mount Olive 274, 9-Pinelands 281, 10-St. John Vianney 314, 11-Kingsway 370, 12-Passaic Valley 381, 13-Jefferson 385, 14-Cranford 406, 15-Holy Spirit 417, 16-St. Dominic 436, 17-Northern Burlington 450, 18-Point Pleasant Boro 469, 19-Bishop Ahr 473, 20-Raritan 570, 21-Morris Hills 575, 22-Northern Highlands 611, 23-Monmouth Regional 612, 24-Middle Township 657, 25-Freehold Borough 702, 26-Iselin Kennedy 745.

INDIVIDUALS: 1-Jesse Mizzone, Passaic Valley, 18:28.1, 2-Antaite Jones, Hopewell Valley, 19:29.5, 3-Megan Hughes, Moorestown, 19:39.4, 4-Sara Best Voorhees, 19:41.5, 5-Liz Wort, Voorhees, 19:44.7, 6-Kelly Byrnes, Red Bank Catholic, 20:00.7, 7-Colleen Hughes, Moorestown, 20:02.4, 8-Alexis Vergalis, Voorhees, 20:10.4, 9-Maggie Taverna, Msgr. Donovan, 20:22.5, 10-Ashley Fochetti, Holmdel, 20:32.0.

GIRLS VARSITY E

TEAMS: 1-Montville 113, 2-Rumson 138, 3-Shore Regional 139, 4-Immaculata 183, 5-Bishop Eustace and Pope John 190, 7-Kittatiny 194, 8-Parishan 209, 9-Haddon Township 274, 10-Indian Hills 289, 11-Somerville 298, 12-Haddonfield 306, 13-Deiran 358, 14-Montgomery and Hopatcong 405, 16-Summit 408, 17-Gloucester City 415, 18-Colts Neck 425, 19-Delaware Valley 440, 20-Mountain Lakes 459, 21-Woodstown 516, 22-Bridgeton 516, 23-Walkill Valley 525, 24-Allentown 532, 25-Camden Catholic 689.

INDIVIDUALS: 1-Ashley Wolf, Montville, 19:36.5, 2-Erin Geiger, Immaculata, 19:42.1, 3-Christy Flaner, Rumson, 19:51.8, 4-Liz Geiger, Immaculata, 20:05.0, 5-Kira McGrorty, Hopatcong, 20:10.8, 6-Julie Ullmeyer, Shore Regional, 20:16.2, 7-Christina Scherer, Montville, 20:23.4, 8-Bridget Keuse, Immaculata, 20:26.1, 9-Danielle Stanton, Montville, 20:35.7, 10-Jenna Bauerberger, Indian Hills, 20:47.

GIRLS VARSITY F

TEAMS: 1-Pingry 61, 2-Schalick 132, 3-Oak Knoll 138, 4-Mater Dei 140, 5-Blair 147, 6-St. Joseph's (Hamm.) 167, 7-Cresskill 201, 8-Middlesex 203, 9-Ridgefield 251, 10-Morris Catholic 256, 11-Villa Walsh 275, 12-Bernards 290, 13-Holy Family 307, 14-Keansburg 329, 15-Maple Shade 374, 16-Montclair Kimberley 378, 17-New Providence 388.

INDIVIDUALS: 1-Lindsay Van Alistine, Hawthorne Christian, 19:21.5, 2-Grace Nuzzi, St. Joseph's (Hamm.), 20:19.4, 3-Amanda Smith, Pingry, 20:38.0, 4-Allyson Krayl, Point Pleasant Beach, 20:50.6, 5-Elizabeth Hankinson, Oak Knoll, 21:02.7, 6-Grace DeMarra, Bernards, 21:04.2, 7-Nicole Vit, Schalick, 21:27.1, 8-Cari Anne Garbino, Glen Ridge, 21:31.2, 9-Chelsea Grefe, Blair, 21:34.9, 10-Tricia Johnson, Oak Knoll, 21:36.9.

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS PASSAIC  
 DATE OCTOBER 9<sup>TH</sup> 2001  
 TEAM RECORDS: RHS \_\_\_\_\_  
                                   PASSAIC 5-2

DISTANCE GARRET MOUNTAIN 3.1  
 COURSE RECORD \_\_\_\_\_  
 COURSE CHARACTER \_\_\_\_\_  
 WEATHER \_\_\_\_\_

PLACE	NAME	SCHOOL	TIME	PLACE	NAME	SCHOOL	TIME
1.	CLAIR NOWAKOWSKI	RHS	19:49	21.			
2.	GRISEL MARTINEZ	P	21:16	22.			
3.	JUSTINE LUPO	RHS	21:29	23.			
4.	YANIRDA MEJIA	P	21:50	24.			
5.	JULIA FORESMAN	RHS	22:01	25.			
6.	EMILY TERRIN	RHS	22:10	26.			
7.	ALEXANDRA OROS	RHS	22:27	27.			
8.		P	22:29	28.			
9.	PEGGY LYNCH	RHS	22:52	29.			
10.	AWINNA MARTINEZ	P	22:57	30.			
11.	MEGAN O'CONNELL	RHS	23:06	31.			
12.	CAROLINA VALERA	P	23:20	32.			
13.	TASHEY GARCIA	P	23:58	33.			
14.	SUSAN CORDERO	P	24:50	34.			
15.				35.			
16.				36.	<i>(continues)</i> The NHSIL Ran 6 teams together in the same race and then sorted the teams for the dual meet scores. RHS only ran Passaic but would have beaten all other teams in the race had they been scored.		
17.				37.			
18.				38.			
19.				39.			
20.				40.			

SCORING

RHS	PASSAIC
1	2
3	4
5	8
6	10
7	11
FINAL 22	SCORE: 35

COMMENTS:

Great Run against a determined and improving Passaic Team. Justine was tough through not feeling well, Alexandra beat some people with a final sprint and Peggy ran a solid final hill to finish well. You impressed all the other teams in the race



CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS \_\_\_\_\_  
 DATE 10-9-01  
 TEAM RECORDS: RHS \_\_\_\_\_

DISTANCE GARRET MT.  
 COURSE RECORD \_\_\_\_\_  
 COURSE CHARACTER \_\_\_\_\_  
 WEATHER \_\_\_\_\_

J.V. RACE

FROSH RACE

PLACE	NAME	SCHOOL	TIME	PLACE	NAME	SCHOOL	TIME
1.	KATE McDONAGH		22:59	1.	Rachael RYAN		14:46
2.	LAURIN LILLIS		23:13	2.	<sup>(4)</sup> KATIE SIMPSON		15:28
3.	LIANNE HANSEN		23:13	3.	<sup>(8)</sup> JANE HORWITZ		17:33
4.	JENNA RUBINOFF		23:57	4.			
5.	CASSIE LANZANI		24:24	5.			
6.	KRISTEN ESPENAK		24:54	6.			
7.	CAROLINE GABLE		25:00	7.			
8.	RUTH VAN DYPEREN		26:14	8.			
9.	JACKIE MACCHI		26:24	9.			
10.	COLLEEN HERLIHY		26:58	10.			
11.	SHARON McLEATHY		27:06	11.			
12.	KERRY DOHERTY		27:07	12.			
13.	SARAH BIGOS		30:13	13.			
14.	REINE DUFFY		30:25	14.			
15.				15.			
16.				16.			
17.				17.			
18.				18.			
19.				19.			
20.				20.			

SCORING

RHS	
FINAL	SCORE:

COMMENTS:

Separate JV and Frosh Races in this massive  
 NMSJL combo Dual meet day. Rachael was  
 #1 girl + beat a bunch of Boys.

# RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET RIDGEWOOD INVITATIONAL

COURSE 140 yards Long

DIVISION VARSITY

COURSE RECORD \_\_\_\_\_

DATE 10-13-01

RIDGEWOOD RECORD \_\_\_\_\_

WEATHER Sunny + VERY Warm

TYPE OF COURSE \_\_\_\_\_

FINISH PLACE	TEAM SCORE	NAME	TIME
2.		CLAIR NOWAKOWSKI	19:29.8
5.		JUSTINE LUPO	21:08.1
10.		JACKIE GOULART	21:35.3
11.		EMILY TERRIN	21:45.2
17.		MEGAN O'CONNEL	22:08.9
23.		PEGGY LYNCH	22:48.9
28.		ALEXANDRA OROS	23:18.8

TEAM TOTAL:

TEAM PLACE: 2<sup>ND</sup> place

1-5 SPLIT:

1-7 SPLIT:

COMMENTS:

The course was 140 yards long so subtract 29 To 36 seconds from your time. Also the hot weather slowed people down. BUT I think we could have won this meet. I observed several things at this meet that disturbed me and I will address them at Mondays meeting!

# RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET RIDGEWOOD INVITATIONAL

COURSE \_\_\_\_\_

DIVISION JUNIOR VARSITY

COURSE RECORD \_\_\_\_\_

DATE 10-13-01

RIDGEWOOD RECORD \_\_\_\_\_

WEATHER Sunny + Very Warm

TYPE OF COURSE \_\_\_\_\_

FINISH PLACE	TEAM SCORE	NAME	TIME
2.		LAUREN LILLIS	23:45.9
3.		KATE McDONAGH	23:49.3
5.		LIANNE HANSEN	23:57.6
7.		CASEY DUNN	24:11.9
8.		CAROLINE GABLE	24:49.2
9.		JENNA RUBINOFF	24:59.2
10.		KRISTEN ESPENAK	25:54.2
11.		RUTH VAN DYREN	25:54.7
12.		KERRY DOHERTY	25:55.7
14.		TAMMIE ARMSTRONG	26:28.5
15.		JACKIE MACKAY	26:28.5
17.		SHANNON Mc CARTHY	26:30.7
22.		JILL HERLIHY	27:34.7
30.		SARAH BIGOS	28:55.1
33.		REINE DUFFY	31:01.2
34		CASEY CALLAN	31:04.5

TEAM TOTAL:

TEAM PLACE: 1<sup>ST</sup>

1-5 SPLIT:

1-7 SPLIT:

COMMENTS:

We had a good cross country program! We have a deep and fine group of runners

# RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET RIDGEWOOD INVITATIONAL

COURSE \_\_\_\_\_

DIVISION FROSH

COURSE RECORD \_\_\_\_\_

DATE 10-13-01

RIDGEWOOD RECORD \_\_\_\_\_

WEATHER VERY WARM

TYPE OF COURSE \_\_\_\_\_

FINISH PLACE	TEAM SCORE	NAME	TIME
1		CLAIRE BURNS	10:28.0
2		RACHEL RYAN	10:30.3
6		KATIE SIMPSON	11:19.7
7		JANE HORWITZ	11:23.6
9		SU JEAN PARK	11:27.1
14		SARAH DELANEY	11:47.5
20		JENN CORTRIGHT	12:13.9
42		GENEVIEVE HAMILTON	15:52.3

TEAM TOTAL:

TEAM PLACE: 1<sup>ST</sup>

1-5 SPLIT:

1-7 SPLIT:

COMMENTS:

EXCELLENT FRONT RUNNING BY CLAIRE and RACHEL.  
NICE TEAM WIN.

# Long course a cinch for NB star

By PAUL SCHWARTZ  
STAFF WRITER

RIDGEWOOD – The course at Veterans Field was 140 meters longer than its usual 5,000-meter length for the Ridgewood Invitational Saturday. But the alteration – due to a conflicting event – was perfect for North Bergen's Javier Cuevas, whose best sport requires a lot more endurance.

"I do triathlons and this distance is easy for me," said Cuevas, who won by 40 meters over Jeremy Gotay of Cornwall (N.Y.) in 16:59, a good time

over the longer distance to help the seventh-ranked Bruins to third place in the team scoring. Second-ranked Ridgewood won its own invitational for the first time, placing five runners between third and 13th places in a 40-second pack to defeat Cornwall, 34-39.

Undefeated Lindsay Van Alstine of Hawthorne Christian took the girls race, running 19:06 to outdo Ridgewood's Clair Nowakowski by 100 meters in a matchup of two of the state's best. Cornwall, New York's fourth-rated Class B school, placed six runners

## RIDGEWOOD INVITATIONAL

in the top 15 to hold off Ridgewood, 29-39.

Cuevas' victory was especially satisfying since he didn't even qualify for the State Group 4 championship last year, placing 16th in the sectional Group 4 race. But his second-place finish in last spring's sectional Group 4 3,200 meter run gave him some added confidence. Added to some

heavy training for the triathlon, it has added up to improvement that allows him to set his goals much higher.

"I'd like to win the [Hudson] County championships and qualify for the State Meet of Champions," said Cuevas. "I've been lifting more weights this year in training for the triathlon and I've gotten a lot of personal records."

Cuevas won a triathlon at Oyster Bay (N.Y.) last summer that consisted of a mile swim, a 12 mile bike ride, and a 5,000-meter run.

"My coach in the Dominican Re-

public got me started doing it, and I'd like to have a chance to go to the Olympics in that event one day," he said.

Ridgewood again was led by third-place finisher Ro Crispin, with Erik Nygaard fourth, Doug Sampson seventh, and an improving Rob Nelson ninth.

"The kids are starting to come back from injury surprisingly well," said Maroon coach Ted McCrone. "Rob Nelson has been back for two races and he ran much better this week. And our top freshmen from last year,

Kyle Engelken and Ari Zamir, are working their way back and ran in the sophomore race today. If they keep getting healthy in the next few weeks, I'm going to have a very pleasant problem deciding which boys to run varsity."

Van Alstine was pressed for the first time all fall by Nowakowski, who showed no signs of the sluggishness she felt at last week's Shore meet.

"I could hear people cheering for her behind me," said Van Alstine, who will face Jesse Mizzone of Passaic Valley in Friday's Passaic meet.

## CROSS-COUNTRY

### RIDGEWOOD INVITATIONAL BOYS

Team Scores: Ridgewood 34, Cornwall (NY) 39, North Bergen 93, St. Joseph Regional 116, Mater Dei 134, Saddle Brook 144, North Arlington 200, Union Hill 226, Paramus Catholic 228.

1. Javier Cuevas, North Bergen, 16:59; 2. Jeremy Gotay, Cornwall, 17:08; 3. Ro Crispin, Ridgewood, 17:28; 4. Erik Nygaard, Ridgewood, 17:33; 5. Alec Lash, Cornwall, 17:38; 6. Tom Santifort, Mater Dei, 17:41; 7. Doug Sampson, Ridgewood, 17:45; 8. John Hart, Cornwall, 17:45; 9. Rob Nelson, Ridgewood, 17:51; 10. Kevin Moore, Cornwall, 18:00.

11. Jeff Khoury, Ridgewood, 18:00; 13. Chris Perez, Ridgewood, 18:09; 14. Tim Fogarty, St. Joseph Regional, 18:11; 16. Manny Ruidiaz, North Bergen, 18:13; 17. Dasve Maher, Ridgewood, 18:15; 20. Kelvin Perdomo, North Bergen, 18:34.

### GIRLS

Team Scores: Cornwall 29, Ridgewood 39, Old Bridge 86, St. John Vianney 97, North Bergen 127, Union Hill 148, St. Vincent Academy 203, Canarsie (NY) 206.

1. Lindsay Van Alstine, Hawthorne Christian, 19:06; 2. Clair Nowakowski, Ridgewood, 19:30; 3. Cathleen Ford, Cornwall, 20:46; 4. Jenna Chatfield, Cornwall, 20:51; 5. Justine Lupo, Ridgewood, 21:09; 6. Mary Schilling, Cornwall, 21:13; 7. Meredith Lowry, Cornwall, 21:16; 8. Linda Sanders, Old Bridge, 21:19; 9. Laura Carpenter, St. John Vianney, 21:21; 10. Jackie Gouliart, Ridgewood, 21:36.

11. Emily Terrin, Ridgewood, 21:46; 13. Kim Galvin, North Bergen, 21:59; 16. Darlene Pekaar, Saddle Brook, 22:08; 17. Megan O'Connell, Ridgewood, 22:09.

**VAN ALSTINE TOPS NOWAKOWSKI AT RIDGEWOOD**  
RIDGEWOOD INVITATIONAL, Oct. 13, Veterans Field: While Jesse Mizzone was taking care of things at Van Cortlandt, two of her main NJ 1-based rivals went at it here with Lindsay VanAlstine of Hawthorne Christian defeating Clair Nowakowski by 125 yards in 19:06 on the lengthened course.  
Cornwall reversed the boys' result with a 29-39 win over Ridgewood.  
T-Cornwl 29, Rdgwd 39, Old Bridge 86. 1-VanAlstine 19:06. 2-Nowakowski :30. 3-Ford, Crnwl 20:46. 4-Chatfield, Crnwl :51. 5-Lupo, Rdgwd 21:09. 6-Schilling, Crnwl :12. 7-Lowry, Crnwl :16. 8-Sanders, OB :19. 9-Carpenter, SJVny:21. 10-Gouliart, Rdgwd :36.

# Titles for the taking at Bergen, Passaic meets

By PAUL SCHWARTZ  
STAFF WRITER

The Passaic County championships beginning at 3 p.m. today, and the Bergen County Group races, beginning at 1:30 p.m. Saturday should be among the top races of the year.

The highlight of the Passaic meet at Garret Mountain is the anticipated meeting between Passaic Valley's Jesse Mizzone and Lindsay Van Alstine of Hawthorne Christian.

Defending champion Mizzone, off her fourth-place finish at Van Cortlandt Park's Girls Eastern States meet last Saturday, is heavily favored and figures to make a great run at Christi Constantini's 1987 course record of 17:58.5 on the 5,000-meter course. But don't count out Van Alstine, the runner-up last year who hasn't lost this year, and figures to post one of the top 10 times in the course's history.

Others to watch include last year's No. 3 finisher Tawana Watkins of Kennedy and improving sophomore Meghan Gaffney of Pompton Lakes.

Three-time champ Passaic is favored to become the third school to win at least four straight titles, but the 1-2 finishers in the Northern Hills Skyline meet, West Milford and Passaic Valley, can't be counted out.

The boys race isn't expected to be as dramatic, but Clifton's Paul Kornaszewski is favored to become the first sophomore to win the race in the 44-year history of the meet. A trio of Dans, Dan Binder and Dan Sullivan of West Milford and Dan McGrady of Wayne Valley, along with Dave Steenstra of Eastern Christian, figure to be challengers to Kornaszewski.

West Milford is favored to win its first team title with Eastern Christian and defending champ Wayne Valley probably the closest competition.

The Bergen meet at Darlington County Park in Mahwah not only produces eight group champions but qualifies the top three teams and top 10 individuals in each group to the Bergen Meet of Champions on Nov. 3 along with 10 individual wild cards.

Don Bosco Prep should outrun

## CROSS-COUNTRY NOTEBOOK

Ridgewood in a battle of the area's top teams in the Group 4 meet that gets the varsity competition under way at 1:30 p.m. Look for Bergen Catholic to edge Fair Lawn and Hackensack for the third Bergen Meet of Champs qualifier. Defending champ Peter Gerboth and Bosco teammate Sean Swift should vie for the individual title.

Northern Valley/Demarest with its top trio of Dane Garlasco, Mike Accordino, and Dario Cantatore should win its first Group 3 title (1:50 p.m.) in four years with B-PSL King champ Garfield, Northern Valley/Old Tappan, and BCSL American champ Tenafly battling for the other two Meet of Champs spots with Fort Lee, Paramus, and River Dell. The Demarest trio will challenge Mike Zbijewski of Garfield and BCSL champ Samir Mane of Fort Lee and runner-up Rudy Urena of Cliffside Park for a title.

Rutherford looks to bounce back from its upset loss in the BCSL American to hold off Leonia, Dumont, and Ramsey for the Group 2 title at 4 p.m. Defending champion Owen Bourgholtzer of Mahwah has a rematch with NBIL rival Matt Klypka of Indian Hills.

Palisades Park has won seven of eight Group 1 (4:20 p.m.) titles and could make it eight of nine after a narrow win in the BCSL Olympic. The Tigers will get a huge test from BPSL Carpenter champ Glen Rock, which goes for its first County title. Westwood drops down from Group 2 and could also be a contender. Cresskill's Steve Begley should hold off Sean Emermerling of Palisades Park and Ryan Mulholland of Glen Rock for the win.

Hackensack is the only school to interrupt Ridgewood's 20-year domination of girls Group 4 (2:10 p.m.), winning in 1983 and 1996, but Ridgewood should win a fifth straight title behind defending champ Clair Nowakowski. Hackensack junior Shaneika Bernard should again be sec-

ond. Hackensack should get the third Meet of Champs qualifying slot. If Fair Lawn can field a team, it will be dangerous behind the 1-2 punch of Sari Weissbard and NBIL champ Daphne Aronovits.

Group 3 (2:30 p.m.) is the most interesting meet with NBIL champion NV/Old Tappan and Pascack Valley the leading contenders. But they will get pushed by Garfield, Paramus, River Dell, and NV/Demarest. Briana Bayersdorfer of River Dell leads a balanced individual field that includes Taylor Lebovich of NV/Old Tappan, Carol Bullen of Paramus, and Virginia Westervelt of NV/Demarest.

Ramsey has won six straight titles in Group 2 (2:50 p.m.) and eight overall but faces its toughest challenge in a while against league rival Indian Hills, the 2000 Group 3 winner, and BCSL American champ Dumont. Felicia Chevalier of Dumont will battle teammate Sue Giesemann and Indian Hills sophomore Jenna Bauberger for the individual crown.

Glen Rock and Cresskill figure to

have a terrific duel in Group 1 (3:40 p.m.). BCSL National champ Ridgefield, Bogota, Westwood, and Palisades Park will compete for the third Meet of Champs slot. Glen Rock's Erin Henry should get a repeat win with Westwood's Katie D'Aco and Cresskill's Katy Botsford next.

### GIRLS TOP 15

1. Ridgewood
2. NV/Old Tappan
3. Ramsey
4. IHA
5. Pascack Valley
6. Passaic
7. Glen Rock
8. Hackensack
9. Indian Hills
10. Cresskill
11. Dumont
12. River Dell
13. West Milford
14. Passaic Valley
15. NV/Demarest



TONY VASSALLO / STAFF PHOTOGRAPHER

These are the senior class members of the Ridgewood High School girls cross-country team. FRONT ROW (from left): Lauren Lillis, Ruth Van Yperen, Clair Nowakowski and Sarah Bigos. BACK ROW (from left): Jackie Goulart, Peggy Lynch, Alexandra Oros, Cassie Canzanie and Colleen Herlihy. Missing from photo is Julia Forseman.

## RHS girls cross-country program's success based on senior leadership

By Arthur Carpenter  
Assistant Sports Editor

**RIDGEWOOD** — In Jacob Brown's tenure as the head girls cross-country coach at Ridgewood High School, the Maroons have established themselves as one of the top teams in the state, year after year. This season's version is again among the state's best, but it is the dedication of 10 seniors that typifies the program's success.

"They've been together since they've been freshmen," said Brown. "Some of them aren't varsity kids, but they're just the most loyal kids I've had. They're always at practice. They always work real hard and they've had a lot of success in the last four years.

"Cross-country does not have that absurd rule that some other sports do that seniors can't be on jayvee. In cross-country, you have to run your best seven kids in your varsity race. You are not allowed to take a good kid and put them down in the jayvee race. Once you put your best seven in the varsity race, everybody else is jayvee, no matter what your year is."

Clair Nowakowski, Jackie Goulart, Peggy Lynch and Alexandra Oros are seniors who make up the core of the varsity seven. Senior Julia Forseman, who is out with an Achilles tendon injury, will also be in the mix when she returns. Seniors Cassie Canzanie, Colleen Herlihy, Lauren Lillis, Ruth Van Yperen and Sarah Bigos lead a jayvee squad that would challenge most area varsity teams. Sophomores Justine Lupo, Emily Terrin and Megan O'Connell are currently running with the varsity top seven.

The Maroon girls recently won their division at the Shore Invitational in Holmdel and finished second to a strong team from Cornwall, N.Y., in last Saturday's Ridgewood Invitational. Brown is pleased with his team's performance so far this year and is looking ahead to tomorrow's Bergen County group meet.

"I would say we are pretty much on target," Brown said. "I thought this team could be pretty good, and we're doing pretty well. Winning at the Shore was a big plus. I was a little disappointed that we lost to Cornwall, but they're a good New York

SEE RUNNERS, C7

## Runners

FROM C1

program. We've got our county tournament and then we start our state series."

The county meet is a two-race series, with the top three teams in each group in the first meet qualifying for the county Meet of Champions on Nov. 3, at Darlington. Ridgewood won the Bergen Meet of Champions last year and is a virtual lock to reach the meet again this year. The Maroons have never not qualified for the event.

The state sectional meet, in which Ridgewood will compete against all the Group 4 teams from Bergen, Passaic, Sussex and Morris counties, is slated for Oct. 27, at Garrett Mountain in West Paterson. Ridgewood has never not qualified for that meet either and has never finished lower than third in state sectional.

The top five teams in each group, in each of the four sections in the state, qualify for the state group championships, which are scheduled for Nov. 10, in Holmdel. Last year, the Maroons finished sixth and didn't make the State Meet of Champions. In order to qualify for the SMOG, Ridgewood must finish in the top three in Group 4.

Brown is confident the Maroons will be there on Nov. 17, in Holmdel.

"We are ranked in a way that if we ran our ranking right now, we would make it to the State Meet of Champions," said Brown.

Arthur Carpenter's e-mail address is  
carpenter@northjersey.com.



TONY VASSALLO / STAFF PHOTOGRAPHER

These are the senior class members of the Ridgewood High School girls cross-country team. FRONT ROW (from left): Lauren Lillis, Ruth Van Yperen, Clair Nowakowski and Sarah Bigos. BACK ROW (from left): Jackie Goulart, Peggy Lynch, Alexandra Oros, Cassie Canzanie and Colleen Herlihy. Missing from photo is Julia Forseman.

# RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BERGEN COUNTY GROUP CHAMPS

COURSE DARLINGTON

DIVISION GROUP 4

COURSE RECORD \_\_\_\_\_

DATE 10-20-01

RIDGEWOOD RECORD \_\_\_\_\_

WEATHER SUNNY & 70

TYPE OF COURSE \_\_\_\_\_

FINISH PLACE	TEAM SCORE	NAME	TIME
1	(1)	CLAIR NOWAKOWSKI	2:37 5:37 16:24 19:01.1
3	(3)	JUSTINE LUPO	2:53 6:01 19:43.6
6	(4)	JACKIE GOULART	2:56 6:07 20:22.8
8	(6)	EMILY TERRIN	3:08 6:25 20:48.2
10	(8)	MEGAN O'CONNELL	3:08 6:25 21:04.0
13		PEGGY LYNCH	3:08 6:26 22:00.8
14		ALEXANDRA OROS	3:09 6:30 22:22.8

TEAM TOTAL: 22

TEAM PLACE: FIRST

1-5 SPLIT:

1-7 SPLIT:

COMMENTS: We made a statement to the country! Clair had the fastest time of the day. Justine got closer to Shameeka, Jackie ran 13<sup>th</sup> overall on the day, Emily broke 21 and Megan got close, Peggy and Alexandra were solid at 22 minutes. But Clair needs to go out at a more even pace and everyone needs to run the middle with more intensity.



## RUNNER OF THE WEEK

**Name:** Liz Wort

**School:** Voorhees

**Class:** Senior

**Height:** 5-7

**Key statistics:** Wort ran 15:25.8 to place second and lead No. 2 Voorhees to the championship in the C Division race at the 29th Manhattan Invitational last Saturday at Van Cortlandt Park in the Bronx.

**Did you know:** Wort gave up field hockey, in which she earned All-West Jersey honors, to run this season. Last spring, she finished third in the Group 2 1,600 in 5:06.95 and ran on the 4x800 team that set a Hunterdon County-record 9:20.05 at the Penn Relays. She split 3:44.6 in the 1,200 to help her team win the distance medley at the East Coast Relays in 12:08.09, No. 14 in state history.



## GROUP LEADERS

### GROUP 4

- 1-Southern Regional
- 2-Toms River East
- 3-Shawnee
- 4-Ridgewood
- 5-Hunterdon Central
- 6-Morris Knolls
- 7-Brick
- 8-Westfield
- 9-Toms River North
- 10-Morristown

### GROUP 3

- 1-Hopewell Valley
- 2-North Hunterdon
- 3-Middletown South
- 4-Camden Wilson
- 5-Toms River South
- 6-Delsea
- 7-Ocean City
- 8-Mt. Olive
- 9-Old Tappan
- 10-Pascack Valley

### GROUP 2

- 1-Moorestown
- 2-Voorhees
- 3-Montville
- 4-Rumson
- 5-Ridge
- 6-Ramsey
- 7-Holmdel
- 8-Kittatiny
- 9-Parsippany
- 10-Pinelands

### GROUP 1

- 1-Shore Regional
- 2-Schalck
- 3-Gloucester City
- 4-Cresskill
- 5-Middlesex
- 6-Metuchen
- 7-Ridgely
- 8-Verona
- 9-Mountain Lakes
- 10-Bernards

### PAROCHIAL

- 1-Red Bank Catholic
- 2-Msgr. Donovan
- 3-Immaculata
- 4-Paul VI
- 5-Bishop Eustace
- 6-Pope John
- 7-Pingry
- 8-St. John Vianney
- 9-Oak Knoll
- 10-Immaculate Heart

## CROSS COUNTRY TOP 20

- |                     |                      |
|---------------------|----------------------|
| 1-Moorestown        | 11-Ridgewood         |
| 2-Voorhees          | 12-Rumson            |
| 3-Southern Regional | 13-Msgr. Donovan     |
| 4-Red Bank Catholic | 14-Hunterdon Central |
| 5-Hopewell Valley   | 15-Shore Regional    |
| 6-North Hunterdon   | 16-Immaculata        |
| 7-Middletown South  | 17-Ridge             |
| 8-Toms River East   | 18-Morris Knolls     |
| 9-Montville         | 19-Brick             |
| 10-Shawnee          | 20-Camden Wilson     |

## TOP RUNNERS BY GROUPS

### OVERALL

- 1-Jesse Mizzone, Passaic Valley
- 2-L. Van Alstine, Hawthorne C
- 3-Natalie Jones, Hopewell Valley
- 4-Kathryn Wardenski, Southern R.
- 5-Ashley Wolf, Montville
- 6-Nicole Lombardy, Middletown S
- 7-Meghan Hughes, Moorestown
- 8-Sara Best, Voorhees
- 9-Nicole Kurtain, Notre Dame
- 10-Erin Geiger, Immaculata

### GROUP 4

- 1-Kathryn Wardenski, Southern R.
- 2-Courtney Epps, Columbia
- 3-Kegga Schaffer, Southern R.
- 4-A. Uniszkievicz, Hillsborough
- 5-Jen Blank, Toms River East
- 6-Shaneika Bernard, Hackensack
- 7-Kristan Lucas, Edison
- 8-Kathleen Quinlan, Shawnee
- 9-Clair Nowakowski, Ridgewood
- 10-Amy Maier, Morristown

### GROUP 3

- 1-Jesse Mizzone, Passaic Valley
- 2-Natalie Jones, Hopewell Valley
- 3-Nicole Lombardy, Middletown S
- 4-Erin Enderly, Ocean Township
- 5-Brittany McCann, Delsea
- 6-Dilshanie Perera, Princeton
- 7-Kathleen Galan, Highland
- 8-Becky Crossin, N. Hunterdon
- 9-Shari Gorga, North Hunterdon
- 10-B. Bayersdorfer, River Dell

### GROUP 2

- 1-Ashley Wolf, Montville
- 2-Meghan Hughes, Moorestown
- 3-Sara Best, Voorhees
- 4-Liz Wort, Voorhees
- 5-Christy Planer, Rumson
- 6-Kelsey Rinehart, Moorestown
- 7-Colleen Hughes, Moorestown
- 8-Kira McGroarty, Hopatcong
- 9-Christina Scherer, Montville
- 10-Ashley Folchetti, Holmdel

### GROUP 1

- 1-Erin Henry, Glen Rock
- 2-Julie Ulmeyer, Shore Regional
- 3-Allyson Krayl, Point Beach
- 4-Darlene Pekaar, Saddle Brook
- 5-Desirae Symons, Verona
- 6-Grace deMarras, Bernards
- 7-Kate D'Ac, Westwood
- 8-Nicole Wit, Schalck
- 9-Cari Anne Gerbino, Glen Ridge
- 10-Katy Botsford, Cresskill

### PAROCHIAL

- 1-L. Van Alstine, Hawthorne C
- 2-Nicole Kurtain, Notre Dame
- 3-Erin Geiger, Immaculata
- 4-Kelly Byrnes, Red Bank Catholic
- 5-Liz Geiger, Immaculata
- 6-Grace Nuzzi, St. Joe's (Hamm.)
- 7-Maggie Taverna, Donovan
- 8-Bridget Skeuse, Immaculata
- 9-Leah Brogan, Msgr. Donovan
- 10-Amanda Smith, Pingry

# A capsule look at county, conference meets

## GIRLS CROSS COUNTRY

## NOTEBOOK

BY JIM LAMBERT

FOR THE STAR-LEDGER

A glance at county and conference championships on tap over the next week:

**Greater Middlesex Conference:** Saturday, 2 p.m., Thompson Park, Jamesburg.

South Brunswick has won the last two titles, but this figures to be a battle between Old Bridge and Edison.

Edison has two very good front-runners in Kristan Lucas and Mary O'Connor, but Old Bridge, led by junior Stephanie Zottoli and freshman Mara McInerney, has the edge because of its depth. Old Bridge also has defending champion Linda Sanders, who has not regained her form of a year ago after an early-season quadriceps injury.

"It should be very interesting," Edison coach Art Rostel said. "On paper, they are a little bit ahead of us. But if we run our best race, you never know what can happen. We're not going to just give it to them."

Individually, Lucas was one of the favorites last year until sustaining a stress fracture a few days before the race. She is the runner to beat, but O'Connor (second last year), Zottoli and McInerney also have legitimate shots.

Old Bridge should win by about 15 points, while Lucas should cross first in around 19:40.

**Hunterdon-Warren:** Tomorrow, 3:45 p.m., Delaware Valley.

This has the feel of a state championship meet, as No. 2 Voorhees squares off with No. 6 North Hunterdon and No. 14 Hunterdon Central.

Voorhees should have the first two finishers with sophomore Sara Best and senior Liz Wort, but North Hunterdon has a tighter pack led by Becky Crossin.

"The kids really believe we can beat Voorhees," North Hunterdon coach Don Roberts said.

"I think it'll come down to the

four and five runners on both teams. That's the key to the whole meet."

North Hunterdon can pull off the upset if it gets a big performance from a group with little championship race experience. Sophomores Crossin and Sami Teich are key components of the top five. Crossin led North Hunterdon at the Manhattan College meet by placing 13th in 16:22 over 2.5 miles at Van Cortlandt Park. Seniors Shari Gorga and Amanda LaMarca and junior Holly Greiner round out the top five.

"I can't wait to run in big meets with those kids," Roberts said. "They want to win everything."

North Hunterdon was second to North Penn (Pa.) in the B race at the Manhattan meet, where Voorhees won the C title. North Hunterdon's times were 16:22 for Crossin, 16:33 for senior Shari Gorga, 16:39 for junior Holly Greiner, 16:51 for Teich and 16:55 for senior Amanda LaMarca. Voorhees' times were 15:25.8 for Wort, 15:27.3 for Best, 16:29 for Alexis Vergalla, 16:57 for Joanna Perez and 17:05 for Lili Perez.

In a dual-meet format, those times would have given Voorhees a 25-30 victory.

Best and Wort should go 1-2, with Voorhees winning by about seven points over North Hunterdon.

**Passaic County:** Tomorrow, 3 p.m., Garret Mountain, West Paterson.

This is an NJSIAA Meet of Champions preview, as Jesse Mizzone of Passaic Valley and Lindsay Van Alstine of Hawthorne Christian, the top two runners in the state, hook up for the first time this season.

The matchup is a contrast in styles. Van Alstine likes to hammer the pace early, while Mizzone prefers to pace herself early and then pick it up in the second and third miles.

Defending champion Passaic is the team favorite, with Passaic Valley and West Milford the best bets to pull off an upset.

Mizzone figures to let Van Alstine lead the first half of the race, but Mizzone should methodically pull away over the final mile. With a fast pace expected, Mizzone's time should be around 18 flat. Passaic should retain its title.

**Iron Hills Conference:** Saturday, 1 p.m., Warinanco Park, Elizabeth.

The Iron Division features a great duel between Morristown, No. 18 Morris Knolls and Columbia. Morristown is the defending champion, Columbia has the 1-2 punch of Courtney Epps and Raven Lea and Morris Knolls has a good young team that defeated Morristown at the Shore Coaches meet Oct. 6. Individually, Epps is the defending champion and should have no trouble winning again, while Morris Knolls should take the team title.

In the Hills Division, Parsippany and Sarah Founds of Mendham should successfully defend their titles.

**Bergen County:** Saturday, 1:30 p.m., Darlington Park, Mahwah.

In the Group 4 race, defending champion Ridgewood's Clair Nowakowski faces Shaneika Bernard of Hackensack. In the team race, No. 11 Ridgewood should run away from the field.

In Group 3, Briana Bayersdorfer of River Dell is favored, but she's coming off a disappointing fifth in her BCSL American Division race on Monday. Old Tappan and Pascack Valley are the head of the class in the team battle. Old Tappan won the BCSL title with 64 points, 16 more than third-place Pascack Valley.

In Group 2, Indian Hills sophomore Jenna Bauberger is the favorite along with Ramsey, though Dumont and Indian Hill can't be overlooked. Erin Henry should easily win the Group 1 title and lead Glen Rock to the championship.

**Somerset County:** Monday, 3:30 p.m., Pleasant Valley Park, Bernards Township.

Ridge, the No. 17 team, has split two meetings with No. 16

Immaculata. Immaculata won the dual meet, but Ridge outscored Immaculata, 33-48, to win the Mountain Division title yesterday at the Mountain Valley Championships. Pingry and defending champion Hillsborough should be in the mix.

Ridge senior captain Emily Sarokhan was thrilled with her team's victory over Immaculata and said her team's confidence level is very high.

"We've never been ranked before and I think we're proving ourselves this year," Sarokhan said. "We're nervous about the county, but this is a confidence booster. We've got the hang of it (pack running) this year. We're excited about doing it at county since we showed we could do it today."

Individually, twins Erin and Liz Geiger of Immaculata and Ashley Uniszkievicz of Hillsborough are the class of the race. Erin Geiger tore apart the course at Pleasant Valley Park yesterday, winning the Mountain Division race in 19:15.

Immaculata could put two runners in the top five and three in the top 10, but Ridge's tight pack should enable it to prevail. Erin Geiger should run around 19:05 to finish first, with Uniszkievicz not far behind.

**Watchung Conference:** Today, 4 p.m., Warinanco Park, Elizabeth.

Westfield seems headed to its sixth straight National Division title, led by Sarah Mahran, who figures to cross first.

In the American Division, Union is favored to successfully defend its title. Kearny is the only team that seems capable of overtaking Union, having lost by just five points in a dual meet. There will be a new individual champion because Union sophomore Erin Higgins, the winner last season, is out with a stress fracture. Hot-shot freshman Jessica Rodriguez of Elizabeth may step up in Higgins' absence, though Kristine Jimenez of Union, second last year, is also a major threat.

*Rich Bevenssee contributed to this report.*

# RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BERGEN Group CHAMPS

COURSE DARLINGTON

DIVISION JV

COURSE RECORD \_\_\_\_\_

DATE 10-20-01

RIDGEWOOD RECORD \_\_\_\_\_

WEATHER \_\_\_\_\_

TYPE OF COURSE \_\_\_\_\_

FINISH PLACE	TEAM SCORE	NAME	TIME
3	2	LAUREN LILLIS	22:21.6
4	3	CASSIDY LANZANNI	22:31.6
6	5	LIANNE HANSEN	22:55.6
7	6	JENNA RUBINOFF	23:14.8
11	10	CASEY DUNN	23:32.2
13		KRISTEN ESPENAK	23:39.9
16		CAROLINE GABLE	23:59.8
24		KATE McDONAGH	24:22.3
25		RUTH VANYPYPEREN	24:23.5
29		KERRY DOHERTY	24:34.0
33		TAMMIE ARMSTRONG	25:04.4
34		SHANNON MCCARTHY	25:07.2
35		COLLEEN HERLIHY	25:14.3
61		CASEY CALLAN	27:41.1
72		SARAH BIGOS	28:34.6
78		REINE DUFFY	30:02.0

TEAM TOTAL: 26

TEAM PLACE: FIRST

1-5 SPLIT:

1-7 SPLIT:

COMMENTS: JV Champs - Bergen champs. Our A Team would have beaten many varsities today! Our B team was 4 on traditional scoring. Our C team beat 4 other A+B teams! Great job.

## CROSS-COUNTRY

### BERGEN COUNTY CHAMPIONSHIPS

At Darlington County Park, Mahwah

#### BOYS

##### GROUP 1

**Team Scores:** Glen Rock 60\*, Westwood 77\*, Saddle Brook 113\*, Midland Park 132, Palisades Park 142, Becton 192, New Milford 201, Park Ridge 203, Bogota 203, Cresskill 211, North Arlington 223, Ridgefield 235.

1. Steve Begley, Cresskill, 16:44.93; 2. Sean Emmerling, Palisades Park, 17:00.99; 3. Ryan Mulholland, Glen Rock, 17:11.63; 4. Mike Cole, Westwood, 17:42.68; 5. Brian Koch, Park Ridge, 17:44.80; 6. Tim Daly, Glen Rock, 17:46.26; 7. Chris Gregory, Midland Park, 17:55.87; 8. Brian Dowling, New Milford, 17:58.99; 9. Ryan Bravo, Saddle Brook, 18:06.40; 10. Trevor Hedges, Westwood, 18:08.89.

11. Chris Plein, Glen Rock, 18:11.67; 12. Brian Whitla, Saddle Brook, 18:12.83; 13. Matt Anderson, Midland Park, 18:14.61; 14. Billy Flynn, Westwood, 18:20.27; 15. Kamal Dobrowski, Becton, 18:22.95; 16. Pat McKeever, Midland Park, 18:23.34; 17. Brian Hook, Glen Rock, 18:25.37; 18. Chris Guerrero, Saddle Brook, 18:25.75; 19. Matt Magnifico, Becton, 18:29.74; 20. Stuart Parr, Saddle River Day, 18:32.22.

21. David Chang, Westwood, 18:34.06; 22. Andrew Zuniga, North Arlington, 18:34.48; 23. Eric Tuvel, Ridgefield, 18:37.39; 24. Andrew Rogers, Glen Rock, 18:42.14; 25. Susip Saha, Bogota, 18:45.91.

##### GROUP 2

**Team Scores:** Rutherford 53\*, Leonia 80\*, Ramsey 82\*, Mahwah 99, Pascack Hills 112, Dumont 117, Indian Hills 146.

1. Matt Klypka, Indian Hills, 16:27.86; 2. Owen Bourgholzer, Mahwah, 16:43.59; 3. Rafael Abreu, Leonia, 16:59.98; 4. Bob Bloor, Rutherford, 17:05.03; 5. Adam Forman, Leonia, 17:21.55; 6. Alex Marcoulides, Mahwah, 17:43.81; 7. Phil Kang, Dumont, 17:46.44; 8. B.J. Minny, Ramsey, 17:50.62; 9. Scott Harrison, Rutherford, 18:04.40; 10. Sean Hartel, Pascack Hills, 18:08.74.

11. Andrew Chung, Mahwah, 18:16.31; 12. Anthony Cavallaro, Rutherford, 18:29.93; 13. Nicholas Ferrill, Rutherford, 18:34.04; 14. Michael Schottig, Dumont, 18:35.32; 15. Matthew Emico, Rutherford, 18:36.62; 16. Dan Muller, Ridgefield Park, 18:37.43; 17. Jon Molestan, Pascack Hills, 18:41.70; 18. Dan Wakefield, Pascack Hills, 18:42.91; 19. James O'Hara, Leonia, 18:53.52; 20. Joe Bergen, Ramsey, 18:55.34.

21. Eban Goldwasser, Indian Hills, 18:58.81; 22. Tony Pearl, Ramsey, 18:58.99; 23. Kevin Cox, Leonia, 18:59.51; 24. Jason Dufberger, Ramsey, 19:03.95; 25. Sean McDonald, Mahwah, 19:03.95.

##### GROUP 3

**Team Scores:** NV/Demarest 40\*, NV/Old Tappan 115\*, Tenafly 118\*, Garfield 122, Paramus 142, River Dell 156, St. Joseph Regional 159, Fort Lee 175, Northern Highlands 209, Ramapo 233, Cliffs Park 254, Pascack Valley 312, Paramus Catholic 360.

1. Dane Garlesco, NV/Demarest, 16:25.78; 2. Dario Cantatore, NV/Demarest, 16:30.10; 3. Mike Accordino, NV/Demarest, 16:31.94; 4. Samir Mane, Fort Lee, 16:43.51; 5. Mike Zbiewski, Garfield, 16:45.42; 6. Rich Accosta, Bergenfield, 16:51.10; 7. Rudy Urena, Cliffs Park, 16:54.80; 8. Scott Knackmuhs, Ramapo, 16:55.09; 9. Ted Siebold, NV/Demarest, 17:01.26; 10. Jesse Weber, Tenafly, 17:08.13.

11. Jerry Wich, Garfield, 17:10.75; 12. Alan Acosta, Bergenfield, 17:11.12; 13. Zach Lerner, Tenafly, 17:14.24; 14. Sean Valdez, Paramus, 17:14.84; 15. Tim Fogarty, St. Joseph Regional, 17:15.14; 16. Joey Ciolfi, River Dell, 17:30.96; 17. Brendan Sullivan, Tenafly, 17:34.26; 18. Greg Horn, River Dell, 17:36.46; 19. Hernal Patel, Garfield, 17:38.02; 20. Rich Nebeling, Paramus, 17:43.40.

##### GROUP 4

**Team Scores:** Don Bosco Prep 26\*, Ridgewood 50\*, Bergen Catholic 66, Hackensack 101, Fair Lawn 125, Bergen Tech 159.

1. Ken Sinkovitz, Bergen Catholic, 16:01.62; 2. Peter Gerboth, Don Bosco, 16:05.03; 3. Sean Swift, Don Bosco, 16:23.79; 4. Rodolfo Crispin, Ridgewood, 16:45.10; 5. Matt Horesta, Don Bosco, 16:51.04; 6. Doug Sampson, Ridgewood, 16:59.60; 7. Matt Sullivan, Don Bosco, 16:57.35; 8. Craig Walker, Hackensack, 17:01.01; 9. Tim Murphy, Don Bosco, 17:09.54; 10. Erik Nygaard, Ridgewood, 17:09.70.

11. Ben O'Donnell, Bergen Catholic, 17:14.13; 12. Elvis Cole, Hackensack, 17:19.02; 13. Mike Calantone, Bergen Catholic, 17:25.98; 14. Jeff Khoury, Ridgewood, 17:28.71; 15. Rob McKay, Don Bosco, 17:31.21; 16. Chris Perez, Ridgewood, 17:36.86; 17. Igor Kreymer, Fair Lawn, 17:37.36; 18. Rob Nelson, Ridgewood, 17:37.52; 19. Matt Jackson, Ridgewood, 17:37.67; 20. Mark Durney, Bergen Catholic, 18:02.44.

21. Brian Mazzola, Bergen Catholic, 18:06.78; 22. Ben Zewdu, Hackensack, 18:11.97; 23. Ed Cabo, Hackensack, 18:13.33; 24. Dave Kloc, Fair Lawn, 18:17.62; 25. Matt Martino, Bergen Catholic, 18:30.13.

\*Denotes team or individual qualifier for

Bergen Meet of Champions, Jon Klui, Don Bosco, 16:58.98; Frank Battersby, Don Bosco, 17:03.24; Dave Maher, Ridgewood, 17:21.16; Greg Wyca, Don Bosco, 17:36.40 qualified from their junior varsity race as individuals.

#### GIRLS

##### GROUP 1

**Team Scores:** Glen Rock 57\*, Cresskill 64\*, Westwood 88\*, Ridgefield 103, Bogota 107, Palisades Park 124, Saddle Brook 126.

1. Erin Henry, Glen Rock, 19:23.74; 2. Katie D'Aco, Westwood, 20:49.42; 3. Katy Botsford, Cresskill, 20:54.50; 4. Darlene Pekaar, Saddle Brook, 21:15.72; 5. Linda Ntegoni, Cresskill, 21:37.05; 6. Danielle Amato, Saddle Brook, 21:46.22; 7. Amy Gohlich, Westwood, 21:49.81; 8. Kristen Stephen, Glen Rock, 21:53.28; 9. Angela Panuccio, Bogota, 21:58.58; 10. Courtney Reggo, Ridgefield, 22:02.84; 11. Sabrina Sura, Bogota, 22:04.86; 12. Susan Dadaian, Cresskill, 22:09.00; 13. Joanna Fuentes, Palisades Park, 22:10.62; 14. Tara Kelly, Westwood, 22:13.69; 15. Brenna O'Rourke, Glen Rock, 22:18.86; 16. Renee Knurowski, Becton, 22:22.02; 17. Jacyln Rivera, Glen Rock, 22:23.74; 18. Cate Kowalczyk, Waldwick, 22:27.52; 19. Amanda Perino, Glen Rock, 22:29.86; 20. Allison Sui, Cresskill, 22:30.89.

21. Ai Dykhouse, Glen Rock, 22:31.78; 22. Tracy Hickey, Ridgefield, 22:35.54; 23. Stephanie Sinclair, Ridgefield, 22:39.79; 24. Rachel Von Dreele, New Milford, 22:49.65; 25. Allison Sinclair, Ridgefield, 23:03.44.

##### GROUP 2

**Team Scores:** Ramsey 36\*, Indian Hills 40\*, Dumont 46\*, Jenna Bauberger, Indian Hills, 19:56.35; 2. Sus Giesemann, Dumont, 20:39.55; 3. Felicia Chevalier, Dumont, 20:28.23; 4. Noel DiPaola, Ramsey, 20:34.33; 5. Emily Donelan, Ramsey, 20:43.24; 6. Erin Bauberger, Indian Hills, 20:47.97; 7. Kelly Beautydy, Ramsey, 21:01.88; 8. Caroline Hockmeyer, Ramsey, 21:12.92; 9. Tina Triantafyllidi, Indian Hills, 21:22.74; 10. Alyssa Ross, Pascack Hills, 21:28.28; 11. Jessica DeBoer, Indian Hills, 21:41.01; 12. Malena Caballero, Dumont, 21:52.82; 13. Lauren Zaccone, Mahwah, 22:00.31; 14. Sara Cuccinello, Ramsey, 22:12.01; 15. Kathy Harhar, Dumont, 22:28.70; 16. Laura Flynn, Indian Hills, 22:52.30; 17. Mihalisa Piron, Ridgefield Park, 23:02.61; 18. Cara Galareano, Ramsey, 23:14.29; 19. Frankie LaVigna, Ramsey, 23:38.87; 20. Michelle Sapoff, Pascack Hills, 24:07.50.

21. Diana Zambrano, Ridgefield Park, 24:19.72; 22. Jaimee Millar, Dumont, 24:34.15; 23. Kristin Brook, Indian Hills, 25:18.13; 24. Kristen Lloyd, Dumont, 25:30.61; 25. Jeanne Bernarducci, Rutherford, 25:32.57.

##### GROUP 3

**Team Scores:** NV/Old Tappan 62\*, Pascack Valley 82\*, Ramapo 93\*, River Dell 99, NV/Demarest 120, Tenafly 128, Northern Highlands 149, Holy Angels 185, Garfield 190.

1. Carol Bullen, Paramus, 20:11.77; 2. Virginia Westervelt, NV/Demarest, 20:13.33; 3. Julie Emanuel, Tenafly, 20:15.90; 4. Taylor Lebovich, NV/Old Tappan, 20:20.37; 5. Sarah Christensen, Northern Highlands, 20:27.34; 6. Tara Connelly, Pascack Valley, 20:31.41; 7. Allison Eckmeyer, NV/Old Tappan, 20:44.52; 8. Maria Pavkovic, Garfield, 20:49.27; 9. Sarah Adelson, Tenafly, 20:50.47; 10. Briana Bayersdorfer, River Dell, 20:54.33.

11. Rachel Crono, Fort Lee, 20:54.78; 12. Stephanie Abbateello, Bergenfield, 21:04.85; 13. Katie Diana, Pascack Valley, 21:06.68; 14. Kerri Berry, Cliffs Park, 21:08.99; 15. Sarah Walcott-Sapp, Pascack Valley, 21:20.61; 16. Pam Papapetrou, NV/Demarest, 21:21.86; 17. Mina Kim, Ramapo, 21:22.32; 18. Lindsay Davis, NV/Old Tappan, 21:22.60; 19. Sheena MacFarlane, River Dell, 21:23.44; 20. Katherine Weng, Paramus, 21:28.35.

21. Sarah Ocasio, NV/Old Tappan, 21:36.57; 22. Laura Corcoran, Ramapo, 21:41.51; 23. Teisha Ruggiero, River Dell, 21:44.72; 24. Jessica Weng, Paramus, 21:51.99; 25. Vicky Baritz, Fort Lee, 21:54.29.

##### GROUP 4

**Team Scores:** Ridgewood 22\*, Immaculate Heart Academy 53\*, Hackensack 65\*, Teaneck 106, Bergen Tech 117.

1. Clair Nowakowski, Ridgewood, 19:01.10; 2. Shaneika Bernard, Hackensack, 19:36.17; 3. Justine Lupo, Ridgewood, 19:43.55; 4. Sari Weissbard, Fair Lawn, 19:56.95; 5. Daphne Aronovits, Fair Lawn, 20:21.27; 6. Jackie Goulart, Ridgewood, 20:22.75; 7. Theresa Hearn, IHA, 20:35.47; 8. Emily Terrin, Ridgewood, 20:48.14; 9. Caitlin Hammar, IHA, 20:51.48; 10. Megan O'Connell, Ridgewood, 21:03.91.

11. Ciandine McGuire, Hackensack, 21:31.81; 12. Katie Hines, IHA, 21:46.20; 13. Peggy Lynch, Ridgewood, 22:00.73; 14. Alexandra Cros, Ridgewood, 22:22.79; 15. Zainab Hanif, Hackensack, 22:29.66; 16. Serika Thomas, Hackensack, 22:32.18; 17. Danielle Braun, IHA, 22:38.45; 18. Agatha Ng, Bergen Tech, 22:46.16; 19. Asha Philip, Teaneck, 22:49.41; 20. Katie Fry, IHA, 23:08.37.

21. Sara Schaumberg, Teaneck, 23:17.58; 22. Amy Stokes, Teaneck, 23:21.56; 23. Diane Lee, Bergen Tech, 23:46.41; 24. Melissa Favale, Bergen Tech, 23:58.57; 25. Cara Steffy, IHA, 24:01.12.

\*denotes team or individual qualifier for Bergen Meet of Champions

# Henry, Nowakowski set for showdown

By PAUL SCHWARTZ

STAFF WRITER

## BERGEN GIRLS CROSS-COUNTRY

MAHWAH – Erin Henry of Glen Rock and Clair Nowakowski of Ridgewood will graduate this spring, having completed two of the finest careers in the history of Bergen County distance running. Yet despite dominating the same events for most of the last four years in indoor and outdoor track and cross-country, when they meet in the Bergen County Meet of Champions on Nov. 3, it'll only be the third time they'll face each other.

But what a race it figures to be. Nowakowski and Henry each defended their Group championship titles easily Saturday at Darlington Park, moving closer to what should be a terrific showdown.

"I can't wait to race her," said Nowakowski, who ran 19:01.10 for 5,000 meters to defeat Shaneika Bernard of Hackensack by 150 meters to lead Ridgewood to its fifth straight Group 4 title and 19th win in 21 years. "We talk on line all the time and she's so nice. It's going to be such a great race and we should be neck-and-neck all the way around the course."

Henry was displeased with her race, winning Group 1 by 350 meters, but in a time of 19:23.74, 15 seconds slower than her best time. But as soon as the race with Nowakowski was mentioned, Henry lit up.

"We started chatting this summer and we tried to make plans to train together," said Henry. "I like her a lot, but between family vacations and my getting sick for a while we never got a chance to get together."

"I'm a little frustrated with my running right now because I want to get in a good race before running against Clair. But the best thing this year is the team doing so well and winning the title. We're looking forward to States to see if we can surprise some people."

Glen Rock won its first team title, 57-64, over a very good Cresskill team, delighting head coach Paul White.

"I've never enjoyed any season of coaching more than this one," said

White. "The girls are great, the boys are great, and they are great together. For them to do so well makes it even more exciting."

The closest team race came in Group 2, where Ramsey held off Indian Hills, 36-40, for its seventh straight Group 2 title and ninth including Group 3 titles in 1993 and 1994.

"It was so close the whole race, and Steve [Indian Hills coach Oprenck] and I kept looking at each other and telling each other how close it was," said Ramsey coach John Kirchof. "This year, for the first time in a long time, we have no shooter [top runner] at the head of the pack and at the beginning of practice, I never thought we had a chance."

"But when we went up to Garret [Mountain] for the Maroon Invitational for a hard workout, running through it and we won it, even though the times weren't great," said Kirchof. "Our pack did such a great job and even when our number five struggled today, Sara Cuccinello stepped up and helped us win it."

Indian Hills sophomore Jenna Bauberger won the race in 19:56.35, 55 meters ahead of Dumont's Sus Giesemann. Felicia Chevalier of Dumont was third, but the Rams took four of the next five spots.

Bauberger's win was her first in a major race, and she joined fellow sophomore Matt Klypka as the first Brave Group champions in 33 years.

"It's a first for me to be expected to win, and I'm very pleased and proud that I was able to do that," said Bauberger.

Carol Bullen of Paramus was also a first-time winner, taking the Group 3 title by 10 meters over Virginia Westervelt of NV/Demarest, in 20:13.33. Northern Valley/Old Tappan continued to run strongly, taking four of the top 21 places, holding off Pascack Valley, 62-82.

# RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BERGEN GROUP CHAMPS

COURSE \_\_\_\_\_

DIVISION FROSH

COURSE RECORD \_\_\_\_\_

DATE 10-20-01

RIDGEWOOD RECORD \_\_\_\_\_

WEATHER \_\_\_\_\_

TYPE OF COURSE \_\_\_\_\_

FINISH PLACE	TEAM SCORE	NAME	TIME
2	1	RACHAEL RYAN	10:44.1
3	2	CLAIRE BURNS	10:44.6
9	5	KATIE SIMPSON	11:30.0
14	8	SUJEAN PARK	11:47.6
15	9	JANE HORWITZ	11:49.1
23	13	SARA DELANEY	12:01.9
33	17	JENN CORTRIGHT	12:28.4

TEAM TOTAL: 25

TEAM PLACE: FIRST

1-5 SPLIT:

1-7 SPLIT:

COMMENTS: GREAT WIN: BERGEN CHAMPS. Claire + Rachael made a great move by the lake to go into the lead but lost it at the end to a sprinter. Katie ran a good second half to finish very well. Rachael, Claire, Katie, Sujean and Sara all ran faster than at Brett Taylor.

CROSS COUNTRY MEET SUMMARY

RIDGEWOOD VS TEANECK  
 DATE 10-23-01  
 TEAM RECORDS: RHS \_\_\_\_\_

DISTANCE 5k at GARRET MOUNTAIN  
 COURSE RECORD \_\_\_\_\_  
 COURSE CHARACTER \_\_\_\_\_  
 WEATHER \_\_\_\_\_

PLACE	NAME	SCHOOL	TIME	PLACE	NAME	SCHOOL	TIME
1.	CLAIR NOWAKOWSKI	RHS	19:28	21.			
2.	JUSTINE LUPO	RHS	20:41	22.			
3.	JACKIE GOULART	RHS	20:52	23.			
4.	EMILY TERRIN	RHS	21:32	24.			
5.	MEGAN O'CONNELL	RHS	21:32	25.			
6.	ASHA PHILLIP	TEANECK	23:02	26.			
7.	AMY STOKES	TEANECK	23:09	27.			
8.	ALEXANDRA DRAB	RHS	23:16	28.			
9.	PEGGY LYNCH	RHS	23:19	29.			
10.	SARA SCHAUMBURG	TEANECK	23:21	30.			
11.	ALLISON METZ	TEANECK	25:15	31.			
12.	MERYL ROSEN	TEANECK	26:03	32.			
13.	YOLENA MICHAJ	TEANECK	NT	33.			
14.				34.			
15.				35.			
16.				36.			
17.				37.			
18.				38.			
19.				39.			
20.				40.			

SCORING

RHS	TEANECK
1	6
2	7
3	10
4	11
5	12
FINAL	SCORE:
15	46

COMMENTS:

This meet was originally scheduled for Sept 11<sup>th</sup>. Due to the difficulty of scheduling a makeup meet the coaches decided to score it during the league championship race. The relative places and the times listed above are taken from the NJSL DIVISION A championship race.



# RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET NNSIL CHAMPS

COURSE \_\_\_\_\_

DIVISION JUNIOR VARSITY

COURSE RECORD \_\_\_\_\_

DATE 10-23-01

RIDGEWOOD RECORD \_\_\_\_\_

WEATHER \_\_\_\_\_

TYPE OF COURSE \_\_\_\_\_

FINISH PLACE	TEAM SCORE	NAME	TIME
1		LAUREN LILLIS	23:15
2		KATE McDONAGH	23:19
3		CASEY DUNN	23:45
4		LIANNE HANSEN	23:46
5		CASSIE CANZANI	23:48
6		JENNA RUBINOFF	23:56
7		JACKIE MACCHI	24:19
11		KRISTEN ESPENAK	24:55
17		RUTH VAN YEREN	25:43
19		KERRY DOHERTY	25:57
20		SHANNON McCARTHY	25:58
22		TAMMIE ARMSTRONG	26:08
27		COLLEEN HERLIHY	26:44
36		CASEY CALLAN	27:46
39		SARAH BIGOS	28:23
40		REINE DUFFY	28:45

TEAM TOTAL:

TEAM PLACE:

1-5 SPLIT:

1-7 SPLIT:

COMMENTS:

# RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET NJIL CHAMPS

COURSE \_\_\_\_\_

DIVISION FROSH

COURSE RECORD \_\_\_\_\_

DATE 10-23-01

RIDGEWOOD RECORD \_\_\_\_\_

WEATHER \_\_\_\_\_

TYPE OF COURSE \_\_\_\_\_

FINISH PLACE	TEAM SCORE	NAME	TIME
5		RACHAEL RYAN	13:47
6		CLAIRE BURNS	13:55
14		SARA DELANEY	14:13
18		KATIE SIMPSON	14:38
19		JANE HORWITZ	14:40
20		SUJEAN PARK	14:41
28		JENN CORTRIGHT	15:12

TEAM TOTAL:

TEAM PLACE:

1-5 SPLIT:

1-7 SPLIT:

COMMENTS:



# Clifton contingent bests Hackensack

WEST PATERSON —Clifton proved Tuesday that it's more than just Paul Kornaszewski, winning the Varsity B boys title at the NNJIL Cross-Country Championships by placing seven runners in the top 18 to hold off Hackensack and Bloomfield, 58-65-66.

Kornaszewski was second to Bloomfield's Kevin Fortkiewicz in the race of the day. Fortkiewicz ran 16 minutes, 19.02 seconds to finish 10 yards ahead of the Clifton sophomore, who ran a personal best of 16:21.36. With his time, Kornaszewski moved into 10th place all-time in Passaic County on the 5,000-meter Garret Mountain course.

Aberdhamen Tadili, Blake Pugaczewski, and Nicky Lee placed in the top 15 to help the undefeated

## NNJIL CROSS-COUNTRY

Mustangs earn the title.

"I was slightly surprised because Hackensack and Bloomfield are both good teams," said Clifton coach John Pontes. "Paul [Kornaszewski] has been the impetus to a mixed group of juniors and seniors, and we had a great dual season, losing only to Don Bosco in an interdivisional meet."

Don Bosco Prep took seven of the top eight places and easily won the C Division boys title, 19-48, over Bergen Catholic as Peter Gerboth reversed his loss to Ken Sinkovitz of BC in Saturday's Bergen Group 4 meet, running 16:26.63 to win by 80 meters.

Ridgewood took six of the top places behind race winner Fernando Silva of Belleville to win the Boys A title, 26-66, over Paramus.

Clair Nowakowski of Ridgewood turned in the fastest time of the season by a Bergen County girl at Garret, 19:28.63, to lead the Maroons to their 18th straight divisional title, 18-54, over Montclair in Girls Varsity A competition.

Hackensack's Shanieka Bernard won the B Division by more than 150 yards over Erin Kubarewicz of Bloomfield, but the Bengals took three of the top six places and defeated Passaic, 36-43.

Immaculate Heart Academy was the only team to finish the Varsity C race, with Theresa Hearn, Caitlin Hemmer, and Katie Fry breaking 22 minutes for the Blue Eagles.

### CROSS-COUNTRY

#### NNJIL CHAMPIONSHIPS

At Garret Mountain, West Paterson

#### GIRLS

##### DIVISION A

**Team Scores:** Ridgewood 18, Montclair 54, Paramus 62, Teaneck 93, Nutley 128.

1. Clair Nowakowski, Ridgewood, 19:28.63;
2. Justine Lupo, Ridgewood, 20:41.83;
3. Carol Bullen, Paramus, 20:52.33;
4. Jackie Goulart, Ridgewood, 20:52.51;
5. Emily Terrin, Ridgewood, 21:32.19;
6. Megan O'Connell, Ridgewood, 21:32.60;
7. Ellen Davis, Montclair, 21:34.67;
8. Katherine Weng, Paramus, 22:07.14;
9. Kristan Vonhoffman, Montclair, 22:09.35;
10. Jessica Wang, Paramus, 22:14.15.

11. Jennifer Schwartz, Montclair, 22:19.21;
12. Jessica Manners, Montclair, 22:57.41;
13. Asha Phillip, Teaneck, 23:02.15;
14. Amy Stokes, Teaneck, 23:09.27;
15. Lajuan Samuels, Montclair, 23:10.10.

##### DIVISION B

**Team Scores:** Bloomfield 36, Passaic 43, Hackensack 50, Clifton 97. 1. Shanieka Bernard, Hackensack, 20:13.65; 2. Erin Kubarewicz, Bloomfield, 20:53.65; 3. Emma Wilson, Bloomfield, 21:05.10; 4. Grisel Martinez, Passaic, 21:15.25; 5. Tawana Watkins, Kennedy, 21:34.00; 6. Nicole Reilly, Bloomfield, 21:39.21; 7. Yanirda Mejia, Passaic, 21:50.88; 8. Olga Razumov, Clifton, 22:04.46; 9. Alexis Toon, Hackensack, 22:06.47; 10. Awinna Martinez, Passaic, 22:07.52.

11. Claudine McGuire, Hackensack, 22:08.68;
12. Alejandra Mondragon, Passaic, 22:32.88;
13. Laura DeCarlo, Bloomfield, 22:37.75;
14. Carolina Valera, Passaic, 22:40.77;
15. Julia Haase, Bloomfield, 22:59.06.

##### DIVISION C

**Team Scores:** IHA 15. No other school fielded a full team.

1. Theresa Hearn, IHA, 21:19.90;
2. Caitlin Hemmer, IHA, 21:27.72;
3. Katie Fry, IHA, 21:37.82;
4. Danielle Braun, IHA, 22:31.41;
5. Katie Hines, IHA, 22:31.60.

### BOYS

#### DIVISION A

**Team Scores:** Ridgewood 26, Paramus 66, Belleville 86, Montclair 97, Nutley 97.

1. Fernando Silva, Belleville, 17:13.98;
2. Rodolfo Crispin, Ridgewood, 17:22.83;
3. Erik Nygaard, Ridgewood, 17:31.70;
4. Jeff Klatsky, Nutley, 17:34.58;
5. Sean Valdez, Paramus, 17:36.71;
6. Chris Perez, Ridgewood, 17:45.23;
7. Doug Sampson, Ridgewood, 17:47.65;
8. David Maher, Ridgewood, 18:02.37;
9. Rob Nelson, Ridgewood, 18:06.49;
10. Rich Nebeling, Paramus, 18:12.46.

11. Jeff Khoury, Ridgewood, 18:15.37;
12. Andrew Halma, Nutley, 18:18.91;
13. Kevin Grant, Montclair, 18:19.19;
14. Alex Solomon, Montclair, 18:19.41;
15. Kevin Dholaria, Belleville, 18:45.81.

#### DIVISION B

**Team Scores:** Clifton 58, Hackensack 65, Bloomfield 66, Kennedy 80, Passaic 100, Eastside 128.

1. Kevin Fortkiewicz, Bloomfield, 16:19.02;
2. Paul Kornaszewski, Clifton, 16:21.36;
3. Craig Walker, Hackensack, 17:28.72;
4. Jose Vargas, Bloomfield, 17:45.04;
5. Ranulfo Tapia, Passaic, 17:54.29;
6. Elvis Cole, Hackensack, 18:00.92;
7. Jerry Boucicant, Kennedy, 18:11.59;
8. Sayie Rodriguez, Passaic, 18:18.21;
9. Reinauris Paulino, Kennedy, 18:28.16;
10. Ed Cabo, Hackensack, 18:34.11.

11. Aberdhamen Tadili, Clifton, 18:43.98;
12. Kevin Iacovone, Kennedy, 18:52.70;
13. Ben Zewdu, Hackensack, 19:11.40;
14. Blake Pugaczewski, Clifton, 19:13.95;
15. Nicky Lee, Clifton, 19:29.10.

#### DIVISION C

**Team Scores:** Don Bosco Prep 19, Bergen Catholic 48, St. Joseph Regional 78, Paramus Catholic 112.

1. Peter Gerboth, Don Bosco, 16:26.63;
2. Ken Sinkovitz, Bergen Catholic, 16:47.29;
3. Sean Swift, Don Bosco, 16:51.83;
4. Tim Murphy, Don Bosco, 17:11.03;
5. Matt Horesta, Don Bosco, 17:15.70;
6. Frank Battersby, Don Bosco, 17:25.72;
7. Matt Sullivan, Don Bosco, 17:29.01;
8. Jon Klui, Don Bosco, 17:29.29;
9. Ben O'Donnell, 17:36.70;
10. Mike Calantone, Bergen Catholic, 17:57.22.

### INDEPENDENT

#### Saddle River 20,

#### Ranney 35

1. Stuart Parr (SRD) 14:55;
2. Adam Holden (SRD) 15:23;
3. Randy Salani (R) 15:40;
4. Jordan Mollot (SRD) 15:42;
5. Charles Bonfu (SRD) 17:37.

**Course:** Mount Jolin. **Distance:** 3.1 mi.

*Times reported in Saddle River (SRD).*

# RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET 21<sup>ST</sup> ANNUAL FROSH-JV CHAMPIONSHIPS

COURSE DARLINGTON

DIVISION JV

COURSE RECORD \_\_\_\_\_

DATE 10-26-01

RIDGEWOOD RECORD \_\_\_\_\_

WEATHER PERFECT COOL + CLEAR

TYPE OF COURSE \_\_\_\_\_

FINISH PLACE	TEAM SCORE	NAME	TIME
1	1	LAVREN LILLIS	21:42
2	2	CASSIDY CANZANI	21:55
3	3	CASEY DUNN	22:01
4	4	KATE McDONAGH	22:26
6	5	JENNA RUBINOFF	22:45
7	6	JACKIE MACCHI	22:46
11	10	KRISTEN ESPENAK	23:18
15	14	RUTH VAN YPEREN	23:42
17	16	KERRY DOHERTY	23:47
22	19	CAROLINE GABLE	24:11
25	21	COLLEEN HERLIHY	24:22
27	23	SHANNON MCCARTHY	24:29
32	27	TAMMIE ARMSTRONG	24:45
47	37	CASEY CALLAN	26:23
57		SARAH BIGOS	27:22

TEAM TOTAL: 25 pts  
93 pts

TEAM PLACE: A team FIRST  
B team SECOND

1-5 SPLIT:

1-7 SPLIT:

COMMENTS: THE B TEAM BEAT EVERYONE ELSE!

# RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET 21<sup>ST</sup> ANNUAL FROSH - JV CHAMPIONSHIPS COURSE DARLINGTON  
 DIVISION FROSH COURSE RECORD \_\_\_\_\_  
 DATE 10-26-01 RIDGEWOOD RECORD \_\_\_\_\_  
 WEATHER COOL + CLEAR (PERFECT) TYPE OF COURSE \_\_\_\_\_

FINISH PLACE	TEAM SCORE	NAME	TIME
1	1	RACHAEL RYAN	10:26.6
4	2	CLAIRE BURNS	10:34.5
15	6	KATIE SIMPSON	11:40
16	7	JANE HORWITZ	11:42
17	8	SARA DELANEY	11:45
30	11	JENN CORTRIGHT	12:27

TEAM TOTAL: 25 POINTS TEAM PLACE: 15<sup>TH</sup>

1-5 SPLIT:                      1-7 SPLIT:

RHS - 25  
 HACK - 41  
 W.H. - 65  
 Kennedy - 82

COMMENTS:

# Ramsey expects stiff challenge

By PAUL SCHWARTZ  
STAFF WRITER

WEST PATERSON — For the past six years each of the NJSIAA North 1 girls' group cross-country championships has been won by Bergen County schools. Kittatinny was the last non-Bergen school to win, taking the Group 2 crown in 1994.

And the Sussex County power, second in last week's Sussex County Interscholastic League meet, has the best chance of ending that streak Saturday at the Garret Mountain course. Kittatinny will challenge for the Group 2 title against six-time defending champion Ramsey in what might be the closest team battle of the day.

Bergen County teams are favored in the other three groups. Passaic Valley's Jesse Mizzone, a prohibitive favorite in Group 3, starts her run at the State Meet of Champions title. The top five teams and 10 runners in each group advance to the State group championships Nov. 10 at Holmdel Park. The State Meet of Champions is a week later at the same site.

## GIRLS CROSS-COUNTRY SECTIONAL PREVIEW

Here's a closer look at each race:

### Group 1 (10:25 a.m.)

**Teams to watch:** Despite its storied track history, Glen Rock has never won a sectional cross-country crown. The Panthers are favored to complete their Triple Crown and win one this year, although Cresskill, which last won a sectional in 1981, can give them a tight battle. Defending champion Saddle Brook will battle Bogota, Ridgefield, and Westwood for the other three qualifying spots.

**Runners to watch:** Erin Henry of Glen Rock should have no trouble becoming the first Bergen County repeat champ in this group since Saddle Brook's Vicky Gusciora went back-to-back in 1983 and 1984. Cresskill's Katy Botsford was third last year, and top-10 returnees Kayla Herrera of Palisades Park, Darlene Pekaar and Danielle Amato of Saddle Brook, Angela Panuccio of Bogota, and Courtney Reggo of Ridgefield also return, but Henry's closest challenge should come from Katie D'Aco of Westwood.

### Group 2 (12:05 p.m.)

**Teams to watch:** The last time Ramsey didn't win Group 2, it wasn't even in it, and the Rams

are again in the mix. But the tight battle with 2000 Group 3 champ Indian Hills and Dumont in the County Group 2 meet keeps getting even tighter with Kittatinny involved. The best fifth runner might decide the race. Hopatcong, Newton, and Pompton Lakes probably will battle for the last spot.

**Runners to watch:** 2000 runner-up Kira McGroarty of Hopatcong won the Sussex County championship and set a course record last week and should become the first non-Bergen County winner in the 26-year history of the race. Jenna Bauberger of Indian Hills has the best chance to continue the streak, with returning top-10 finishers Felicia Chevalier of Dumont, Jessica Guth of Newton, and Kim Kraemer of Kittatinny also contenders. Look for Dumont's Sue Giesemann, Meghan Gaffney of Pompton Lakes, Kristen Varina of Hawthorne, and Noel DiPaola of Ramsey to be in the top 10 as well.

### Group 3 (11:40 a.m.)

**Teams to watch:** Northern Valley/Old Tappan has won two of the last three titles and should make it three out of four. Pascack Valley has its best chance at a sectional title since 1981, with Ramapo and Northern Valley/Demarest battling River Dell, High Point, and Passaic Valley for the final three spots.

**Runners to watch:** Mizzone will become the first three-time Group 3 winner since her cousin Amy Mizzone won the 1992-1994 titles for Wayne Val-

ley. She takes her final 2001 crack at the Garret course record of 17:58.5 by Christi Constantin of Kittatinny. Briana Bayersdorfer of River Dell, Carol Bullen of Paramus, Maria Pavkovitch of Garfield, and Virginia Westervelt of NV/Demarest return from last year's top 10 and look for Julia Emanuel of Tenafly, Taylor Lebovich of NV/Old Tappan, and perhaps Katie Storbeck of Wayne Valley to qualify as individuals.

### Group 4 (10 a.m.)

**Teams to watch:** No team in New Jersey has even equaled Ridgewood's 16 sectional wins and no team has ever won 10 straight sectionals in any girls sectional. But Ridgewood should win its 17th overall title and 10th in a row fairly easily. Passaic county champ Passaic, Hackensack, West Milford, Vernon, and perhaps Kearny will battle for second.

**Runners to watch:** There have been nine repeat winners in Group 4, nearly as many as the other three groups combined. Ridgewood's Clair Nowakowski should make it 10, over Shanika Bernard of Hackensack who was third last year. Other top-10 finishers returning are Yanirda Mejia of Passaic and Jackie Goulart of Ridgewood. Look for Ridgewood's Justine Lupo, Grisel Martinez of Passaic and Sari Weissbard and Daphne Aronovits of Fair Lawn to be in the top 10.

### Boys preview Friday

**RUNNER OF THE WEEK**

**Name:** Kathryn Wardenski  
**School:** Southern  
**Class:** Senior  
**Height:** 5-7

**Key statistics:** Wardenski ran 18:56.8 to finish first and lead Southern to its first Ocean County title last Friday at Ocean County Park in Lakewood. Toms River East had won the last five titles.

**Did you know:** Wardenski, who finished in eighth and 44 seconds behind the winner at the Ocean County meet last year, is the fastest runner in school history at both Ocean County Park (18:56.8) and Holmdel Park (19:36.5).



**GROUP LEADERS**

**GROUP 4**

- 1-Southern Regional
- 2-Shawnee
- 3-Toms River East
- 4-Ridgewood
- 5-Hunterdon Central
- 6-Morris Knolls
- 7-Old Bridge
- 8-Westfield
- 9-Morris-town
- 10-Jackson

**GROUP 3**

- 1-North Hunterdon
- 2-Hopewell Valley
- 3-Middletown South
- 4-Toms River South
- 5-Camden Wilson
- 6-Delsea
- 7-Ocean City
- 8-Mount Olive
- 9-Old Tappan
- 10-Pascack Valley

**GROUP 2**

- 1-Moorestown
- 2-Voorhees
- 3-Montville
- 4-Ridge
- 5-Rumson
- 6-Ramsey
- 7-Holmdel
- 8-Kittatiny
- 9-Parsippany
- 10-Pineblands

**GROUP 1**

- 1-Shore Regional
- 2-Glen Rock
- 3-Schalick
- 4-Gloucester City
- 5-Cresskill
- 6-Middlesex
- 7-Metuchen
- 8-Verona
- 9-Mountain Lakes
- 10-Westwood

**PAROCHIAL**

- 1-Red Bank Catholic
- 2-Msgr. Donovan
- 3-Paul VI
- 4-Pingry
- 5-Immaculata
- 6-Bishop Eustace
- 7-Pope John
- 8-St. John Vainney
- 9-Oak Knoll
- 10-Immaculata Heart

**CROSS COUNTRY TOP 20**

- 1-Moorestown
- 2-Southern
- 3-Shawnee
- 4-North Hunterdon
- 5-Voorhees
- 6-Red Bank Catholic
- 7-Hopewell Valley
- 8-Middletown South
- 9-Toms River East
- 10-Montville
- 11-Ridgewood
- 12-Msgr. Donovan
- 13-Hunterdon Central
- 14-Paul VI
- 15-Ridge
- 16-Morris Knolls
- 17-Toms River South
- 18-Old Bridge
- 19-Pingry
- 20-Immaculata

**TOP RUNNERS BY GROUPS**

**OVERALL**

- 1-Jesse Mizzone, Passaic Valley
- 2-L. Van Albine, Hawthorne C
- 3-Kathryn Wardenski, Southern R
- 4-Nicole Lombardy, Middletown S
- 5-Nicole Kurtain, Notre Dame
- 6-Natalie Jones, Hopewell Valley
- 7-Ashley Wolf, Montville
- 8-Meghan Hughes, Moorestown
- 9-Sara Best, Voorhees
- 10-Erin Geiger, Immaculata

**GROUP 4**

- 1-Kathryn Wardenski, Southern
- 2-Kegga Schaffer, Southern
- 3-A. Uniszkievicz, Hillsborough
- 4-Clair Nowakowski, Ridgewood
- 5-Jen Blank, Toms River East
- 6-Kristan Lucas, Edison
- 7-Kim Bommer, Shawnee
- 8-Danielle Neukirch, Shawnee
- 9-Amy Maier, Morris-town
- 10-Km Lavin, Morris Knolls

**GROUP 3**

- 1-Jesse Mizzone, Passaic Valley
- 2-Nicole Lombardy, Middletown S
- 3-Natalie Jones, Hopewell Valley
- 4-Erin Enderly, Ocean Township
- 5-Brittany McCann, Delsea
- 6-Dilshanie Perera, Princeton
- 7-Kathleen Galan, Highland
- 8-Holly Greiner, North Hunterdon
- 9-Sian Gorga, North Hunterdon
- 10-Becky Crossin, No. Hunterdon

**GROUP 2**

- 1-Ashley Wolf, Montville
- 2-Meghan Hughes, Moorestown
- 3-Sara Best, Voorhees
- 4-Liz Wort, Voorhees
- 5-Christy Planer, Rumson
- 6-Kelsey Rinehart, Moorestown
- 7-Coleen Hughes, Moorestown
- 8-Kira McGroarty, Hopatcong
- 9-Christina Scherer, Montville
- 10-Ashley Folchetti, Holmdel

**GROUP 1**

- 1-Erin Henry, Glen Rock
- 2-Allyson Krayl, Point Beach
- 3-Julie Ullmeyer, Shore Regional
- 4-Kate D'Acio, Westwood
- 5-Desirae Symons, Verona
- 6-Katie Chambers, Mtn. Lakes
- 7-Grace deMarrais, Bernards
- 8-Darlene Rekaar, Saddle Brook
- 9-Nicole Wit, Schalick
- 10-C. Dobrosky, Mtn. Lakes

**GROUP 2**

- 1-Erin Henry, Glen Rock
- 2-Allyson Krayl, Point Beach
- 3-Julie Ullmeyer, Shore Regional
- 4-Kate D'Acio, Westwood
- 5-Desirae Symons, Verona
- 6-Katie Chambers, Mtn. Lakes
- 7-Grace deMarrais, Bernards
- 8-Darlene Rekaar, Saddle Brook
- 9-Nicole Wit, Schalick
- 10-C. Dobrosky, Mtn. Lakes

**GROUP 1**

- 1-L. Van Albine, Hawthorne C
- 2-Nicole Kurtain, Notre Dame
- 3-Erin Geiger, Immaculata
- 4-Kelly Byrnes, Red Bank Catholic
- 5-Liz Geiger, Immaculata
- 6-Maggie Tavera, Donovan
- 7-Bridget Skeuse, Immaculata
- 8-Leah Brizan, Msgr. Donovan
- 9-Leah Brizan, Msgr. Donovan
- 10-Amanda Smith, Pingry

# State sectional titles on the line Saturday

**NOTEBOOK**

**BY JIM LAMBERT**  
 FOR THE STAR-LEDGER

The state championship portion of the season gets into full swing Saturday when every public school team in the state toes the line with a berth in the NJSIAA Group Championships at stake.

The top five teams and 10 individuals in each group in all four sectional meets advance to the group championships Nov. 10 at Holmdel Park. At the group meet, the first three teams and 10 individuals from each race, plus two wild-card teams and 10 wild-card individuals, qualify for the Meet of Champions to be held Nov. 17 at Holmdel.

The sectional schedule, which is the same at all four sites:

- 10 a.m. — Group 4 girls, 10:25 — Group 1 girls, 10:50 — Group 4 boys, 11:15 — Group 1 boys, 11:40 — Group 3 girls, 12:05 p.m. — Group 2 girls, 12:30 — Group 3 boys, 12:55 — Group 2 boys.

A look at the four sectional meets:

**NORTH JERSEY, SECTION 1**

at Garret Mountain, W. Paterson

**Group 4:** Ridgewood, the No. 11 team, is fresh off victories in the NNJIL and Bergen County meets, and should coast to its 10th straight sectional title. Passaic and Hackensack should wage a good battle for second. Clair Nowakowski of Ridgewood is peaking at the right time and figures to win the race in about 19:25.

**Group 3:** The field is headed by Old Tappan, the Bergen County Group 3 winner, Passaic Valley with sensational Jesse Mizzone, and Pascack Valley. Old Tappan beat Pascack Valley, 62-82, at the Bergen meet, while Passaic Valley is coming off consecutive runner-up finishes at the Northern Hills and Passaic County championships. Defending champion Mizzone, a junior, takes her final crack of the season at the course record of 17:58.5, which was set in 1988 by Christi Constantin of Kit-

tatiny. Mizzone ran 18:08.2 at Garret last Friday, No. 3 all-time.

**Group 2:** Ramsey, which has won the last six titles, tangles with Indian Hills, the 2000 Group 3 sectional winner, in what should be a dandy. Ramsey beat Indian Hills, 36-40, last Saturday to win the Bergen County Group 2 title. Kira McGroarty of Hopatcong, second last year, should win in around 19:45. But watch out for Indian Hills freshman Jenna Bauerger, the Bergen County Group 2 winner.

**Group 1:** Glen Rock is favored in a rematch with Cresskill. Glen Rock outscored Cresskill, 57-64, to win the Bergen County Group 1 title last week. Defending champion Erin Henry of Glen Rock is the class of the race and should cross first in around 19:50.

**NORTH JERSEY, SECTION 2**

at Warinanco Park, Elizabeth

**Group 4:** Morris Knolls, the No. 16 team and Iron Division champion in the Iron Hills Conference, meets defending champion Westfield, Morristown and Columbia. Look for Knolls, which beat Westfield by three points at the Stewart Memorial at Warinanco last month, to take another close one. It hasn't earned sectional honors since 1991.

If defending champion Courtney Epps of Columbia runs to her capabilities, nobody will come close to her. But after her 10th-place finish in the Iron Division race last week, there is some question about how well Epps will run. If Epps has another sub-par race, Amy Maier of Morristown could cross first.

**Group 3:** Defending champion Parsippany and Mount Olive hook up again in a rematch of the Hills Division race. Parsippany won the Hills Division duel last week, 44-51. Scotch Plains and Cranford also should be in the hunt.

Sarah Founds of Mendham, third last year, is the runner to beat. She won the Hills Division race by 30 seconds against many of the runners in this field. Tal-

ented Mount Olive freshman Ashley Behre could take second.

**Group 2:** This probably won't be close, as No. 10 Montville figures to take its second straight title and score fewer than 20 points. Sophomore Ashley Wolf of Montville, the heavy favorite, is capable of running under 19:30.

**Group 1:** This is a tough one to call with defending champion Mountain Lakes and 1999 champion Verona meeting in a potential thriller. Lakes edged Verona, 42-46, last year. Christine Dobrosky of Mountain Lakes is back to defend her title, but watch out for Katie Chambers of Mountain Lakes, Cari Anne Gerbino of Glen Ridge and Desirae Symonds of Verona.

**CENTRAL JERSEY**

at Holmdel Park, Holmdel

**Group 4:** Defending champion Hunterdon Central, the No. 13 team, should have its hands full with No. 18 Old Bridge, which seeks its first title since 1983, when the school was known as Madison Central. Individually, either Kristan Lucas of Edison, the Greater Middlesex Conference champion, or Ashley Uniszkievicz of Hillsborough figure to become their school's first champion.

**Group 3:** This could be the most exciting race of the day in the state as three of the top eight teams in The Star-Ledger Top 20 go at it. Defending champion North Hunterdon, the No. 4 team, has a great pack and is the pick to repeat. If North Hunterdon is a little off, No. 7 Hopewell Valley and No. 8 Middletown South will be right there to capitalize. Nicole Lombardy is getting faster with every race and should win in around 19:30. Natalie Jones of Hopewell Valley and Erin Enderly of Ocean should challenge most of the race.

**Group 2:** Led by Sara Best and Liz Wort, No. 5 Voorhees should have no trouble winning its second straight title. Look for No. 15 Ridge and Rumson to take second and third. Christy Planer of

Rumson, the 2000 Group 1 sectional winner, Best and Wort are the class of the field. Best should win in around 19:30.

**Group 1:** Shore Regional, down from Group 2 this year, figures to finally win its first sectional title. Middlesex, Metuchen and Bernards should fight it out for second. Shore's Julie Ullmeyer, the 2000 Group 2 sectional champion who was 10th at the M of C last year, isn't at her level of a year ago but is running well enough to win.

**SOUTH JERSEY**

at Williamstown

**Group 4:** It doesn't get much better than No. 2 Southern versus No. 3 Shawnee and No. 9 Toms River East. Shawnee has won 11 straight titles, the best current streak in the state, and Southern hasn't won any. Southern is 3-0 against TRE this season and beat runner-up TRE and third-place Shawnee, 58-79-98, at the Shore Coaches meet. Southern is the pick to beat Shawnee by eight points, with TRE a distance third. Look for Kathryn Wardenski and Kegga Schaffer of Southern to finish 1-2, like they have all season.

**Group 3:** Camden Wilson is the defending champion, but No. 17 Toms River South is the pick to win. At the South Jersey Open on Oct. 13 at Williamstown, Camden Wilson averaged 20:43 and Toms River South 21:01 in separate races, but Wilson's fifth runner ran nearly a minute slower than Toms River South's. That will be the difference. Defending champion Brittany McCann of Delsea should win again.

**Group 2:** Top-ranked Moorestown, which has won three straight sectional titles, should win with a score of fewer than 25 points. Megan Hughes of Moorestown should finish first with her teammates all right behind her.

**Group 1:** Schalick is the choi to annex its first champions since 1996. Allyson Krayl of Pleasant Beach is favored to win for the third straight year.

# RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET NORTH 1 GROUP 4 SECTION

COURSE GARRET MOUNTAIN

DIVISION GROUP 4

COURSE RECORD 17:58.5 <sup>CHRISTI</sup> ~~CONSTANTIN~~ 1980

DATE 10-27-01

RIDGEWOOD RECORD 18:15.0 <sup>1982</sup> ~~PATTI~~ MILESKI

WEATHER COLD, CLEAR, SOME WIND

TYPE OF COURSE \_\_\_\_\_

FINISH PLACE	TEAM SCORE	NAME	TIME
1	1	CLAIR NOWAKOWSKI	19:29.7
2	2	JUSTINE LUPO	19:52.7
6	4	JACKIE GOULART	21:04.2
8	6	EMILY TERRIN	21:12.3
9	7	MEGAN O'CONNELL	21:15.2
22		PEGGY LYNCH	22:29.2
47		ALEXANDRA OROS	23:41.2

TEAM TOTAL: 20

TEAM PLACE: 1<sup>ST</sup>

1-5 SPLIT:

1-7 SPLIT:

COMMENTS: THIS WAS A GREAT WIN FOR US TODAY. OUR TOP 5 ALL GOT INDIVIDUAL MEDALS. THIS SHOULD GIVE US CONFIDENCE FOR THE NEXT TWO WEEKS!

# Morris runners steal the show

## GIRLS SECTIONALS

BY JIM LAMBERT, RICH BEVENSEE  
AND GERRY DAVIDOVE  
FOR THE STAR-LEDGER

Morris County owned Warinanco Park yesterday, winning all four team trophies and three of the four individual titles in the girls competition at the NJSIAA North Jersey, Section 2 cross-country championships in Elizabeth.

The Group 4 race saw No. 16 Morris Knolls average 20:50.3, a school record for the course, as it defeated runner-up and defending champion Westfield, 61-73, for its first sectional title since winning Group 3 in 1991. Morris Knolls had its first four runners in before Westfield's third, and that was the key. Freshman Kim Lavin led Morris Knolls by placing third in 19:54.9.

Courtney Epps of Columbia, 10th in the Iron Division race a week before, bounced back to successfully defend her title in 19:44.4.

"Last week, I was still not feeling 100 percent from an illness I had and I didn't have any time to stretch before the race, so I knew I could come back today and run the way I was capable," Epps said.

In Group 3, freshman Ashley Behre placed second in 20:38.3 and led five Mount Olive runners in the top 14 as the Marauders won their first title since 1995. Mount Olive, which beat runner-up Cranford, 46-65, had an average of 21:55.5. Behre dropped 38 seconds off the time she ran a week ago, when she was fourth in the Hills Division race at Warinanco.

Junior Sarah Founds of Mendham, third last year, won the Group 3 race in 19:51.8.

In the Group 2 race, No. 10 Montville went 1-2-4 and averaged 20:42.4 to win its second straight title, 25-54 over Parsippany, the 2000 Group 3 winner. Montville, which has no seniors in the top five, was led by sophomore Christina Scherer, first in 19:58.9. Mountain Lakes made it two straight in Group 1 as it edged archrival Verona, 44-50. Mountain Lakes used a 1-2 finish from sophomore Katie Chambers (personal-best 21:05.1) and Christine Dobrosky (21:09.2).

### NORTH JERSEY, SECTION 1

Senior Erin Henry finished first in 19:39.2, almost a minute faster than her time last year, to help Glen Rock win its first Group 1 title at Garret Mountain in West Paterson.

"Our team is usually the underdog and nobody really expected much from us," Henry said. "But, this year, we had a lot of girls who love to run come out for the cross-country, and it's just so exciting for us to win."



PHOTO BY RICH SCHULTZ

Leslie Garrison holds up the championship trophy after Mountain Lakes won the sectional cross country team title in North, Section 2, Group 1.

In Group 4, a 1-2 finish by defending champion Clair Nowakowski and sophomore Justine Lupo led Ridgewood its the 10th straight title. Nowakowski's 19:39.2 was 20 seconds faster than her winning time from last year.

Pascack Valley was victorious in Group 3 for the first time since winning consecutive titles in 1980 and 1981. Passaic Valley junior Jesse Mizzone, who flirted with the course record, won her second straight title in 18:10.4.

Mizzone ran an 18:08.2 at Garret last week, No. 3 on the course, and had her sights set on the 17:58.5 set by Kittatinny's Christi Constantin in 1988.

Indian Hills sophomore Jenna Bauberger won the Group 2 race in 19:55.8 and beat Hopatcong's Kira McGroarty, who finished second for the second straight year. Kittatinny, led by Jamie Fiscus' seventh-place finish, took its first team title since 1994.

### CENTRAL JERSEY

Freshman Mara McInerney of Old Bridge was the surprise winner of the Group 4 race in 19:53.50 at Holmdel, two weeks after she dropped out of the freshman race at the Shore Coaches meet due to breathing problems.

McInerney led No. 18 Old Bridge, which averaged 20:42.3, to the team title, 40-52 over defending champion and No. 13 Hunterdon Central. It was the first team trophy

for Old Bridge since 1983, when the school was known as Madison Central. McInerney grabbed Old Bridge's first individual crown since Nancy Fitzgerald of Cedar Ridge won her second straight title in 1977. Cedar Ridge and Madison Central combined to form Old Bridge in 1994.

"I am really in shock," McInerney said. "I was expecting to finish somewhere in the top 20. On the bus ride here, I pictured myself coming in first, but then a shot of reality broke in. Once I was in first place, I had confidence I could stay in first."

In Group 3, No. 4 North Hunterdon pushed three runners across in the top six and won its second straight team title and third in four years with 42 points. Ocean Township sophomore Erin Enderly, third at the Monmouth County meet to Middletown South's Nicole Lombardy, came back to defeat Lombardy and win her first invitational title in 19:33.9, 24 seconds faster than her county time. Lombardy was second in 19:47.9.

Sara Best, Liz Wort and Alexis Vergalla finished second, third and fourth, respectively, for No. 5 Voorhees, which averaged 20:22.3 and had five runners in the top nine as it won its second straight Group 2 title with 25 points. No. 15 Ridge was second with 75. Rumson senior Christy Planer, the Monmouth County runner-up, who won the 1999 Group 1 sectional title, won the race in 19:31.3.

Shore sophomore Julie Ullmeyer won her second straight sectional crown when she finished first in the Group 1 race in 20:41.9. Ullmeyer won the Group 2 title last year. Ullmeyer also helped Shore (21:25.3) grab its first sectional title, as all five runners finished in the top six and totaled 19 points.

### SOUTH JERSEY

No. 3 Shawnee beat No. 2 Southern, 35-73, for its 12th straight title in Group 4 at Willimstown. Southern grabbed the first two spots in the race as Kathryn Wardenski ran 19:03.1 and Kegga Schaffer 19:03.5, but Shawnee took five of the top 10 spots and averaged 19:41.8 to get the victory. In Group 3, Toms River South won its first championship with 40 points and Brittany McCann of Delsea her third straight title in 19:16.3. In Group 2, No. 1 Moorestown had a perfect score of 15 and averaged 19:30.6 as it won its fifth straight title. Megan Hughes led the way with a winning time of 19:10.1. It took a sixth-runner tiebreaker to give Gloucester the Group 1 title after it was in a tie with Schallick at 47 points each after five runners.

Allyson Krayl of Point Pleasant Beach won her third straight title in 19:45.5.

# Pascack Valley runs the show

By **PAUL SCHWARTZ**  
STAFF WRITER

WEST PATERSON – Early in the year, it appeared that Pascack Valley would dominate Group 3 and perhaps challenge Ridgewood for girls cross-country superiority in North Jersey. The Indians romped through their Northern Bergen Interscholastic League season unbeaten and hardly tested against the most balanced league in the area.

But losses in the NBIL meet to Northern Valley at Old Tappan and Ramsey and in the Bergen 3 meet to NV/OT shook the Indians' confidence, but not that of PV coach Larry DeCaro.

"I knew that we had a pack that would carry us and winning dual meets against teams like OT, Ramsey, and Indian Hills gave me the confidence to know we could do it," DeCaro said after the Indians placed five runners in the top 23 en route to a surprisingly easy 69-111 victory Saturday over Northern Valley at Old Tappan for their first Group 3 sectional title since 1981.

"We had some tough races in the heat and some of my girls don't like running in hot weather," DeCaro said. "But today was cross-country weather – cold and windy – and I knew we'd run well."

The Indians, led by fourth-place finisher Tara Connelly, put five runners in before any other team had finished four for their victory in a race dominated by State favorite Jesse Mizzone of Passaic Valley.

Mizzone ran 18:10.4 for the 5,000-meter course, winning by an amazing 600 yards over Carol Bullen of Paramus, but just missing the course record by less than 15 seconds.

"I'm disappointed I didn't get [the record], but it was pretty windy today and I still have next year," Mizzone said. "Now I'll have a couple of weeks to some different workouts and get some speed work in and

prepare for the States. I can train harder now."

Glen Rock proved again it was more than just Erin Henry in winning its first Group 1 title, 32-44, over a very good Cresskill team. Henry repeated as the individual winner, in 19:39.2, nearly a minute faster than last year and 120 yards ahead of Katie D'Aco of Westwood. The Panthers placed their other four runners in the top 14.

"Once a team becomes a champion like we did in the leagues and County groups we're supposed to get better and we did today," said coach Paul White, who is in his final year as cross-country coach. "We compete real hard and today we competed very well." Kristen Stephen, Amanda Peraino, Brenna O'Rourke, and Jackie Rivara finished within 31 seconds from seventh to 14th places to follow Henry.

Kittatinny ended Ramsey's six-year reign in Group 2 and became the first non-Bergen County school to win a girls title since 1994, 64-81, over the Rams.

But Indian Hills sophomore Jenna Bauberger earned a Bergen consolation prize with an impressive upset victory over Kira McGroarty of Hopatcong in 19:55.8, winning by 60 yards.

"I used the downhill after the first mile to pull away and she never came back at me," said Bauberger, "I feel very good and hope to take a shot at Erin and Clair at the Bergen Meet of Champs next week." Clair is Ridgewood senior Clair Nowakowski, who continued to look sensational by running 19:29.7 to beat teammate Justine Lupo by 100 yards and lead the Maroons to a State-record 10th straight Group 4 title and State-record 17th sectional win overall, 20-87, over Passaic.

"I think we may be ready to shock some people at States," said Nowakowski, whose teammates finished 2-6-8-9. "I feel great and my teammates are running even better."



## GIRLS SECTIONAL RESULTS

### NORTH JERSEY, SECTION 1 GROUP 4

**TEAMS:** 1-Ridgewood 20. 2-Passaic 87. 3-Hacksack 94. 4-Memorial (W.N.Y.) 116. 5-West Milford 121. 6-Vernon 178. 7-North Bergen 203. 8-Union Hill 210. 9-Passaic Tech 229. 10-Teaneck 230. 11-Clifton 278. 12-Bergen Tech 300. 13-Dickinson 374.

**INDIVIDUALS:** 1-Clair Nowakowski, Ridgewood, 19:29.7; 2-Justine Lupo, Ridgewood, 19:52.7; 3-Sari Weissbard, Fair Lawn, 20:12.4; 4-Shanieka Bernard, Hacksack, 20:12.8; 5-Daphne Aronovits, Fair Lawn, 20:37.6; 6-Jackie Goulat, Ridgewood, 21:04.2; 7-Grisel Martinez, Passaic, 21:08.8; 8-Emily Terrin, Ridgewood, 21:12.3; 9-Megan O'Connell, Ridgewood, 21:15.2; 10-Jennifer Collado, North Bergen, 21:18.1.

### GROUP 3

**TEAMS:** 1-Pascack Valley 69. 2-Old Tappan 111. 3-Passaic Valley 121. 4-Ramapo 124. 5-Paramus 131. 6-Wayne Valley 165. 7-Tenafly 182. 8-Northern Highlands 204. 9-High Point 205. 10-River Dell 211. 11-Demarest 216. 12-Garfield 224. 13-Cliffside Park 330.

**INDIVIDUALS:** 1-Jesse Mizzone, Passaic Valley, 18:10.4; 2-Carol Ann Bullen, Paramus, 20:25.1; 3-Freddie Mathurin, Lincoln, 20:29; 4-Tara Connelly, Pascack Valley, 20:40.7; 5-Julie Emanuel, Tenafly, 20:50.0; 6-Sarah Christensen, Northern Highlands, 20:52.9; 7-Taylor Lebovich, Old Tappan, 20:53.4; 8-Maria Pavkovitch, Garfield, 20:55.6; 9-Virginia Westervelt, Demarest, 20:59.2; 10-Amy Clerch, Wayne Valley, 21:19.2.

### GROUP 2

**TEAMS:** 1-Kittatinny 54. 2-Ramsey 81. 3-Indian Hills 89. 4-Dumont 111. 5-Hopatcong 112. 6-Wallkill Valley 141. 7-Newton 160. 8-Pompton Lakes 214. 9-Rutherford 240. 10-Ridgefield Park 271. 11-Sussex Tech 293.

**INDIVIDUALS:** 1-Jenna Baumberger, Indian Hills, 19:55.8; 2-Kira McGroarty, Hopatcong, 20:09.2; 3-Meghan Gaffney, Pompton Lakes, 20:21.4; 4-Felicia Chevalier, Dumont, 20:28.2; 5-Sue Giesemann, Dumont, 20:40.9; 6-Erin Baumberger, Indian Hills, 20:50.7; 7-Jamie Fiscus, Kittatinny, 20:56.9; 8-Kelly Morse, Wallkill Valley, 20:58.7; 9-Noel DiPaola, Ramsey, 21:07.6; 10-Emily Donelan, Ramsey, 21:08.2.

### GROUP 1

**TEAMS:** 1-Glen Rock 32. 2-Cresskill 44. 3-Ridgefield 73. 4-Bogota 103. 5-Palisades Park 124. 6-New Milford 173. 7-Becton 179. 8-Secaucus 189.

**INDIVIDUALS:** 1-Erin Henry, Glen Rock, 19:39.2; 2-Katie D'Acco, Westwood, 21:06.5; 3-Linda Ndrejoni, Cresskill, 21:32.5; 4-Katy Botsford, Cresskill, 21:39.2; 5-Darlene Pekaar, Saddle Brook, 21:44.5; 6-Danielle Amato, Saddle Brook, 21:53.0; 7-Kristen Stephen, Glen Rock, 22:03.4; 8-Courtney Reggo, Ridgefield, 22:05.7; 9-Amy Gohlich, Westwood, 22:14.7; 10-Joanna Fuentes, Palisades Park, 22:18.0.

### NORTH JERSEY, SECTION 2 GROUP 4

**TEAMS:** 1-Morris Knolls 61. 2-Westfield 73. 3-Morristown 82. 4-Randolph 124. 5-Bloomfield 155. 6-Livingston 157. 7-Columbia 159. 8-Montclair 180. 9-Roxbury 226. 10-Union 235. 11-Phillipsburg 325.

**INDIVIDUALS:** 1-Courtney Epps, Columbia, 19:44.4; 2-Amy Maier, Morristown, 19:51.0; 3-Kim Lavin, Morris Knolls, 19:54.9; 4-Sarah Mahran, Westfield, 20:04.3; 5-Jessica Rodriguez, Elizabeth, 20:11.9; 6-Catherine Christopher, Randolph, 20:20.6; 7-Ellen Davis, Montclair, 20:25.1; 8-Vanessa Bazdylo, Morris Knolls, 20:27.6; 9-Raven Lea, Columbia, 20:35.0; 10-Erin McClellan, Westfield, 20:37.9.

### GROUP 3

**TEAMS:** 1-Mount Olive 46. 2-Cranford 65. 3-Jefferson 101. 4-Scotch Plains 128. 5-Hackettstown 136. 6-Mendham 155. 7-West Morris 155. 8-Millburn 170. 9-Morris Hills 187. 10-Warren Hills 227.

**INDIVIDUALS:** 1-Sarah Founds, Mendham, 19:51.8; 2-Ashley Behre, Mount Olive, 20:38.3; 3-Elyse Braner, Jefferson, 21:12.9; 4-Katie Riposta, Mendham, 21:30.4; 5-Amanda Brown, West Morris, 21:40.1; 6-Asia Lee, Cranford, 21:48.1; 7-Megan Williams, Nutley, 21:49.2; 8-Jessica Barr, Cranford, 21:50.4; 9-Joelle Cassar, Jefferson, 21:52.1; 10-Lindsay Samon, Mount Olive, 21:57.9.

### GROUP 2

**TEAMS:** 1-Montville 25. 2-Parsippany 54. 3-Summit 66. 4-Chatham 106. 5-Caldwell 124. 6-Hanover Park 148. 7-Pequanock 173.

**INDIVIDUALS:** 1-Christina Scherer, Montville, 19:58.9; 2-Ashley Wolf, Montville, 20:00.0; 3-Kerry Maybaum, West Essex, 20:01.9; 4-Danielle Stanton, Montville, 20:19.3; 5-Caroline Mannaerts, Summit, 20:43.7; 6-Megs DiDario, Gov. Livingston, 20:55.3; 7-Sara Rutledge, Parsippany, 20:59.9; 8-Katie Johnson, Parsippany, 20:59; 9-Emily Gallagher, Madison, 21:29.2; 10-Maria Pezzarossa, Summit, 21:32.7.

### GROUP 1

**TEAMS:** 1-Mountain Lakes 44. 2-Verona 50. 3-New Providence 63. 4-Boonton 92. 5-Science 111. 6-Whippany Park 137.

**INDIVIDUALS:** 1-Katie Chambers, Mountain Lakes, 21:05.1; 2-Christine Dobrosky, Mountain Lakes, 21:09.2; 3-Cari Ann Gerbino, Glen Ridge, 21:27.3; 4-Liz Gerber, New Providence, 22:17.5; 5-Leslie Garrison, Mountain Lakes, 22:48.9; 6-Caitlin Walsh, Verona, 23:03.5; 7-Willette Miller, Science, 23:13.6; 8-Liz Wagner, New Providence, 23:23.8; 9-Jen Boyle, New Providence, 23:24.2; 10-Tiffany Morelli, North Warren, 23:33.8.

### CENTRAL JERSEY GROUP 4

**TEAMS:** 1-Old Bridge 40. 2-Hunterdon Central 52. 3-Hillsborough 121. 4-Edison 183. 5-West Windsor-Plainsboro South 187. 6-East Brunswick 201. 7-Piscataway 211. 8-Manalapan 238. 9-Bridgewater-Raritan 262. 10-Howell 288. 11-Perth Amboy 289. 12-South Brunswick 309. 13-Middletown North 317. 14-Marlboro 326. 15-Steinert 358. 16-Sayreville 394. 17-North Brunswick 417. 18-Woodbridge 424.

**INDIVIDUALS:** 1-Mara McInerney, Old Bridge, 19:53.5; 2-Ashley Uniszkiwicz, Hillsborough, 20:13.0; 3-Jenna Fasulo, Hunterdon Central, 20:22.9; 4-Mary O'Connor, Edison, 20:24.6; 5-Stephanie Zottoli, Old Bridge, 20:29.2; 6-Shannon Robinson, Old Bridge, 20:40.6; 7-Michelle Archambault, Hunterdon Central, 20:42.3; 8-Christine George, Piscataway, 20:42.8; 9-Kristan Lucas, Edison, 20:45.3; 10-Mary Lynn Skarzenski, Woodbridge, 20:50.1.

### GROUP 3

**TEAMS:** 1-North Hunterdon 42. 2-Hopewell Valley 50. 3-Middletown South 61. 4-Ocean Township 153. 5-Princeton 167. 6-Watchung Hills 178. 7-Hightstown 223. 8-Monmouth Regional 223. 9-Wall 250. 10-Red Bank 254. 11-Lawrence 268. 12-South Plainfield 327. 13-Colonia 343. 14-Hamilton North 364.

**INDIVIDUALS:** 1-Erin Enderly, Ocean Township, 19:33.9; 2-Nicole Lombardy, Middletown South, 19:47.9; 3-Natalie Jones, Hopewell Valley, 19:52.7; 4-Shari Gorga, North Hunterdon, 19:56.4; 5-Holly Greiner, North Hunterdon, 20:05.0; 6-Becky Crossin, North Hunterdon, 20:07.7; 7-Dilshanie Perera, Princeton, 20:26.0; 8-Jamie Liberti, Middletown South, 20:28.5; 9-Kate Willever, Hopewell Valley, 20:32.2; 10-Carly Schlamowitz, Hopewell Valley, 20:33.5.

### GROUP 2

**TEAMS:** 1-Voorhees 25. 2-Ridge 75. 3-Rumson 77. 4-Holmdel 125. 5-Colts Neck 127. 6-Montgomery 161. 7-Somerville 186. 8-Delaware Valley 219. 9-Raritan 233. 10-Matawan 305. 11-Iselin Kennedy 329. 12-Freehold Borough 332. 13-Allentown 349.

**INDIVIDUALS:** 1-Christy Planer, Rumson, 19:31.3; 2-Sara Best, Voorhees, 19:44.0; 3-Liz Wort, Voorhees, 20:07.5; 4-Alexis Vergalla, Voorhees, 20:27.6; 5-Caitlin Moscatello, Rumson, 20:28.1; 6-Ashley Folchetti, Holmdel, 20:36.3; 7-Joanna Perez, Voorhees, 20:42.5; 8-Emily Sarokhan, Ridge, 20:47.7; 9-Lilian Perez, Voorhees, 20:49.9; 10-Kathleen Henry, Ridge, 20:50.1.

### GROUP 1

**TEAMS:** 1-Shore Regional 19. 2-Bernards 85. 3-Middlesex 88. 4-Metuchen 93. 5-Spotswood 108. 6-Keansburg 133; 7-Highland Park 181. 8-Keypoint 221.

**INDIVIDUALS:** 1-Julie Ullmeyer, Shore Regional, 20:41.9; 2-Grace deMarras, Bernards, 21:11.8; 3-Nicole Ullmeyer, Shore Regional, 21:23.8; 4-Laura Hayden, Shore Regional, 21:28.7; 5-Allison Major, Shore Regional, 21:33.1; 6-Heather Gates, Shore Regional, 21:59.0; 7-Megan Kayser, Middlesex, 22:05.2; 8-Christina Evans, Spotswood, 22:26.8; 9-Lauren Ostrowsky, Shore Regional, 22:52.5; 10-Joan Puchalski, Metuchen, 22:53.1.

### SOUTH JERSEY GROUP 4

**TEAMS:** 1-Shawnee 35. 2-Southern Regional 73. 3-Toms River East 74. 4-Jackson 113. 5-Cherokee 147. 6-Toms River North 149. 7-Brick 157. 8-Lenape 185. 9-Absegami 270. 10-Cherry Hill East 312. 11-Eastern 338. 12-Milville 358. 13-Washington Township 405. 14-Brick 421. 15-Atlantic City 433. 16-Cherry Hill West 445.

**INDIVIDUALS:** 1-Kathryn Wardenski, Southern Regional, 19:03.1; 2-Kegga Schaffer, Southern Regional, 19:03.5; 3-Jen Blank, Toms River East, 19:22.5; 4-Kim Bonner, Shawnee, 19:31.8; 5-Danielle Neukirch, Shawnee, 19:32.7; 6-Jenna Prendergast, Jackson, 19:37.3; 7-Robin McDowell, Shawnee, 19:44.0; 8-Jackie Dunn, Rancocas Valley, 19:46.6; 9-Erin Riddle, Lenape, 19:47.3; 10-Kathleen Quinn, Shawnee, 19:48.3.

### GROUP 3

**TEAMS:** 1-Toms River South 40. 2-Delsea 82. 3-Camden Wilson 111. 4-Ocean City 120. 5-Mainland 131. 6-Highland 135. 7-Oakcrest 197. 8-Lacey 205. 9-Central Regional 236. 10-Egg Harbor 241. 11-Cumberland 269. 12-Williamstown 313.

**INDIVIDUALS:** 1-Brittany McCann, Delsea, 19:16.3; 2-Kathleen Galan, Highland, 19:48.5; 3-Kelly Cannon, Toms River South, 19:53.8; 4-Andrea Shute, Clearview, 20:04.6; 5-Alexandra Hyland, Toms River South, 20:07.5; 6-Andrea Campbell, Mainland, 20:23.0; 7-Jessica Sutton, Delsea, 20:24.3; 8-Kaylan Reabold, Toms River South, 20:28.9; 9-Patricia Hughes, Central Regional, 20:34.6; 10-Allie Moreland, Ocean City, 20:36.5.

### GROUP 2

**TEAMS:** 1-Moorestown 15. 2-Haddon Township 83. 3-Haddonfield 118. 4-Pineland 130. 5-Kingsway 165. 6-Point Pleasant Boro 199. 7-Northern Burlington 205. 8-Bridgeton 224. 9-Delran 229. 10-West Deptford 246. 11-Woodstown 271. 12-Middle Township 288. 13-Buena 305. 14-Manchester 310.

**INDIVIDUALS:** 1-Meghan Hughes, Moorestown, 19:10.1; 2-Kelsey Rinehart, 19:19.1; 3-Katina Alexander, Pleasanton, 19:24.2; 4-Colleen Hughes, Moorestown, 19:39.8; 5-Caroline Hipple, Moorestown, 19:41.5; 6-Kate Laramie, Moorestown, 19:42.9; 7-Megan Lerch, Kingsway, 20:04.3; 8-Kori Sheldon, Moorestown, 20:24.5; 9-Laura Chericco, Haddon Township, 20:28.8; 10-Rachel Farnsworth, Point Pleasant Boro, 20:30.6.

### GROUP 1

**TEAMS:** 1-Gloucester 47. 2-Schalick 47. 3-Point Pleasant Beach 101. 4-Palmira 118. 5-Maple Shade 131. 6-Pitman 134. 7-Paulsboro 137. 8-Riverside 177. 9-Wildwood 200.

**INDIVIDUALS:** 1-Allyson Krayl, Point Pleasant Beach, 19:45.5; 2-Nicole Vit, Schalick, 20:21.7; 3-Zoe Bujak, Palmira, 20:46; 4-Angela Hanna, Gloucester, 20:54.2; 5-Jen Lippocott, Gloucester, 21:32.6; 6-Ryan Hart, Point Pleasant Beach, 21:33.2; 7-Amanda Fleming, Schalick, 21:40.7; 8-Jenna Heiser, Gloucester, 21:47; 9-Kirsten Goeb, New Egypt, 21:52.2; 10-Jess Brady, Maple Shade, 21:56.2.

## GIRLS

### GROUP 1

**Team Scores** Glen Rock 32\*, Cresskill 44\*, Ridgefield 73\*, Bogota 103\*, Palisades Park 124\*, New Milford 173, Becton 179, Se-caucus 189.

1. Erin Henry, Glen Rock, 19:39.2; 2. Katie D'Acco, Westwood, 21:06.5\*; 3. Linda Ndrejoni, Cresskill, 21:32.5; 4. Katy Botsford, Cresskill, 21:39.2; 5. Darlene Pekaar, Saddle Brook, 21:44.5\*; 6. Danielle Amato, Saddle Brook, 21:53.0\*; 7. Kristen Stephen, Glen Rock, 22:03.4; 8. Courtney Reggo, Ridgefield, 22:05.7; 9. Amy Gohlich, Westwood, 22:14.7\*; 10. Joanna Fuentes, Palisades Park, 22:18.0.

11. Susan Dadaian, Cresskill, 22:23.8; 12. Amanda Perrino, Glen Rock, 22:30.0; 13. Brenna O'Rourke, Glen Rock, 22:31.5; 14. Jackie Rivara, Glen Rock, 22:34.8; 15. Allison Sul, Cresskill, 22:40.5; 16. Sabina Sura, Bogota, 22:40.8; 17. All Dykhouse, Glen Rock, 22:43.7; 18. Stephanie Sinclair, Ridgefield, 22:44.6; 19. Renee Knurowski, Becton, 22:47.9; 20. Angela Panuccio, Bogota, 22:58.0.

21. Tracy Hickey, Ridgefield, Ridgefield, 23:09.5; 22. Nova Hanna, Ridgefield, 23:20.5; 23. Allison Sinclair, Ridgefield, 23:22.5; 24. Cate Kowalczyk, Waldwick, 23:32.7; 25. Rachel Von Drele, New Milford, 23:50.1.

### GROUP 2

**Team Scores** Kittatinny 64\*, Ramsey 81\*, Indian Hills 89\*, Dumont 111\*, Hopatcong 112\*, Wallkill Valley 141, Newton 160, Pompton Lakes 214, Rutherford 240, Ridgefield Park 271, Sussex Tech 293.

1. Jenna Baumberger, Indian Hills, 19:55.8; 2. Kira McGroarty, Hopatcong, 20:09.2\*; 3. Meghan Gaffney, Pompton Lakes, 20:21.4\*; 4. Felicia Chevalier, Dumont, 20:28.2; 5. Sue Giesemann, Dumont, 20:40.9; 6. Erin Baumberger, Indian Hills, 20:50.7; 7. Jamie Fiscus, Kittatinny, 20:56.9; 8. Kelly Morse, Wallkill Valley, 20:58.7\*; 9. Noel DiPaola, Ramsey, 21:07.6; 10. Emily Donelan, Ramsey, 21:08.2.

11. Amanda Gordon, Kittatinny, 21:18.4; 12. Kim Kraemer, Kittatinny, 21:21.3; 13. Kristen Varina, Hawthorne, 21:33.6; 14. Jessica Guth, Newton, 21:34.4; 15. Tina Triantafyllidi, Indian Hills, 21:41.2; 16. Caroline Hookmeyer, Ramsey, 21:45.9; 17. Alison Estock, Kittatinny, 21:49.1; 18. Jacquie Sobotka, Hopatcong, 21:54.8; 19. Katy Nolan, Kittatinny, 21:59.3; 20. Alyssa Ross, Pascack Hills, 22:05.2.

21. Christine Hermann, Newton, 22:08.3; 22. Kira Anderson, Kittatinny, 22:09.9; 23. Kelly Beaudry, Ramsey, 22:12.0; 24. Terez Tala, Wallkill Valley, 22:18.3; 25. Andrea Santonastaso, Kittatinny, 22:20.0.

### GROUP 3

**Team Scores** Pascack Valley 69\*, NV/Old Tappan 111\*, Passaic Valley 121\*, Ramapo 124\*, Paramus 131\*, Wayne Valley 165, Tenafly 182, Northern Highlands 204, High Point 205, River Dell 212, NV/Demarest 216, Garfield 224, Cliffside Park 330.

1. Jesse Mizzone, Passaic Valley, 18:10.4; 2. Carol Bullen, Paramus, 20:25.1; 3. Freddie Mathurin, Lincoln, 20:29.0\*; 4. Tara Connelly, Pascack Valley, 20:40.7; 5. Julie Emanuel, Tenafly, 20:50.0\*; 6. Sarah Christensen, Northern Highlands, 20:52.9; 7. Taylor Lebovich, NV/Old Tappan, 20:53.4; 8. Maria Pavkovitch, Garfield, 20:55.6\*; 9. Virginia Westervelt, NV/Demarest, 20:59.2; 10. Amy Clerch, Wayne Valley, 21:19.2.\*

11. Allison Eckmeyer, NV/Old Tappan, 21:31.5; 12. Katie Storbeck, Wayne Valley, 21:32.7; 13. Katie Diana, Pascack Valley, 21:42.3; 14. Sarah Adelson, Tenafly, 21:45.6; 15. Stephanie Abbatiello, Bergenfield, 21:48.8; 16. Katherine Wen, Paramus, 21:49.1; 17. Sarah Walcott-Sapp, Pascack Valley, 21:52.2; 18. Felicia Phipps, Ramapo, 21:57.7; 19. Sarah Ocasio, NV/Old Tappan, 21:59.4; 20. Lisa Haystrand, Pascack Valley, 22:00.3.

21. Mina Kim, Ramapo, 22:02.9; 22. Melissa Spencer, Passaic Valley, 22:06.3; 23. Jill Wessels, Pascack Valley, 22:07.1; 24. Jessica Wang, Paramus, 22:07.8; 25. Cheyenne Ogletree, Garfield, 22:08.2.

### GROUP 4

**Team Scores** Ridgewood 20\*, Passaic 87\*, Hackensack 94\*, Memorial 117\*, West Milford 121\*, Vernon 181, North Bergen 206, Union Hill 213, Passaic Tech 233, Teaneck 234, Bergen Tech 270, Clifton 282, Dickinson 379.

1. Clair Nowakowski, Ridgewood, 19:29.7; 2. Justine Lupo, Ridgewood, 19:52.7; 3. Sari Weissbard, Fair Lawn, 20:12.4\*; 4. Shanieka Bernard, Hackensack, 20:21.8; 5. Daphne Aronovits, Fair Lawn, 20:37.6; 6. Jackie Goulat, Ridgewood, 21:04.2; 7. Grisel Martinez, Passaic, 21:08.8; 8. Emily Terrin, Ridgewood, 21:12.3; 9. Megan O'Connell, Ridgewood, 21:15.2; 10. Jennifer Collado, North Bergen, 21:18.1.\* 11. Yanirada Mejia, Passaic, 21:30.5; 12. Kim Melgar, Memorial, 21:33.9; 13. Kim Galvin, North Bergen, 21:34.2; 14. Jital Patel, Memorial, 21:39.8; 15. Sarah Winzer, Vernon, 21:47.4; 16. Caitlin Schopp, West Milford, 21:47.6; 17. Awinna Martinez, Passaic, 21:53.8; 18. Claudine McGuire, Hackensack, 22:04.8; 19. Adriana Almeida, Union Hill, 22:20.4; 20. Olga Razumov, Clifton, 22:21.6.

21. Naomi Amaro, Union Hill, 22:28.6; 22. Peggy Lynch, Ridgewood, 22:29.2; 23. Alexis Toon, Hackensack, 22:30.3; 24. Fatima Palomo, Memorial, 22:36.9; 25. Genevieve Jeuck, West Milford, 22:37.3.

# Long streaks should run on

By **PAUL SCHWARTZ**  
STAFF WRITER

The Ridgewood girls and Don Bosco Prep boys should have little trouble extending their dominance in the 29th Bergen Meet of Champions on Saturday afternoon at Darlington County Park.

Don Bosco Prep should outrun Northern Valley/Demarest and Ridgewood for its third straight boys title, thereby joining Bergen Catholic (1979-1983) as the only teams to win at least three in a row since the Bergen Meet of Champions started in 1973.

Ridgewood will continue the most amazing streak in North Jersey sports in the girls meet, easily taking its 10th straight title and 21st in 22 years. Look for Pascack Valley, Northern Valley/Old Tappan, Ramsey, and perhaps a surprising Immaculate Heart Academy team to battle for second.

The individual races should be among the most exciting and entertaining in the history of the meet.

The girls race, at 2:30 p.m., matches seniors Clair Nowakowski of Ridgewood, the two-time Group 4 County champ, and Erin Henry of Glen Rock, the two-time Group 1 County champ.

Nowakowski and Henry have become friendly the past few months, chatting on the Internet and watching each other's races at the sectional championships and the Bergen County group meet.

They can't wait to race each other and most area cross-country fans can't wait to see it.

The two have faced each other only twice. In their first meeting, Henry beat Nowakowski, placing second to the Ridgewood star's fourth behind 2000 Bergen champion Melissa Conway of Ramsey at last year's Bergen County Meet of Champions.

Nowakowski edged Henry for second in the Ridgewood Winter Games 1,000-yard run last winter.

"I'm looking forward to having someone to race with next week," Henry said after winning the Group 1 sectional meet by 87 seconds last week. "It will help both of us prepare for the States and it'll be really awesome to run against Clair."

## CROSS-COUNTRY NOTEBOOK

"It's been hard to run with no one in front of me," Nowakowski said after winning her sectional race easily. "I was planning to run the first mile of the race slowly but I went out too slow and next week when I run against Erin, I know I'll have to run a better first mile."

Hackensack junior Shaneika Bernard finished between Henry and Nowakowski at last year's Bergen Meet of Champions, but is more likely to contend with sophomores Jenna Bauberger of Indian Hills and Justine Lupo of Ridgewood for third place Saturday. Look for breakthrough races by Fair Lawn standouts Sari Weissbard and Daphne Aronovits and Carol Bullen of Paramus. The boys race, at 3:10 p.m., matches two favorites who raced against each other three times in eight days from Oct. 20-27 on three courses.

Defending champion Peter Gerboth of Don Bosco Prep lost the Group 4 County meet to fellow junior Ken Sinkovitz of Bergen Catholic at Darlington two Saturdays ago, then beat Sinkovitz at Garret Mountain to win the NNJIL C division and finished five seconds and three spots ahead of Sinkovitz at Saturday's NJCTC meet at Warinanco Park.

But this may not be a two-person race. Gerboth's junior teammate, Sean Swift, 15th in last year's Bergen Meet of Champions, beat Sinkovitz at the wire for fifth at the NJCTC meet and ran with the duo for most of the Group 4 County meet. Junior Dane Garlasco of Northern Valley/Demarest, 10th last year, looked impressive at the State sectionals on Saturday and sophomore Matt Klypka of Indian Hills will probably push the pace and go out with the leaders.

Group 1 champ Steve Begley of Cresskill, also a junior, is solid. Even though he's been disappointing this year, Mahwah's Owen Bourgholtzer was third last fall in the race. Garfield's Mike Zbijewski, and NV/Demarest's Mike Accordino and Dario Cantatore should also be near the front.

## GIRLS CROSS-COUNTRY TOP 15

**1. Ridgewood** - Jacob Brown's crew, fresh off a State record 17th sectional title and a 10th straight, should make it 10 in a row and 21 in 22 years in the Bergen Meet of Champions on Saturday.

**2. Pascack Valley** - The Indians return to the runner-up slot following an impressive blowout win in the Group 3 sectional for their first title in 20 years. The Indians' last trip to the Bergen Meet of Champions also was in 1981, when they finished second.

**3. Ramsey** - The six-year streak of winning the Group 2 sectionals came to an end but the Rams qualified for a ninth straight State Group championship with a strong second-place finish. The Rams have been at least fourth in eight straight Bergen Meet of Champions.

**4. Glen Rock** - A first Sectional title for the Panthers should be followed by their best performance in the Bergen Meet of Champions. In six previous appearances, the best previous finish was sixth in 1998.

**5. Northern Valley/Old Tappan** - The Golden Knights experienced their worst meet of the year in the Group 3 sectionals, but still finished second and qualified for a fourth straight State Group meet.

**6. Passaic** - The four-time Passaic County champions finished second for the fourth straight year to Ridgewood in the Group 4 sectionals.

**7. Indian Hills** - The Braves got their first individual Sectional champion in Jenna Bauberger and finished third in the Group 2 meet. They were second or third in the last three Bergen Meet of Champions.

**8. Immaculate Heart Academy** - The Blue Eagles have qualified for the last 11 Bergen Meet of Champions and have eight top five finishes.

**9. Passaic Valley** - The Hornets continued to improve behind the incomparable Jesse Mizzone and their third-place finish in this year's sectional qualifies them for their first trip as a team to the State Group meet in five years.

**10. Hackensack** - The Comets qualified for an eighth-straight trip to the Bergen Meet of Champions and a sixth-straight trip to the Group championships.

**11. Ramapo** - There'll be no more underestimating this solid team after their fourth-place finish in the Group 3 sectionals qualified the Raiders for a fourth-straight trip to the State Group meet.

**12. Cresskill** - The Cougars may be underrated after their second-place finish at Saturday's Group 1 sectional race. Cresskill qualified for a first trip to the Bergen Meet of Champions in 12 years.

**13. Paramus** - After not being able to finish a full team in the Bergen Group meet, the Spartans snapped back to qualify for the State Group meet for the ninth time.

**14. Dumont** - The Huskies have enjoyed a good year and qualified for the State Group 2 meet for the fourth straight year.

**15. West Milford** - The Highlanders were fifth in the Group 4 sectional to qualify for the State meet for the fifth time.

# RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET BMOC

COURSE DARLINGTON

DIVISION \_\_\_\_\_

COURSE RECORD \_\_\_\_\_

DATE 11-3-01

RIDGEWOOD RECORD \_\_\_\_\_

WEATHER Sunny + Warm

TYPE OF COURSE \_\_\_\_\_

FINISH PLACE	TEAM SCORE	NAME	TIME
1	1	CLAIR NOWAKOWSKI	18:55.5
8	5	JUSTINE LUPO	20:04.1
13	9	EMILY TERRIN	20:12.3
24	16	JACKIE GOULART	20:54.6
55	38	PEGGY LYNCH	21:54.6
72	49	CASEY DUNN	22:38.7
73	50	LAUREN LILLIS	22:40.4

TEAM TOTAL:

TEAM PLACE:

1-5 SPLIT:

1-7 SPLIT:

COMMENTS: THE Mark of a great team is one that can win when things go wrong! Clair, Emily and Peggy came thru on an otherwise off day. Great job Team. Clair + Erin gave the Fans one of the best races I have seen in some time. Erin made her move in the Woods coming up from the lake but Clair stayed with her and then won with a big sprint on the road to the finish line.

RIDGEWOOD = COUNTY CHAMPS 10 IN A ROW!

# RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET MDC FROSH CHAMPS

COURSE DARLINGTON

DIVISION FROSH GIRLS

COURSE RECORD \_\_\_\_\_

DATE 11-3-01

RIDGEWOOD RECORD \_\_\_\_\_

WEATHER \_\_\_\_\_

TYPE OF COURSE \_\_\_\_\_

FINISH PLACE	TEAM SCORE	NAME	TIME
2		RACHAEL RYAN	10:22
3		CLAIRE BURNS	10:33
17		KATIE SIMPSON	11:25
21		SARA DELANEY	11:37
22		JANE HORWITZ	11:40
24		SUJEAN PARK	11:49
37		JENN CORTRIGHT	12:25

TEAM TOTAL: 49

TEAM PLACE: 2<sup>ND</sup>

1-5 SPLIT:

1-7 SPLIT:

COMMENTS: WE LOST A CLOSE ONE TO IHA Today. They got us with a "pach in the back". Rachael + Claire ran with varsity quality runners from Paramus. We had a great year with wins at Brett Taylor, NYSIL, and Bergen groups. We will look to get back after IHA next year!  
 Rachael, Claire, Katie, Sara, and Jane all ran PR's Today!

# Don Bosco Prep, Ridgewood romp

## Gerboth, Swift finish 1-2 in boys championship Maroons' Nowakowski wins showdown

By PAUL SCHWARTZ  
STAFF WRITER

MAHWAH — For someone who won the Bergen County boys cross-country championship as a sophomore last year, Don Bosco Prep's Peter Gerboth had to face a lot of questions this season.

First it was the nagging injuries to both ankles that curtailed his winter season and cost him his spring track season last year.

Then after proving he was healthy, his upset loss to Ken Sinkovitz of Bergen Catholic two weeks ago in the Bergen Group 4 race opened the door to another round of doubters.

But the Don Bosco Prep junior silenced every doubter Saturday when he became the fifth repeat winner at the Bergen Meet of Champions, running away from Sinkovitz in the final 800 meters and winning by nearly 50 yards over teammate Sean Swift, in 16:02.25 at the 5,000-meter Darlington Park course.

The 1-2 finish by Gerboth and Swift, believed to be the first such finish in Bergen County history, helped enable the Ironmen to become only the second team to win three straight

### BERGEN BOYS MEET OF CHAMPS

Bergen Meet of Champions titles and led Bosco to a record low 25 points, easily outdistancing runner-up Ridgewood, 25-75.

"It feels great," said Gerboth, who joined Cary Snyder (Northern Valley at Demarest 1996-97), Matt Illian (Pascack Valley 1993-94), Ken Flynn (Ramsey 1989-90), and Kevin Byrne (1974-75) as the only repeat winners. "I was worried when Kenny beat me two weeks ago, but then when I beat him in the NNJIL meet three days later, I got over feeling bad and was ready to go again." The injuries that appeared to place Gerboth's promising career in jeopardy began nearly a year ago and cleared up in mid-July. Gerboth started training with Don Bosco and Swift noticed his teammate was back, quickly.

"By the first couple of weeks in August he was back where he belonged on the team," said Swift, who ran a personal-best 16:12.92.

"I think the injuries made it easier for me because people weren't paying

as much attention," said Gerboth.

Sinkovitz, who faded to fifth behind Mike Accordino of Northern Valley at Demarest and Rudy Urena of Cliffside Park, was philosophical about his loss.

"I'm not disappointed about finishing fifth," said Sinkovitz. "It's a lot better than I finished last year and I still have some races to go."

Don Bosco's easy win was made even easier when Northern Valley at Demarest's top two runners, Dane Garlasco and Dario Cantatore were unable to finish. But that just made the victory margin a little larger and perhaps allowed Ridgewood and third-place Bergen Catholic to finish a place higher than they would have.

But the Ironmen showed that they had recovered from their loss to CBA last week at the NJCTC by putting five runners in the top 16, despite a sub-par race by Matt Horesta.

"CBA came in with a purpose last week and I think we were a little too nervous," said Don Bosco coach John Neopolitan. "Today we did what we want to do in a race like this, make the race fast, and control the race by taking teams out of their comfort zone. I think we did that today."

By PAUL SCHWARTZ  
STAFF WRITER

### BERGEN GIRLS MEET OF CHAMPS

MAHWAH — The most anticipated race of the year in Bergen County girls cross-country was everything it was supposed to be Saturday, and maybe even a little bit more.

Ridgewood's Clair Nowakowski and Glen Rock's Erin Henry waged a ferocious duel over most of the 5,000-meter Darlington County Park course, and they were joined by Hackensack's Shanika Bernard throughout their journey to make it a three-way battle until the final 800 meters.

But Nowakowski, who won the race by 60 yards over Henry with a powerful finish, had a confession to make when discussing her impressive win, in 18:55.45.

"I thought Erin was going to win before the race," she said. "I was afraid that if I took the lead too soon that she would outkick me and I wouldn't have enough energy left to stay with her."

So Nowakowski, who has been trying to not get out too quickly all season, held enough back even after the trio had lost the rest of the field in the first two plus miles to be able to put on

a big move less than a mile from the finish to complete her rise from fourth as a junior to the win this year. Henry and Bernard finished second and third for the second straight year.

"When I lost last year I think it gave me even more motivation to come back this year and win," said Nowakowski, who was diagnosed with anemia within weeks after last year's Bergen Meet of Champions. "I wanted to stay with Erin as long as I could and then pick it up near the finish."

"The three of us went back and forth the whole race, but I wasn't really as mentally prepared as I should have been," said Henry, whose team finished third behind perennial champion Ridgewood and runner-up Immaculate Heart Academy for the best finish by a Group 1 school since Palisades Park was second in 1989. "The best part of today was how well the team did." For her part, Bernard helped push the pace and was thrilled with her third place finish.

"Last week I gave up at the sectionals and didn't finish well. I was upset, but I said next week was the Bergen Meet of Champions and I was going to make up for it. I was going to prove that I belonged with the very best," said Bernard.

Ridgewood won its 10th consecutive girls team title and 21st in 22 years, by a smaller-than-expected 69-92 margin over a young and improved Immaculate Heart Academy team.

"Peggy Lynch came through for us today because Jackie [Goulart] and Justine [Lupo] didn't have very good races today and we were missing our No. 5 [Megan McDonagh]," said Ridgewood coach Jacob Brown. "I've been emphasizing next week [the State Group championships] all year and I hope it doesn't cost us." IHA assistant coach Tony Monks was thrilled with his team's runner-up finish, their fourth since 1992 and looks toward next week's Parochial A meet for another breakthrough.

"We were running for second today, but the way our fourth, fifth, and sixth kids were running midway in the race, we were starting to dream a little bit [about winning the race]," said Monks.

### Girls

Team Scores: 1-IHA,45. 2-Ridgewood,49. 3-Paramus,54. 4-Holy Angels,102. 5-IHAB,140.

1. Katherine Weng, Paramus, 10:18.9
2. Rachael Ryan, Ridgewood, 10:22
3. Claire Burns, Ridgewood 10:33
4. Lisa Sinkovitz, IHA, 10:37
5. Jessica Weng, Paramus, 10:39
6. Tara Kelly, Westwood, 10:46
7. Joanna Fuentes, Pal Park, 10:52
8. Ronica Brisben, Hack, 11:03
9. Brittanica Frazier, Hack, 11:04
10. Marissa Obrien, Paramus, 11:04
11. Jessica Pescatore, IHA, 11:05
12. Jessica Dinela, CP, 11:12
13. Ellen Pelican, Paramus, 11:13
14. Kelly Kearns, IHA, 11:14
15. Kerri Koppenal, IHA, 11:19
16. Elizabeth McGuinness, IHA, 11:21
17. Katie Simpson, RHS, 11:25
18. Victoria Saites, IHA, 11:27
19. Rebecca Lazarus, Tenafly, 11:29
20. Merjan Kuzurian, Pal Park, 11:33
21. Sara Delaney, RHS, 11:37
22. Jane Horwitz, RHS, 11:40
23. Cristina Fuentes, Pal Park, 11:46
24. Su Jean Park, RHS, 11:49
25. Christina Burke, HA, 11:50
26. Veronica Montalvo, Demarest, 11:50
27. Jackie Tiedens, Dumont, 11:51
28. Jessica Shinnick, RiverDell, 11:59
29. Kate Clifford, HA, 12:01
30. Olivia Abrahamsen, HA, 12:04
31. Danielle LaCavalla, IHA, 12:05
32. Nicole Buseemi, IHA, 12:07
33. Akiko Matsumoto, Tenafly, 12:08
34. Emily Schumacher, HA, 12:13
35. Margot Spiller, HA, 12:16
36. Lorna Orak, Pal Park, 12:21
37. Jenn Cortright, RHS, 12:25
38. Megan Fanshan, SB, 12:26
39. Devon Kittredge, IHA, 12:38
40. Madeline Diaz, Hack, 12:40
41. Stephanie Tulp, Ten, 12:42
42. Jessica Picinic, IHA, 12:44
43. Stacy Martino, IHA, 12:49
44. Kathryn Ring, IHA, 12:54
45. Kate Shinnick, IHA, 13:15
46. Ashley LaCavalla, IHA, 13:18
47. Colleen Schott, MP, 13:20
48. Neda Mernr, paramus, 13:21
49. LeAnn Atkenson, hack, 13:38
50. Christie Naso, HA, 13:54
51. Nicole Henry, PC, 13:56
52. Corinne McCarthy, HA, 14:03
53. Christine Bellina, HA, 14:17
54. Amanda Auerbach, RD, 14:57
55. Pauline Schaeffe, HA, 15:06
56. Meaghan Joyce, IHA, 15:15
57. Kate Badaracco, IHA, 15:51
58. Katie Muldoon, HA, 16:02
59. Melissa Kirska, IHA, 16:25

### Boys

Team Scores: 1-Don Bosco,42. 2-Ridgewood,63. 3-Dumont,145. 4-Bergen Catholic, 162. 5-Pal Park, 167. 6-Paramus, 182. 7-Don Bosco"B", 188. 8-Demarest,201. 9-FairLawn, 213. 10-RHS"B", 218. 11-Hackensack, 276. 12-Tenafly, 309. 13-RidverDell, 345. 14-DB"C", 347. 15-BC"B", 379. 16-RHS"C", 460.

1. Brent Napoleon, DB, 8:28.8
  2. Chris Gregory, MP, 8:41
  3. Todd Hamilton, RD, 8:47
  4. Eddie Cabo, Hack, 8:49
  5. Ken McClinton, Dumont, 8:50
  6. Pat Hamilton, RHS, 8:53
  7. Nick Padazzi, Paramus, 8:56
  8. Peter Conte, DB, 8:59
  9. Bryan Capizzi, FL, 9:03
  10. Joe Vogler, DB, 9:03
  11. Jack McKillip, RHS, 9:05
  12. Joe Pfeiffer, RHS, 9:06
  13. Tyler Hartigan, DB, 9:14
  14. Alex Cereste, DB, 9:18
  15. Dan Meana, Demarest, 9:20
  16. Brian ??, RHS, 9:20
  17. Steve Vargo, BC, 9:21
  18. Matt ??, DB, 9:22
  19. Richmond Borgonez, Pal Park, 9:23
  20. Joel Kanyannibwa, Fair Lawn, 9:24
  21. Jessy Hartmann, Dumont, 9:24
  22. Terence O'Niell, DB, 9:24
  23. Ryan Madrid, PC, 9:25
  24. Zach Pucci, RHS, 9:27
  25. Moises Santos, Pal Park, 9:28
  26. Josh Liberty, paramus, 9:28
  27. Jim Binsfeld, paramus, 9:29
  28. Conor Lynn, RHS, 9:30
  29. Dan Kennedy, DB, 9:31
  30. Kazofmi Nakatani, Waldwick, 9:32
  31. Mike Carlin, BC, 9:33
  32. Kei Kawabata, Tenafly, 9:34
  33. Amish Desai, Dumont, 9:36
  34. Kyle Burdette, Westwood, 9:37
  35. Hayk Oksun, Pal Park, 9:38
  36. Louis Marino, BC, 9:38
  37. Sean Constanino, Dumont, 9:40
  38. Pat McNamara, RHS, 9:40
  39. Mike Miwa, Demarest, 9:41
  40. Bert Heaney, BC, 9:44
  41. Will Gerboth, DB, 9:44
  42. Mike Caurtney, Hack, 9:44
  43. Francois Collins, RHS, 9:45
  44. Omar Sow, Leonia, 9:46
  45. Robert Brown, DB, 9:50
  46. Michael Beck, Westwood, 9:51
  47. Tim St. Thomas, CP, 9:52
  48. Todd Green, RHS, 9:53
  49. Shunsuke Koyama, Pal Park, 9:53
  50. Chris Laird, DB, 9:54
  51. Mark Castiglia, DB, 9:54
  52. Ryan Kopp, WW, 9:56
  53. Jim Vaughan, RHS, 9:57
  54. Jeff Wochile, RHS, 9:58
  55. Rob Denicola, RiverDell, 9:59
  56. Doug Chazen, FL, 10:00
  57. Jin Woo Park, Demarest, 10:00
  58. Tom Bergamino, Demarest, 10:01
  59. Chris Wilk, BC, 10:02
  60. Scott Steinschneider, RHS, 10:03
- Plus 64 more (124 finishers)

## CROSS-COUNTRY

### BERGEN MEET OF CHAMPIONS

At Darlington County Park, Mahwah

#### GIRLS

Team Scores: Ridgewood 69, Immaculate Heart Academy 92, Glen Rock 122, Hackensack 130, Pascack Valley 141, Ramsey 152, NV/Old Tappan 168, Indian Hills 170, Ramapo 201, Dumont 202, Cresskill 202.  
1. Clair Nowakowski, Ridgewood, 18:55.45; 2. Erin Henry, Glen Rock, 19:07.60; 3. Shanika Bernard, Hackensack, 19:10.59; 4. Sari Weissbard, Fair Lawn, 19:36.72; 5. Jenna Bauberger, Indian Hills, 19:38.82; 6. Sarah Christensen, Northern Highlands, 19:54.22; 7. Julia Emanuel, Tenafly, 19:55.80; 8. Justine Lupo, Ridgewood, 20:04.01; 9. Carol Bullen, Paramus, 20:04.46; 10. Tara Connelly, Pascack Valley, 20:04.79.  
11. Caitlin Hemmer, IHA, 20:05.83; 12. Sue Giesemann, Dumont, 20:11.87; 13. Emily Terrin, Ridgewood, 10:12.25; 14. Theresa Hearn, IHA, 20:15.87; 15. Daphne Aronovits, Fair Lawn, 20:17.12; 16. Erin Bauberger, Indian Hills, 20:20.19; 17. Virginia Westervelt, NV/Demarest, 20:20.19; 18. Noel DiPaola, Ramsey, 20:30.23; 19. Sarah Adelson, Tenafly, 20:32.44; 20. Keri Barry, Cliffside Park, 20:35.03.

#### BOYS

Team Scores: Don Bosco Prep 25, Ridgewood 75, Bergen Catholic 103, NV/Old Tappan 139, NV/Demarest 150, Tenafly 159, Glen Rock 199, Rutherford 214, Westwood 222, Leonia 251, Ramsey 270, Saddle Brook 273.  
1. Peter Gerboth, Don Bosco, 16:02.25; 2. Sean Swift, Don Bosco, 16:12.92; 3. Mike Accordino, NV/Demarest, 16:29.20; 4. Rudy Urena, Cliffside Park, 16:36.77; 5. Ken Sinkovitz, Bergen Catholic, 16:38.30; 6. Samir Mane, Fort Lee, 16:38.69; 7. Steve Begley, Cresskill, 16:39.72; 8. Rodolfo Crispin, Ridgewood, 16:41.36; 9. Rich Acosta, Bergenfield, 16:47.79; 10. Alan Acosta, Bergenfield, 16:49.81.  
11. Kevin Slattery, Don Bosco, 16:52.19; 12. Tim Murphy, Don Bosco, 16:53.04; 13. Rafael Abreu, Leonia, 16:55.10; 14. Elvis Cole, Hackensack, 16:55.32; 15. Mike Zbijewski, Garfield, 16:56.90; 16. Jon Klui, Don Bosco, 16:57.73; 17. Craig Walker, Hackensack, 16:58.44; 18. Frank Battersby, Don Bosco, 16:58.84; 19. Sean Emmerling, Palisades Park, 16:59.21; 20. Jesse Weber, Tenafly, 16:59.73.

## Sports Sidelights

Jim Jones



## Nowakowski ranks with all-time best

**Clair Nowakowski**, the Ridgewood High senior who won the Bergen County Meet of Champions race at Darlington Park in Mahwah last weekend, will attempt to add another accomplishment to her outstanding cross country season tomorrow when the Maroons seek the state Group 4 championship at Holmdel Park. Nowakowski outdueled Glen Rock's Erin Henry with a strong finish for a 60-yard victory in the time of 18:55.45 as Ridgewood won its 10th straight county Meet of Champions team title.

Coach Jacob Brown said, "Clair is developing into a fine, mature, top-level runner. She dealt with the challenge of a really outstanding kid and won. She has a real excitement about her running. She's exciting to coach. She has enthusiasm and a go-for-it kind of attitude."

Brown said Nowakowski is "knocking on the door" of the level of the best distance runners he has coached at the school since 1974, All-American and All-State standouts Jenna Rogers, the Mileski twins (Patti and Mary Ellen) and Margaret Scutro. Patti Mileski ran the fastest 5,000 meters by a Maroon at Holmdel Park, 18:29 in 1982. That ranks 12th on the all-time list.

Nowakowski paced Ridgewood to the NNJIL and state sectional championships at Garret Mountain in West Paterson. Her time was 19:28.63 in the league showdown and 19:29.70 in the sectional contest. The Maroon pacesetter ran the Darlington course in 19:01.10 in Ridgewood's Bergen Group 4 victory, with sophomore Justine Lupo third.

Nowakowski and Lupo's two-three finish

SEE RUNNERS, C5

## Sports Sidelights

Jim Jones



## Nowakowski ranks with all-time best

**Clair Nowakowski**, the Ridgewood High senior who won the Bergen County Meet of Champions race at Darlington Park in Mah-

## Runners

FROM C1

led the team to first place in the Shore Coaches Varsity B division in Holmdel early in the season. Brown, whose Maroons are annually rated among the best in the Garden State, says, "The Group 4 race is a big thing for us. We won it two years ago but were sixth last year when we were down a little. This time we hope to do a little better."

Southern Regional of Manahawkin, Toms River East and Shawnee will be Ridgewood's top challengers for top honors. The Maroons are three-time Group 4 kingspins. Nowakowski was the individual winner in 1999 with a 19:54.3 mark.

Lupo took eighth place in the Bergen Meet of Champions, and two

keys in the Ridgewood triumph were provided by sophomore Emily Terrin and senior Peggy Lynch, who placed 13th and 55th respectively. "They ran their best races of the year and really made it happen," Brown said. Senior Jackie Goulart placed 24th.

Ridgewood won the Bergen Meet of Champions crown with a 69 total, with Immaculate Heart Academy posting a 92 total for the runner-up spot. It was the Maroons' 21st title in 22 years.

The other two Maroons in the team's top seven who will run in Holmdel are sophomore Meghan O'Connell, who was ninth in the North 1 sectional meet that Ridgewood won, and senior Alexandra Oros. Brown has a 36-member squad.

Jim Jones' e-mail address is [jonesji@northjersey.com](mailto:jonesji@northjersey.com)

# Mizzone expected to run away with it

By **PAUL SCHWARTZ**  
STAFF WRITER

In 1984, Jen Van Horn of Wayne Valley, Margaret Scutro of Ridgewood, and Rene Murphy of DePaul won titles in North Jersey's best showing in the girls State Group championships. But Saturday North Jersey runners could break that 17-year-old record with four favorites or co-favorites in the six individual races.

For the second straight year, it's not probable that any local teams will win team titles, but unlike last year, expect several local teams to survive to the State Meet of Champions on Nov. 17, also at Holmdel County Park.

Only the top three teams in each group plus two wild-card teams with the top five-man average will qualify from among the 120-plus teams in the four public school and two parochial school races. Individually, the top 10 finishers in each race and the runners with the 10 best times not on team qualifiers will qualify for the State Meet of Champions.

## **GIRLS GROUP 1 (noon.)**

**Teams to watch:** Shore Regional is the heavy favorite to win here, but Glen Rock appears to be ahead in the battle for second. Cresskill can contend with Schalick and Gloucester City for the third automatic bid.

**Individuals:** Inexperience cost Erin Henry

of Glen Rock the title last year, but it shouldn't this year. Look for Henry to dethrone Point Pleasant Beach's Allison Krayl, with Julie Ullmeyer of Shore also a contender. If healthy, Katie D'Aco of Westwood can also qualify, while Katy Botsford and Linda Ndrejoni of Cresskill could crack the top 10.

## **GIRLS GROUP 2 (2 p.m.)**

**Teams to watch:** Moorestown and Voorhees seem well ahead of the pack, with Montville, Ridge, and Rumson-Fair Haven next in line. A wild card might come from this group. Ramsey and Indian Hills shoot for the top 10.

**Individuals:** Christy Planer of Rumson-Fair Haven is favored over Sara Best of Voorhees. But look for Jenna Bauberger of Indian Hills to make a big run for the top five. Meghan Gaffney of Pompton Lakes and Sue Giesemann and Felicia Chevalier of Dumont could contend for a wild card.

## **GIRLS GROUP 3 (1:30 p.m.)**

**Teams to watch:** Perennial contender North Hunterdon is the favorite here, with Hopewell Valley and Middletown South probably the next two finishers. Pascack Valley and Northern Valley/Old Tappan vie for a top-five finish.

**Individuals:** There's no bigger favorite in any race in boys or girls than defending champion Jesse Mizzone of Passaic Valley. The only real question is her margin of victory and whether she breaks the Passaic County record of 18:26 set by Van Horn at Holmdel. Paramus star Carol Bullen, Julia Emanuel of Tenafly, and Tara Connelly of Pascack Valley could get wild cards.

## **GIRLS GROUP 4 (11:30 a.m.)**

**Teams to watch:** Toms River East was the early-season favorite, Southern the mid-season choice, and Shawnee is the late-season selection. But look for Ridgewood, Morris Knolls, Old Bridge, and Hunterdon Central to contend for the top three and probably grab both wild cards.

**Individuals:** There's no runner on a better streak right now than Ridgewood's Clair Nowakowski, the Bergen champion. She should battle Courtney Epps of Columbia and Kathryn Wardenski of Southern to become Ridgewood's fourth State champion. Teammate Justine Lupo was a wild card last year and always runs well at Holmdel and Shaneika Bernard of Hackensack was a wild card last year. Look for Sari Weissbard of Fair Lawn to either earn a top-10 finish or a wild card.

## **GIRLS PAROCHIAL A (9:30 a.m.)**

**Teams to watch:** Red Bank Catholic is the heavy favorite as usual, with Monsignor Donovan and Immaculata also in the top echelon.

**Individuals:** Defending champion Julia Barker of RBC will battle Nicole Kurtain of Notre Dame and Erin Geiger of Immaculata as seven of last year's top 10 return.

## **GIRLS PAROCHIAL B (10 a.m.)**

**Teams to watch:** Bishop Eustace is the heavy favorite, with Oak Knoll, Mater Dei, and St. Joseph (Hammonton) competing for the other two spots.

**Individuals:** No area runner has won three individual group titles. But Lindsay Van Alstine of Hawthorne Christian should have little trouble becoming the first. Hannah Caughey of Eastern Christian hopes to make the top 10.



**GIRLS GROUP CROSS-COUNTRY PREVIEW**

Stories, predictions by Jim Lambert

# No. 2 Shawnee picked to emerge from strong field

**GROUP 4**

The Group 4 race promises to be intensely competitive.

Nine teams in The Star-Ledger Top 20 step to the line in this one, with the two wild-card entries for the Meet of Champions almost certain to come out of the race Saturday at Holmdel Park.

It also seems likely that No. 2 Shawnee, which won five Group 4 titles in the 1990s, should capture its first championship since 1997. The race for the fourth and fifth places, likely to be the wild-card qualifiers, should be very close.

Among the teams squaring off are No. 3 Southern Regional, No. 7 Toms River East, No. 8 Ridgewood, No. 10 Old Bridge, No. 13 Morris

Knolls, No. 15 Hunterdon Central, the defending champion; No. 16 Westfield and No. 18 Morristown.

Shawnee beat Southern, 35-73, to win its 12th straight South Jersey sectional title on Oct. 27 in Williamstown. Southern has turned back Toms River East in all five meetings this season, albeit by slim margins.

Southern seeks its first trip to the M of C, while Toms River East tries to advance for the third straight year.

There's no clear individual favorite, but North Jersey, Section 1 winner Clair Nowakowski of Ridgewood seems to be peaking. She tore apart Darlington Park last Saturday, winning the Bergen County Meet of Champions in

18:55.45.

Nowakowski is one of many runners capable of winning. Southern's Kathryn Wardenski and Kegga Schaffer and Columbia's Courtney Epps, the North Jersey, Section 2 winner, are other serious contenders.

Wardenski, the South Jersey, Group 4 winner, ran 19:36.5 at Holmdel to win the A race at the Shore Coaches Invitational last month. Schaffer, runnerup in the Shore Coaches meet, is coming off an impressive second-place finish in 18:39.5 at the Shore Conference Championships at Ocean County Park last Saturday.

Epps, second in Group 4 last year, is trying to bounce back from an upset loss to Kerry Maybaum of

West Essex at the Essex County meet last Friday.

**TEAMS**

**The best:** Shawnee, Southern Regional, Toms River East, Ridgewood, Old Bridge, Morris Knolls, Westfield and Hunterdon Central.

**The rest:** Passaic, Hackensack, Memorial (W.N.Y.), West Milford, Morristown, Randolph, Bloomfield, Hillsborough, Edison, West Windsor-Plainsboro, Jackson and Cherokee.

**INDIVIDUALS**

**The best:** Clair Nowakowski, Ridgewood; Courtney Epps, Columbia; Mara McInerney, Old Bridge; Kathryn Wardenski and

Kegga Schaffer, Southern Regional; Jen Blank, Toms River East; Amy Maier, Morristown, and Ashley Uniszkievicz, Hillsborough.

**The rest:** Justine Lupo, Ridgewood; Kim Lavin, Morris Knolls; Sarah Mahran, Westfield; Jessica Rodriguez, Elizabeth; Jenna Fasulo, Hunterdon Central, and Kim Bonner and Danielle Neukirch, Shawnee.

**PREDICTIONS**

**Teams:** Shawnee's spread will be no more than 30 seconds as it wins by a comfortable margin, earning its sixth title since 1990 and 12th straight M of C berth. Southern and TRE should finish second and third. Ridgewood and

THE SCHEDULE	
The schedule for the girls races at the NJSIAA/Star-Ledger group championships on Saturday at Holmdel Park:	
9:30 a.m.	Parochial A
10 a.m.	Parochial B
11:30 a.m.	Group 4
noon	Group 1
1:30 p.m.	Group 3
2 p.m.	Group 2

Old Bridge are the choices for fourth and fifth, likely to be M of C wild-card qualifiers, but watch out for Morris Knolls.

**Individuals:** Wardenski, Schaffer, Nowakowski and Epps should form the lead pack. Nowakowski figures to win a close race in around 19:30.

# RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET NS STATE GROUP CHAMPS

COURSE HOLMDEL PARK

DIVISION GROUP 4

COURSE RECORD 17:35.5 JANET N. EDISON SMITH 1983

DATE 11-10-01

RIDGEWOOD RECORD 18:29 PATTI MILESKY 1982

WEATHER \_\_\_\_\_

TYPE OF COURSE \_\_\_\_\_

FINISH PLACE	TEAM SCORE	NAME	(SPLITS)	TIME
1	1	CLAIR NOWAKOWSKI	1:53 10:09	19:35.4
17	16	JUSTINE LUPO	1:56	20:42.7
27	26	EMILY TERRIN	2:02	20:55.8
60	53	JACKIE GOULART	1:56	22:00.8
65	57	MEGHAN O'CONNELL	2:04	22:05.9
90	80	PEGGY LYNCH	2:07	22:47.3
139	128	ALEXANDRA OROS	2:09	25:42.3

TEAM TOTAL:

TEAM PLACE:

1-5 SPLIT:

1-7 SPLIT:

COMMENTS:

# North Jersey's top girls capture titles



DON SMITH/STAFF PHOTOGRAPHER

Hawthorne Christian's Lindsay Van Alstine won her third Parochial B title.

## Van Alstine, Nowakowski, Henry, Mizzone win at Holmdel

By PAUL SCHWARTZ  
STAFF WRITER

### NJSIAA GIRLS CROSS-COUNTRY

HOLMDEL — One by one, North Jersey's finest female runners came to the 5,000-meter Holmdel County Park course and conquered their competition Saturday.

First it was Lindsay Van Alstine of Hawthorne Christian, becoming the first North Jersey athlete to win three group titles in the Parochial B race.

Then it was Clair Nowakowski of Ridgewood, en route to her first Group 4 title.

Followed by Erin Henry of Glen Rock, avenging last year's Group 1 loss, earning her first State group cross-country title to go with five outdoor track crowns.

And finally, the queen of New Jersey cross-country this year, junior Jesse Mizzone of Passaic Valley, remaining undefeated and untested by New Jersey competition, repeating her Group 3 title without running her best race.

When it was over, the quartet advanced to next Saturday's State Meet of Champions along with the Glen Rock and Ridgewood teams and five other individuals.

Van Alstine's win in 19:21.9 tied her best at Holmdel and left her 220 meters ahead of Caroline Bugg of Newark Academy, and surprisingly, in tears of disappointment.

"I wanted to break 19 minutes so badly, but my stomach was bothering me," said Van Alstine. "I feel dumb for being upset, but I want to do so well and I get tough on myself."

Her coach and family were trying to comfort her and congratulate her in the same breath as she grew one step closer to becoming the third girl in state history to win four group titles.

Only Janet Smith of North Edison (1980-83) and Erin Donohue of Had-

donfield (1997-2000) have accomplished the feat.

In contrast, Nowakowski was beaming after completing her 30-meter victory over Kegga Schaffer of Southern Regional in 19:35.4.

Last year, she finished 30th in the race, puzzled and upset over her lack of energy, which turned out to be a case of anemia.

"Today I felt great and the four of us [Schaffer, Courtney Epps of Columbia, and Jen Blank of Toms River East] went out hard and got away from the field. As we were in the bowl [the key part of the race two miles into the course], Jen fell and I had to jump over her.

"She got up right away and took the lead back, but I think it cost her some energy and as we went into the woods [with half a mile left], I took off," said Nowakowski.

"I know when she looks around, she's rocking and rolling," said Ridgewood coach Jacob Brown. "For most runners that's a bad habit, but with

Clair, it's okay."

Henry was motivated after a disappointing second behind Allyson Krayl of Point Pleasant Beach last year.

"It was the first time I had been on the course and I let her get away last year," said Henry. "This time I wanted to take it from her and I felt a lot stronger and more confident."

And she looked it, winning by 160 yards in 19:52.3, with Krayl a distant second.

Her teammates had the best team performance of the day by a North Jersey squad, with a solid second place finish behind Group 1 winner Shore Regional.

Mizzone's win in 18:46.5, by 200 meters over Nicole Lombardy of Middletown South, was almost routine for the overwhelming state favorite.

"My legs were tired because we did a pretty hard workout here Thursday," said Mizzone, who is expected to become Passaic County's first State Meet of Champions titlist next week. "I think I'll rest some more this week."



ED HILL/STAFF PHOTOGRAPHER

Erin Henry of Glen Rock won her first State Group 1 cross-country crown.

# Old Bridge girls have flair for dramatic

## GIRLS TEAM

BY RICH BEVENSEE

FOR THE STAR-LEDGER

Old Bridge figured that with senior Linda Sanders leading the way its young but talented team could figure into a state title hunt this season.

But Sanders, who placed eighth at the NJSIAA Meet of Champions last year, has been frustrated by injuries, so it's been up to the younger runners to carry the weight.

Yesterday at Holmdel Park, the young Old Bridge team grew up in dramatic fashion. The No. 10 team in The Star-Ledger Top 20 knocked off No. 2 Shawnee, 79-81, to claim the Group 4 title at The Star-Ledger group championships.

Old Bridge pushed two runners in before Shawnee's first finisher to pull off the biggest surprise of the 12-race meet.

Freshman Mara McInerney, who won the Central Jersey, Group 4 race two weeks ago, led Old Bridge by placing eighth in 20:08.7. Junior Stephanie Zottoli took 10th in 20:12.6, freshman Shannon Robinson was 18th in 20:46.6, sophomore Danielle Haggiag was 22nd and Sanders was 26th.

"We feel great," McInerney said. "This was for all the people that doubted us — we showed them. I knew if everyone improved their times by a little bit we could do it. But to actually win it — wow."

Also in the Group 4 race, Morris Knolls freshman Kim Lavin finished 15th in 20:36.8 and Randolph freshman Catherine Christopher was 23rd to qualify as wild cards for the Meet of Champions to be held next Saturday at Holmdel.

### Group 2

Montville, led by super sophomore Ashley Wolf, qualified for the M of C for the first time by placing third behind No. 1 Moores-town and No. 2 Voorhees. The

top three teams in each of six races, and two wild-card teams taken from all the divisions combined, advanced to the M of C. Wolf placed fifth overall in 19:59.4.

### Group 3

Hopewell Valley, led by the fifth-place finish of senior Natalie Jones in 20:10.1, held off stiff challenges from defending champion North Hunterdon and Middletown South to win its second state title in three years. Hopewell Valley, which won the state Group 2 crown in 1999, had 59 points, North Hunterdon had 69 and Middletown South had 82.

### Group 1

Shore Regional sophomore Julie Ullmeyer led her team to a title for the second straight week, as Shore pushed four runners into the top 10 and seized the school's first state Group 1 girls crown. Last week, Shore won its first Central Jersey, Group 1 title, also at Holmdel. Ullmeyer took third in 20:57.9.

### Parochial A

Red Bank Catholic, behind the fifth-place finish of senior Kelly Byrnes in 20:02.4, rolled to its second straight state Parochial A title and its fourth in five years. Red Bank Catholic also won a state-best 12th state title overall, eclipsing the 11 trophies won by Bernards in groups 1 and 2 from 1977 through '97.

### Parochial B

Pope John won its first state title and earned just its second trip to the M of C by pushing all five runners into the top 20 and defeating runner-up Bishop Eustace, 57-76, while Pingry was third with 90. Sam Beese (21:00.5) and Katherine Hamon (21:00.9) placed fifth and sixth, respectively, for Pope John.

# NJSIAA CROSS-COUNTRY GROUP CHAMPIONSHIPS

## At Holmdel County Park

### BOYS

#### GROUP 1

**Team Scores:** Shore Reg. 72\*, Metuchen 120\*, Bernards 123\*, Maple Shade 148, New Providence 157, Glen Rock 171, Spotswood 191, Schallick 200, Kearsburg 266, Haddon Heights 269, Palisades Park 312, Saddle Brook 328, Pennsville 329, Mountain Lakes 342, Westwood 363, Secaucus 369, Boonton 378, Palusboro 413, Whippany Park 453.

1. Marc Altenau, Shore, 17:08.0; 2. Jon Leslie, Whippany Park, 17:18.3; 3. Brian Kayser, Point Pleasant Beach, 17:20.4; 4. Matt McMickle, New Providence, 17:25.8; 5. Sean Emmerling, Palisades Park, 17:36.0; 6. Tom Gemignani, Kearsburg, 17:36.7; 7. Sam Hetzel, Metuchen, 17:42.5; 8. Milo Schwab, Highland Park, 17:44.0; 9. Steve Begley, Cresskill, 17:44.3; 10. Corey Jordon, Metuchen, 17:44.5.

17. Ryan Millholland, Glen Rock, 18:13.7; 24. Brian Koch, Park Ridge, 18:27.7; 25. Brian Dowling, New Milford, 18:30.4; 29. Tim Daly, Glen Rock, 18:35.2; 38. Mike Cole, Westwood, 18:48.8; 44. Chris Plein, Glen Rock, 19:01.4.

#### GROUP 2

**Team Scores:** Holmdel 47\*, Haddonfield 53\*, Moorestown 107\*, Hanover Park 138, Cinnaminson 149, West Deptford 164, Walkkill Valley 231, Ridge 234, Allentown 243, Matawan 294, Parsippany 306, Colts Neck 312, Montville 360, Leonia 365, Rutherford 375, Bridgeton 379, Kittatiny 396, Clark 397, Ramsey 409.

1. Chris Platt, Haddonfield, 16:10.8; 2. Craig Segal, Holmdel, 16:12.1; 3. Breton Bonnette, Haddonfield, 16:13.2; 4. David Webster, Summit, 16:54.1; 5. Jon Anderson, Cinnaminson, 16:56.1; 6. Dan Reidenbaker, Cinnaminson, 16:59.7; 7. Cesar Cordero, Dover, 17:02.0; 8. Lawrence Davenport, Pleasantville, 17:07.7; 9. Paul Mercus, Holmdel, 17:08.0; 10. Brian Goldberg, Haddonfield, 17:13.1.

16. Owen Bourghotzer, Mahwah, 17:31.9; 30. Matt Klypka, Indian Hills, 17:59.2; 42. Rafael Abreu, Leonia, 18:26.9; 44. B.J. Minery, Ramsey, 18:30.0.

#### GROUP 3

**Team Scores:** Mainland 54\*, Mount Olive 116\*, Red Bank 130\*, Middletown South 151, Cranford 165, Scotch Plains-Farwood 188, Ocean City 209, Toms River South 231, Morris Hills 241, NV/Demarest 250, Hopewell Valley 269, Highland 280, NV/Old Tappan 331, West Windsor-Plainsboro 384, Wayne Valley 385, Tenafly 422, Williamstown 433, West Morris Central 438, Princeton 474, Garfield 491.

1. Ed Baynes, Toms River South, 16:24.1; 2. Greg Hughes, Mainland, 16:33.9; 3. Erik Brown, Monmouth, 16:35.0; 4. Robert Lacovara, Highland, 16:36.4; 5. Jerry Whittaker, Mount Olive, 16:44.4; 6. Robert Wallden, Scotch Plains-Farwood, 16:46.9; 7. Robbie Dennis, Red Bank, 16:47.4; 8. John Richardson, Ocean City, 16:49.9; 9. K.C. Brown, Cranford, 16:57.5; 10. Brian Getzen, Mainland, 16:59.2.

11. Dan Ciambrone, Middletown South, 17:04.1; 14. Joe Davidson, Hopewell Valley, 17:07.8; 15. Ed Clinton, Cranford, 17:08.6; 16. Rudy Urena, Cliffside Park, 17:10.3; 28. Mike Accardino, NV/Demarest, 17:26.9; 29. Dario Cantatore, NV/Demarest, 17:27.5; 34. Rich Acosta, Bergenfield, 17:32.5; 38. Samir Mane, Fort Lee, 17:36.5; 40. Jesse Weber, Tenafly, 17:39.6; 48. Alan Acosta, Bergenfield, 17:55.7; 49. Sean Valdez, Paramus, 17:56.2.

#### GROUP 4

**Team Scores:** Old Bridge 63\*, Cherokee 69\*, Hunterdon Central 89\*, Toms River North 120\*, Bridgewater-Raritan 204, Ridgewood 213, Hillsborough 218, Morristown 219, Eastern 233, Shawnee 236, Cherry Hill East 248, West Orange 307, West Milford 310, South Brunswick 348, Kearny 358, Memorial 360, Vernon 438, Columbia 447, Westfield 504, Phillipsburg 554.

1. Marc Pelerin, Cherokee, 16:08.4; 2. Dan Deichert, Eastern, 16:23.6; 3. Matt Mueller, Cherokee, 16:26.5; 4. Gray Reinhard, Morristown, 16:30.2; 5. Keith Krieger, Cherokee, 16:32.9; 6. Jonathan Fox, Hunterdon Central, 16:33.6; 7. Dan Harding, Old Bridge, 16:34.5; 8. Paul Kornaszewski, Clifton, 16:38.8; 9. Joe Lesniak, Toms River North, 16:41.3; 10. Chris Pannone, Hunterdon Central, 16:45.0.

11. Javier Cuevas, North Bergen, 16:49.5; 12. Matt Forsy, Howell, 16:50.2; 18. Keith Fortkiewicz, Bloomfield, 17:01.7; 19. Andrew Riviello, Eastern, 17:08.9; 21. Nick Vaccaro, Hillsborough, 17:10.9; 22. B.J. Kraska, Toms Riv-

er East, 17:12.0; 34. Rodolfo Crispin, Ridgewood, 17:29.4; 41. Dan Binder, West Milford, 17:39.2; 43. Doug Sampson, Ridgewood, 17:41.0; 47. Erik Nygaard, Ridgewood, 17:43.8; 50. Ari Zamir, Ridgewood, 17:46.5.

#### PAROCHIAL A

**Team Scores:** CBA 58\*, Don Bosco Prep 59\*, Paul VI 89\*, Delbarton 113\*, Notre Dame 141, Red Bank Catholic 231, St. John Vianney 232, Seton Hall 241, St. Peter's Prep 266, Holy Cross 286, Holy Spirit 291, Bergen Catholic 303, St. Joseph (Metuchen) 312, Mon. Donovan 358, St. Joseph Regional 408, Bishop Ahr 472, St. Augustine Prep 476, Camden Catholic 482, Hudson Catholic 491.

1. Jim Flannery, St. Joseph (Met.), 16:17.3; 2. Peter Gerboth, Don Bosco, 16:37.5; 3. Sean Swift, Don Bosco, 16:39.7; 4. Andrew Vernon, Paul VI, 16:43.0; 5. Paul Rosa, Delbarton, 16:43.2; 6. Matt Piccarello, Red Bank Catholic, 16:53.6; 7. William Melofchik, CBA, 17:03.1; 8. Jeff Peterson, CBA, 17:05.4; 9. Jeff Zodda, Notre Dame, 17:06.2; 10. Eric Walker, St. John Vianney, 17:08.2.

13. Matt Horesta, Don Bosco, 17:19.6; 20. Frank Battersby, Don Bosco, 17:35.1; 21. Tim Murphy, Don Bosco, 17:36.9; 33. Ken Sinkovitz, Bergen Catholic, 17:57.0; 42. Jon Klul, Don Bosco, 18:11.7.

#### PAROCHIAL B

**Team Scores:** St. Rose 56\*, Bishop Eustace 68\*, Pope John 81\*, Mater Dei 150, Montclair Kimberley 154, Pingry 160, Eastern Christian 167, Wildwood Catholic 224, Sacred Heart 268, Oratory 269, Cardinal McCarrick 323, Newark Academy 340, Roselle Catholic 365, St. Joseph (Hamm.), 379, Moorestown Friends 439, DePaul 441, Union Catholic 482, Immaculate Conception 485.

1. Oskar Nordenbring, Montclair-Kimberley, 16:40.0; 2. Ryan Lavender, St. Rose, 17:05.1; 3. Brook Silvestri, St. Rose, 17:06.8; 4. Patrick Stevenson, Bishop Eustace, 17:09.7; 5. Mike Dulong, Montclair-Kimberley, 17:21.4; 6. Tom Santifort, Mater Dei, 17:23.9; 7. Justin Scheid, Pope John, 17:33.5; 8. Michael Dunn, St. Rose, 17:44.0; 9. Dave Steenstra, Eastern Christian, 17:47.5; 10. Eric Meder, Pingry, 17:47.8.

30. Mike Tolsma, Eastern Christian, 18:44.4; 49. Aaron Dykstra, Eastern Christian, 19:33.3.

### GIRLS

#### GROUP 1

**Team Scores:** Shore Reg. 37\*, Glen Rock 98\*, Schallick 117\*, Cresskill 160, Gloucester City 167, Mountain Lakes 193, Middlesex 231, Verona 249, Ridgely 254, Metuchen 276, Bernards 280, Pt. Pleasant Beach 297, New Providence 320, Bogota 344, Palisades Park 353, Maple Shade 368, Palmyra 370, Boonton 458, Science 511, Spotswood 511.

1. Erin Henry, Glen Rock, 19:52.3; 2. Allyson Krayl, Pt. Pleasant Beach, 20:31.6; 3. Julie Ullmeyer, Shore, 20:57.9; 4. Nicole Vit, Schallick, 21:01.9; 5. Katie Chambers, Mountain Lakes, 21:02.4; 6. Angela Hanna, Gloucester City, 21:29.6; 7. Katie D'Acco, Westwood, 21:32.8; 8. Nicole Ullmeyer, Shore, 21:41.6; 9. Laura Hayden, Shore, 21:49.7; 10. Heather Gates, Shore, 21:53.5.

15. Darlene Pekaar, Saddle Brook, 22:05.3; 17. Linda Ndrejoni, Cresskill, 22:10.6; 18. Katy Botsford, Cresskill, 22:14.3; 19. Danielle Amato, Saddle Brook, 22:20.4; 20. Kristen Stephen, Glen Rock, 22:22.3; 25. Courtney Reggo, Ridgely, 22:48.3; 29. Joanna Fuentes, Palisades Park, 23:01.1; 30. Amanda Peraino, Glen Rock, 23:07.5; 31. Ali Dykhouse, Glen Rock, 23:11.2; 33. Amy Gohlich, Westwood, 23:13.3; 34. Jackie Rivara, Glen Rock, 23:16.6.

35. Brenna O'Rourke, Glen Rock, 23:19.6; 39. Sabina Sura, Bogota, 23:31.6; 40. Allison Sui, Cresskill, 23:35.8; 42. Susan Dadaian, Cresskill, 23:41.6.

#### GROUP 2

**Team Scores:** Moorestown 39\*, Voorhees 70\*, Montville 98\*, Ridge 159, Rumson-Fair Haven 182, Holmdel 219, Parsippany 235, Summit 269, Haddon Twp. 305, Colts Neck 333, Hopatcong 334, Ramsey 336, Pinalands 336, Kittatiny 343, Indian Hills 356, haddonfield 386, Kingsway 409, Chatham 413, Dumont 415, Caldwell 440.

1. Meghan Hughes, Moorestown, 19:27.9; 2. Christy Planer, Rumson-Fair Haven, 19:37.8; 3. Sara Best, Voorhees, 19:42.4; 4. Elizabeth Wort, Voorhees, 19:45.0; 5. Ashley Wolf, Montville, 19:59.4; 6. Katina Alexander, Pleasantville, 20:10.2; 7. Caitlin Mascalotto, Rumson-Fair Haven, 20:10.5; 8. Kelsey Rinehart, Moorestown, 20:18.7; 9. Caroline Hipple, Moorestown, 20:20.5; 10. Colleen Hughes, Moorestown, 20:20.9.

11. Kira McGroarty, Hopatcong, 20:24.1; 13. Meghan Gaffney, Pompton Lakes, 20:31.2; 14. Jenna Bauberger, Indian Hills, 20:32.2; 24. Erin Bauberger, Indian Hills, 21:07.4; 27. Felicia Chevalier, Dumont, 21:17.1; 33. Noel DiPaola, Ramsey, 21:25.2; 34. Emily Donelan, Ramsey, 21:27.6; 44. Sue Giesemann, Dumont, 21:52.3.

#### GROUP 3

**Team Scores:** Hopewell Valley 59\*, North Hunterdon 69\*, Middletown South 82\*, Toms River South 125, Delsea 228, Wilson 250, Ocean Twp. 259, Ocean City 269, NV/Old Tappan 270, Mount Olive 287, Pascac Valley 291, Paramus 306, Cranford 325, Mainland 339, Passaic Valley 351, Ramapo 357, Princeton 373, Scotch Plains-Farwood 405, Jefferson Twp. 405, Hackettstown 528.

1. Jesse Mizzone, Passaic Valley, 18:46.5; 2. Nicole Lombardy, Middletown South, 19:32.5; 3. Shari Gorga, North Hunterdon, 20:02.5; 4. Kathleen Galan, Highland, 20:07.2; 5. Natalie Jones, Hopewell Valley, 20:10.1; 6. Brittany McCann, Delsea, 20:15.7; 7. Kelly Cannon, Toms River South, 20:28.5; 8. Holly Greiner, North Hunterdon, 20:38.3; 9. Sarah Foundas, Mendham, 20:41.0; 10. Kate Willever, Hopewell Valley, 20:41.3.

12. Carol Bullen, Paramus, 20:46.1; 13. Dilshane Perera, Princeton, 20:47.0; 18. Julie Emanuel, Tenafly, 20:58.6; 22. Tara Connelly, Pascac Valley, 21:05.4; 37. Sarah Christiansen, Northern Highlands, 21:37.9; 38. Taylor Lovovich, NV/Old Tappan, 21:42.0; 40. Amy Clerich, Wayne Valley, 21:47.8; 41. Virginia Westervelt, NV/Demarest, 21:55.7; 43. Katherine Weng, Paramus, 22:00.6.

#### GROUP 4

**Team Scores:** Old Bridge 79\*, Shawnee 81\*, Southern 101\*, Toms River East 113\*, Ridgewood 153\*, Hunterdon Central 187, Westfield, 20:36.4; 15. Kimberley Lavin, Morristown 255, Jackson 290, Cherokee 301, Hillsborough 301, Randolph 337, Hackensack 351, Edison 355, West Windsor-Plainsboro 382, Bloomfield 425, Passaic 429, Memorial 466, West Milford 538.

1. Clair Nowakowski, Ridgewood, 19:35.4; 2. Keggia Schaffer, Southern, 19:42.8; 3. Jen Blank, Toms River East, 19:45.7; 4. Shanieka Bernard, Hackensack, 19:48.3; 5. Kathryn Wardenski, Southern, 19:53.6; 6. Amy Maier, Morristown, 19:58.1; 7. Courtney Epps, Columbia, 20:02.5; 8. Mara McInerney, Old Bridge, 20:08.7; 9. Ashley Uniszkievicz, Hillsborough, 20:11.7; 10. Stephanie Zottoli, Old Bridge, 20:12.6.

12. Jenna Fasulo, Hunterdon Central, 20:22.0; 14. Sarah Mahran, Westfield, 20:36.4; 15. Kimberley Lavin, Morris Knolls, 20:36.8; 17. Justine Lupo, Ridgewood, 20:42.7; 23. Catherine Christopher, Randolph, 20:51.7; 24. Malia Lyles, Cherokee, 20:53.1; 27. Emily Terrin, Ridgewood, 20:55.8; 46. Jennifer Collado, North Bergen, 21:30.0; 47. Sari Weissbard, Fair Lawn, 21:32.5.

#### PAROCHIAL A

**Team Scores:** Red Bank Catholic 52\*, Mon. Donovan 80\*, Paul VI 88\*, Immaculata 109, IHA 125, St. John Vianney 137, St. Dominic Academy 181, Notre Dame 194, Bishop Ahr 225, Holy Cross 281.

1. Nicole Kurtain, Notre Dame, 19:38.4; 2. Erin Geiger, Immaculata, 19:46.4; 3. Liz Geiger, Immaculata, 19:52.3; 4. Maggie Taverna, Mon. Donovan, 20:01.0; 5. Kelly Byrnes, RBC, 20:02.4; 6. Leah Brogan, Mon. Donovan, 20:07.4; 7. Shannon Gillespie, RBC, 20:22.0; 8. Laura Carpenter, St. John Vianney, 20:26.5; 9. Rachel Watson, Mon. Donovan, 20:32.9; 10. Erin Sigwart, Paul VI, 20:44.2.

16. Theresa Hearn, IHA, 21:17.8; 23. Caitlin Hemmer, IHA, 21:42.5; 25. Erin Kallman, IHA, 21:55.1; 31. Katie Hynes, IHA, 22:11.4; 33. Danielle Braun, IHA, 22:14.9; 48. Katie Fry, IHA, 23:41.2.

#### PAROCHIAL B

**Team Scores:** Pope John 57\*, Bishop Eustace 76\*, Pingry 90\*, St. Rose 103, Mater Dei 153, Oak Knoll 154, St. Joseph (Hamm.) 194, Mt. St. Mary 194, Villa Walsh 252, Newark Academy 288, Academy of St. Elizabeth 291, Holy Family Academy 323, Morris Catholic 333, Montclair-Kimberley 341, Moorestown Friends 433.

1. Lindsay Van Alstine, Hawthorne Christian, 19:21.9; 2. Caroline Bugg, Newark Academy, 20:13.2; 3. Grace Nuzzi, St. Joseph (Hamm.), 20:20.1; 4. Amanda Smith, Pingry, 20:36.0; 5. Emily McMillan, St. Rose, 20:36.9; 6. Sam Beese, Pope John, 21:00.5; 7. Katherine Hamon, Pope John, 21:00.9; 8. Kerry Cahill, Mount St. Mary, 21:02.5; 9. Jen Michal, Mater Dei, 21:10.3; 10. Brittany Chapman, Bishop Eustace, 21:10.9.

38. Hannah Caughey, Eastern Christian, 23:00.3.

## MEET OF CHAMPIONS RESULTS

### BOYS

**TEAMS:** 1-Haddonfield 87, 2-Old Bridge 124, 3-Toms River North 139, 4-Cherokee 146, 5-Mainland 153, 6-Hunterdon Central 198, 7-Don Bosco Prep 202, 8-Christian Brothers 220, 9-Holmdel 229, 10-Delbarton 241, 11-Mount Olive 248, 12-Red Bank 256, 13-St. Rose 328, 14-Paul VI 339, 15-Moorestown 364, 16-Pope John 392, 17-Bishop Eustace 408, 18-Shore 473, 19-Metuchen 496, 20-Bernards 562.

**INDIVIDUALS:** 1-Marc Pelerin, Cherokee, 15:43.7, 2-Chris Platt, Haddonfield, 15:48.4, 3-Jim Flannery, St. Joseph's (Met.), 15:51.1, 4-Pete Hess, Toms River North, 15:51.6, 5-Skip Stiles, Haddonfield, 15:54.8, 6-Breton Bonnette, Haddonfield, 15:55.7, 7-Dan De-

ichert, Eastern, 16:04.4, 8-Craig Segal, Holmdel, 16:09.9, 9-Gray Reinhard, Morristown, 16:13.7, 10-Bob Wallden, Scotch Plains, 16:20.4, 11-Keith Krieger, Cherokee, 16:20.7, 12-Eddie Baynes, Toms River South, 16:23.7, 13-Paul Kornaszewski, Clifton, 16:25.7, 14-Rob Lacovara, Highland, 16:27.4, 15-Matt Forsy, Howell, 16:27.7, 16-Jon Anderson, Cinnaminson, 16:29.2, 17-John Richardson, Ocean City, 16:29.6, 18-Jerry Whittaker, Mount Olive, 16:32.2, 19-Dan Harding, Old Bridge, 16:32.4, 20-Chris Pannone, Hunterdon Central, 16:32.9, 21-Andrew Riviello, Eastern, 16:33.4, 22-Mark Materna, Delbarton, 16:33.8, 23-Greg Hughes, Mainland, 16:34.1, 24-Matt Mueller, Cherokee, 16:34.9, 25-Dan Ciambrone, Middletown South, 16:38.2,

### GIRLS

**TEAMS:** 1-Moorestown 88, 2-Old Bridge 118, 3-Shawnee 142, 4-Voorhees 144, 5-Hopewell Valley 168, 6-Southern Regional 186, 7-Montville 196, 8-North Hunterdon 198, 9-Toms River East 233, 10-Middletown South 238, 11-Ridgewood 245, 12-Red Bank Catholic 268, 13-Paul VI 330, 14-Pope John 346, 15-Pingry 387, 16-MSgr. Donovan 388, 17-Shore Regional 394, 18-Glen Rock 432, 19-Bishop Eustace 449, 20-Schallick 564.

**INDIVIDUALS:** 1-Lindsay Van Alstine, Hawthorne Christian, 18:43.0, 2-Jesse Mizzone, Passaic Valley, 18:53.1, 3-Courtney Epps, Columbia, 19:13.1, 4-Christy Planer, Rumson, 19:13.5, 5-Erin Henry, Glen Rock, 19:14.4, 6-Keggia Schaffer, Southern, 19:16.5, 7-Clair

Nowakowski, Ridgewood, 19:25.8, 8-Kathryn Wardenski, Southern, 19:26.8, 9-Sara Best, Voorhees, 19:31.3, 10-Megan Hughes, Moorestown, 19:31.9, 11-Nicole Kurtain, Notre Dame, 19:32.6, 12-Liz Wort, Voorhees, 19:35.3, 13-Jen Blank, Toms River East, 19:36.4, 14-Ashley Wolf, Montville, 19:39.4, 15-Natalie Jones, Hopewell Valley, 19:39.6, 16-Brittany McCann, Delsea, 19:47.7, 17-Mara McInerney, Old Bridge, 19:48.3, 18-Kira McGroarty, Hopatcong, 19:51.9, 19-Amanda Smith, Pingry, 19:52.3, 20-Nicole Lombardy, Middletown South, 19:52.7, 21-Caroline Bugg, Newark Academy, 19:53.4, 22-Kelsey Rinehart, Moorestown, 19:55.5, 23-Erin Geiger, Immaculata, 19:56.1, 24-Stephanie Zottoli, Old Bridge, 19:56.5, 25-Kim Bonner, Shawnee, 19:58.3,

# NORTH JERSEY SPORTS

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## Four of a kind

### Showcase showdown to highlight State competition

By **PAUL SCHWARTZ**  
STAFF WRITER

When the gun goes off Saturday at 11 a.m. at Holmdel County Park, Erin Henry of Glen Rock, Jesse Mizzone of Passaic Valley, Clair Nowakowski of Ridgewood, and Lindsay Van Alstine of Hawthorne will put their newly developed friendship on hold and try and beat each other in the girls cross-country State Meet of Champions.

At the same time, the quartet, who each won group races last Saturday, will try to give North Jersey an unprecedented 1-2-3-4 finish in the State championship race.

"To have all of these girls in the same year is phenomenal," said Vic Mizzone of Passaic Valley, Jesse's coach and father. "It may be just coincidence but it really is great for North Jersey to have these great runners come along at the same time."

The four have never appeared in the same race although all have raced each other individually, either in cross-country or on the track. Each has had obstacles to overcome and each reached the top of their group from different starting points.

"I think it's great," said Jesse, the Group 3 champ and Saturday's prohibitive favorite. "Usually the South Jersey girls do better than us but this year it's the North Jersey girls individually that are doing so well."

"It's amazing that we've made it this far and it makes it much more comfortable knowing that most of the best girls in the State are girls from our area," said Nowakowski, the Group 4 champ. "It's pretty exciting to be with them."

North Jersey has had multiple girls State group cross-country champions. In 1998, 1999, and 2000, two North Jersey girls won individual titles. In 1984, Jen Van Horn of Wayne Valley (Group 3), Margaret Scuto of Ridgewood (Group 4), and Rene Murphy of DePaul (Parochial B) each won titles. But never have four North Jersey runners won group titles in the same season.

Henry, a senior, has the top track credentials, having won five State Group 1 individual outdoor titles and helping Glen Rock to consecutive State team championships in 2000 and 2001. But she came to cross-country last, having played soccer her first two years at Glen Rock.

Her inexperience showed last fall when she let Allyson Krayl of Point Pleasant Beach get away in the Group 1 meet at Holmdel. Two



CHRIS PEDOTA/STAFF PHOTOGRAPHER

Erin Henry, Clair Nowakowski, Lindsay Van Alstine, and Jesse Mizzone will compete for the State Meet of Champions title Saturday.

weeks ago, she struggled with her mental preparation and couldn't stay with Nowakowski at the Bergen Meet of Champions.

"But that race was good preparation for this week's race," said Henry, who beat Krayl by nearly a minute in winning Group 1 last week. "I'm mentally ready and staying concentrated on what I need to do."

Van Alstine, a junior, is the first North Jersey runner to win three group titles, all in Parochial B, but she is the least experienced because she's run only one season a year, playing also basketball and softball. As a one-girl team for much of her career, her race strategy is limited — she goes out as hard as she can for as long as she can.

"The first couple of years I really didn't take it seriously," said Van Alstine, who enters the race with the second-fastest time in the State at Holmdel this year. "This year I've started to keep a running diary and really have increased my mileage, but it's been tougher because now I'm expected and I expect myself to win certain races and that can be hard."

Nowakowski, a senior, and the most animated of the quartet, has run all 10 of her high school seasons

#### STATE MEET OF CHAMPIONS AT A GLANCE

**Where:** Holmdel County Park

**When:** Saturday, girls 11 a.m.; boys 11:45

**Girls individual favorites:** Group 3 champion Jesse Mizzone of Passaic Valley; Parochial B champion Lindsay Van Alstine of Hawthorne Christian; Group 4 champion Clair Nowakowski of Ridgewood; Group 1 champion Erin Henry of Glen Rock; Group 2 champion Meghan Hughes of Moorestown; Parochial A champion Nicole Kurtain of Notre Dame, Shanieka Bernard of Hackensack; Kegga Schaffer of Southern, Jen Blank of Toms River East; Nicole Lombardy of Middletown South; Christy Planer of Rumson-Fair Haven.

**Other North Jersey entrants:** Jenna Bauberger (Indian Hills); Carol Bullen (Paramus); Katie D'Aco (Westwood); Meghan Gaffney (Pompton Lakes); Justine Lupu (Ridgewood).

**Girls team favorites:** Group 2 champion Moorestown, Voorhees, group 3 champion Hopewell Valley, North Hunterdon, Group 4 champion Old Bridge, Shawnee, Southern, Parochial

A champion Red Bank Catholic.

**North Jersey team entrants:** Glen Rock; Ridgewood.

**Boys individual favorites:** Group 4 champion Marc Pelerin of Cherokee; Group 2 champion Chris Platt of Haddonfield, Craig Segal of Holmdel, Skip Stiles and Breton Bonnette of Haddonfield; Group 3 champion Edward Baynes of Toms River South; Dan Deichert of Eastern; Parochial A champion Jim Flannery of St. Joseph's (Metuchen); Parochial B champion Oskar Nordenbring of Montclair-Kimberly; Peter Gerboth and Sean Swift (Don Bosco Prep).

**Other North Jersey entrants:** Steve Begley (Cresskill); Javier Cuevas (North Bergen); Sean Emmerling (Palisades Park); Paul Komaszewski (Clifton); Dave Steenstra (Eastern Christian); Rudy Urena (Cliffside Park).

**Boys team favorites:** Haddonfield, Group 4 champion Old Bridge, Cherokee; Group 3 champion Mainland.

**North Jersey team entrant:** Don Bosco Prep

and earned first team All-Bergen honors in six of them, but went through a difficult end of last fall,

failing to qualify for the State Meet of Champions and then being diagnosed with anemia. It taught her an

important lesson that has propelled her into the State's top echelon of runners.

"I learned about balancing things and taking care of myself," said Nowakowski, who improved her eating habits and began to get more sleep after her diagnosis. "I always dreamed of coming in first in the State championship and to win Group 4 was a dream come true."

For Mizzone, this season has been the continuation of a steady progression that started when she was one of the State's best freshmen two years ago. Starting with the late stages of the 2000 cross-country season, that rise has been meteoric, propelling her into a favorite's role to reach the Foot Locker National championship in Orlando, Fla., on Dec. 8. The four who have never raced together before will race against each other again in the Foot Locker northeast regional at Van Cortlandt Park on Nov. 24.

"With all the good girls in the area, we increased her mileage during the summer to try and stay ahead of Lindsay and Clair and Erin," said Vic Mizzone.

"If she didn't do that and she didn't continue to improve, they'd all go right past her."

# RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET STATE MEET of CHAMPS

COURSE \_\_\_\_\_

DIVISION \_\_\_\_\_

COURSE RECORD \_\_\_\_\_

DATE 11-17-01

RIDGEWOOD RECORD \_\_\_\_\_

WEATHER SUNNY - PERFECT DAY

TYPE OF COURSE \_\_\_\_\_

FINISH PLACE	TEAM SCORE	NAME	TIME
7	3	CLAIR NOWAKOWSKI	19:25.8
75	46	JUSTINE LUPO	20:43.1
95	63	EMILY TERRIN	21:02.3
98	66	JACKIE GOULART	21:09.0
100	67	MEGHAN O'CONNELL	21:09.8
149		PEGGY LYNCH	22:32.7
164		CASSIDY CANZANI	23:39.6

TEAM TOTAL: 245

TEAM PLACE: 11<sup>TH</sup>

1-5 SPLIT: 1 min 50 sec 1-7 SPLIT:

2-5 SPLIT = 27 seconds

COMMENTS: THE TEAM PLACED TWO SPOTS HIGHER THAN OUR SEED.  
 CLAIR FINISHED 7<sup>TH</sup> TO EARN AN ALL STATE CONSIDERATION.  
 WE HAD A GREAT YEAR; WINNING A LOT! (SHORE, LEAGUE, COUNTY  
 + STATE SECTION) AND FINISHING 11<sup>TH</sup> IN NEW JERSEY.

# NORTH JERSEY SPORTS

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## Van Alstine all the way

### Makes her early lead stand in defeating Mizzone

By ELLIOTT DENMAN  
SPECIAL TO THE RECORD

HOLMDEL — Lindsay Van Alstine charged up the steep opening hill that makes the Holmdel County Park cross-country course one of the toughest tests anywhere, and passed the first-mile mark of the NJSIAA Meet of Champions in 6:03.

The adrenaline already was kicking in, and the 5-foot-6 Hawthorne Christian High School junior knew she had a great head start. It turned into the race of her young life, a gold-medal 18:43.00 performance, and a stunning upset of rival Jesse Mizzone of Passaic Valley.

Not until the final sprint to the finish line, however, did Van Alstine dare take a look back to check on her lead, and only then could she breathe easily.

#### CROSS-COUNTRY MEET OF CHAMPIONS

Mizzone was 60 yards back, destined to settle for second place in 18:53.10, a critical 6.60 seconds off her winning pace at the State Group 5 race at Holmdel a week earlier.

Van Alstine's 18:43.00 was a lot more than a personal best. It put her 22nd on the all-time list for the Holmdel course that first hosted the Meet of Champions in 1972.

"I was scared, scared that I'd started too fast," Van Alstine said.

And scared, too, that Mizzone, who'd been runner-up to Haddonfield's Erin Donohue at the 2000 Meet of Champions and who hadn't lost a race to a New Jersey runner this fall, might run her down.

But it never happened. "I passed

two miles in 12-something and just kept going," she said. "I kept hearing [from fans along the way] that Jesse was closing, that Jesse was closing ... but she never did."

"I got close to her after the first mile, but never close enough to pass her," said Mizzone. "I had a shot the whole time, but never took it."

Understandably, there was joy in the Hawthorne Christian rooting section. Volleyball and soccer players joined other classmates, as well as team coaches and the Van Alstine family in yelling encouragement and holding signs made up by younger sister Amy.

The contingent included Lindsay's older sister, Bethany, and some of her New York University cross-country teammates.

"Lindsay, she was outstanding, she was the best," said coach Chi Chi Van Dyk. "Jesse is a great girl, but Lindsay

always had it in the back of her mind that she would love to beat her. And now, to do it, it's amazing, it's a great thing."

It was a solid day for North Jersey. While the 1-2-3-4 sweep some had suggested was possible didn't happen, Glen Rock senior Erin Henry finished fifth (19:14.40) and Ridgewood senior Clair Nowakowski ran seventh (19:26.80). Van Alstine's gold was the first for a Passaic County girl.

Ridgewood finished 11th in the team scoring, and Glen Rock was 17th in the 20-team field.

Don Bosco Prep placed seventh in the boys race.

Clifton's Paul Kornaszewski took 13th in 16:25.70 while Bosco's Peter Gerboth was 31st in 16:42.40. Don Bosco's seventh was a major achievement, as it beat Christian Brothers Academy in this meet for the first time since winning the title in 1992.



SPECIAL TO THE RECORD  
Hawthorne Christian's Lindsay Van Alstine, front, took the Meet of Champions' gold with a personal-best 18:43.00, beating Passaic Valley's Jesse Mizzone.



# RIDGEWOOD CROSS COUNTRY MEET SUMMARY SHEET

MEET FOOTLOCKER

COURSE VAN COURTLAND SK

DIVISION \_\_\_\_\_

COURSE RECORD \_\_\_\_\_

DATE 11-24-01

RIDGEWOOD RECORD \_\_\_\_\_

WEATHER \_\_\_\_\_

TYPE OF COURSE \_\_\_\_\_

## CHAMPIONSHIP RACE

FINISH PLACE	TEAM SCORE	NAME	TIME
77		CLAIR NOWAKOWSKI	19:56.4

Clair looked heavy legged at the bridge and never really had the fire in her eye. However this does not negate her stellar all state season.

	PLACE	SPLIT
COW PATH	40	
BRIDGE	50	7:19
BRIDGE	76	16:17
FINISH	77	

## SOPHOMORE RACE

FINISH PLACE	TEAM SCORE	NAME	TIME
35		JUSTINE LUPO	21:25.2

Justine continued her sluggish look of the last couple of weeks and probably needs a rest.

	PLACE	SPLIT
COW PATH	15	
BRIDGE out	20	7:45
BRIDGE BACK	33	17:31
FINISH	35	

## ALL-NORTH JERSEY GIRLS CROSS-COUNTRY

# Ridgewood is clearly best

### Ran circles around foes

By PAUL SCHWARTZ  
STAFF WRITER

It is no surprise that Ridgewood is The Record's first Girls Cross-Country Team of the Year. After all, the Maroons probably would have earned the title in most of the past 22 seasons.

But this selection wasn't based on history.

The 2001 Maroons swept the NNJIL Division A, Bergen Group 4, and Bergen Meet of Champions titles, winning the latter by 23 points over up-and-coming Immaculate Heart Academy. The Maroons won the Shore B title, only their third title at the top invitational in the State, and finished fifth in State Group 4, earning a bid to the State Meet of Champions, where they finished 11th.

Those stats made it easy for them to



MEL EVANS/STAFF PHOTOGRAPHER

Ridgewood All-County members (left to right) Jackie Goulart, Alexandra Oros, Clair Nowakowski, Justine Lupo, Cassidy Canzani, Julia Foresman, Emily Terrin, Peggy Lynch, and Meghan O'Connell. The Maroons, led by All-North Jersey first-team selection Nowakowski, captured a triple crown of league, County group, and State sectional group titles.

### TEAM OF THE YEAR RIDGEWOOD

earn the first team of the year honor.

And that's fine by Jacob Brown, who started the Maroons program in 1974 and has been its only head coach.

"Every year's team is its own team," said Brown. "The kids aren't here because of what came before them, they're here because of the types of kids they themselves are. The streaks [10 straight sectionals, 21 of 22 Bergen Meet of Champions titles, 18 straight NNJIL divisional titles, 111 straight dual meet wins] help them believe in themselves and believe in what we're doing. I don't have to convince them I know what I'm doing," said Brown, whose team won a triple crown of league, County group, and State sectional group titles, for the 14th time.

"I characterize this year's group as the most loyal group of kids to each other I've ever had," said Brown. "From their freshman year on, this group always had the best attendance at practice, always had their forms or money or cards first out of all the classes, and they were so close to each other that we never had a real leader, so this year we never named a captain, just a captain of the day, and they never missed a beat."

There were 10 seniors on the team, including All-North Jersey first-team star Clair Nowakowski, the State Group 4 champion, All-Group 4 selection Jackie Goulart, and four others who ran varsity for all or part of the season: Cassidy Canzani, Julia Foresman,

Peggy Lynch, and Alexandra Oros.

But what makes this team special are four other seniors who never ran varsity, Sarah Bigos, Colleen Herlihy, Lauren Lillis, and Ruth Van Yperen, who practiced every day, raced junior varsity, and were every bit part of the team as the stars.

"I work hard at trying to get kids to like running first and then all of the rest will come," said Brown. "If you can make running a fun thing to do, and I've always loved it, then they'll stay for the intrinsic rewards. These kids can't possibly be doing what they're doing if they don't love running."

Competitively, Brown credits three sophomores, first-team All-North Jersey-selection Justine Lupo, second-

team All-North Jersey choice Emily Terrin, and Meghan McDonough for continuing the dynasty.

"Emily and Meghan saved our season," Brown said. "They were critical because you always need new blood to continue to be good."

"Can we keep it going? I don't know," he said. "This year in August I was concerned we couldn't win sectionals and wouldn't get to the State Meet of Champions and I certainly wouldn't have predicted winning at Shore until they came along so well. Next year's not next year and in a sense there's not a lot I can do, but talk to everyone, tell them our team is wide open, and hope they come back ready to run."

## Final Top 15

**1. Ridgewood** - A state record 17th Sectional Group 4 win, its 10th in a row, a 21st Bergen Meet of Champions title in 22 years, an 18th straight NNJIL Division title, and a 13th appearance in the State Meet of Champions, where the Maroons finished 11th. Another typical year for Jacob Brown's team

**2. Immaculate Heart Academy** - The Blue Eagles got better and better at the end of the season, and nearly ran their way into the State Meet of Champions with an excellent fifth place finish in the State Parochial A meet.

**3. Glen Rock** - The Panthers were more than just Group 1 champion Erin Henry, and their second place finish in Group 1 state competition, and third place in the Bergen Meet of Champions proved that.

**4. Northern Valley/Old Tappan** - The Golden Knights had a very good year, winning the NBIL title, and the Bergen Group 3 title, finishing second in the Group 3 race, and seventh in the Bergen Meet of Champions before finishing ninth in the State Group 3 race.

**5. Passaic Valley** - Larry DeCaro was the Bergen County girls coach of the year and his team had a terrific year: third in the NBIL, second in Bergen Group 3 before winning the State Sectional Group 3 title and placing fifth in the Bergen Meet of Champions.

**6. Ramsey** - For the first time in nearly a decade, the Rams had no front-runner, but the Rams were second in the NBIL, won a ninth straight Bergen Group title, their seventh straight in Group 2 and finished second in the State Sectional Group 2 race after six straight wins.

**7. Passaic** - The Indians became only the third team in Passaic County history to win four straight titles.

**8. Hackensack** - The Cornets beat several of the teams above them in the rankings but were inconsistent at times leading to their final ranking. Their best performances were a fourth place finish in the Bergen Meet of Champions, and a third in

the Sectional 4 meet

**9. Indian Hills** - Beseet by injuries again, the Braves never could reach their potential, but still ran fourth in the NBIL, second in Bergen Group 2, third in Sectional Group 2, and eighth in the Bergen Meet of Champions.

**10. Ramapo** - In any other league in North Jersey, the Green Raiders would have placed a lot higher than the fifth place they were in the NBIL. The Raiders were third in the Passaic Coaches 3 race, third in Bergen Group 3, fourth in Group 3 sectional, and ninth in the Bergen Meet of Champions.

**11. Passaic Valley** - Jesse Mizzone was the leader and by far the most outstanding member of the team, but the Hornets came within two points of the Northern Hills Skyline title and took second in the Passaic County championship and third in the Group 3 sectional.

**12. Dumont** - The Huskies had one of the better 1-2 punches in the area and had a solid season. They won the BCSL American championship and the Brett Taylor B race, were third in Bergen Group 2 and fourth in Sectional Group 2.

**13. Cresskill** - It had been nearly 20 years since the Cougars had won a major title, but this fall the Cougars won the Season Opener B and Passaic Coaches A titles back-to-back to open the season, and took the BCSL Olympic crown as well.

**14. Paramus** - Jeff Schorling had quite a first year as the Spartans head coach. Paramus might have qualified for the Bergen Meet of Champions but lost two runners in the race, placed third in the NNJIL. A won the William Paterson Invitational and was fifth in the Sectional Group 3 meet.

**15. West Milford** - The Highlanders didn't have quite as a good year as their boys' counterparts but still enjoyed a Northern Hills Skyline championship, a third-place finish in the Passaic County championships and a fifth place finish in the Group 4 sectionals.



# ALL-BERGEN COUNTY

## FIRST TEAM

**JENNA BAUBERGER**, Indian Hills, Sophomore – Makes her second appearance on first team All-Bergen.

**SHANEIKA BERNARD**, Hackensack, Junior – Also a repeater from last year's All-Bergen team, she ran faster at Holmdel than all-Century star Jasmin Jones.

**CAROL BULLEN**, Paramus, Senior – Moves up from second team last year with a consistently excellent year.

**SARAH CHRISTIANSEN**, Northern Highlands, Junior – Bergen County's most improved runner came from nowhere to sixth in Bergen Meet of Champs.

**JULIA EMANUEL**, Tenafly, Junior – Up from honorable mention last year she missed State Meet of Champions by five seconds.

**ERIN HENRY**, Glen Rock, Senior – Georgetown bound star earned second straight All-Bergen honor.

**JUSTINE LUPO**, Ridgewood, Sophomore – Another two-time All-Bergen runner who could be next great Ridgewood star.

**CLAIR NOWAKOWSKI**, Ridgewood, Senior – Finished her cross-country career with third straight All-Bergen selection.

**SARA WEISSBARD**, Fair Lawn, Senior – Made big jump from honorable Mention to always consistent front-runner.



SARAH CHRISTIANSEN



JULIA EMANUEL

## SECOND TEAM

**DAPHNE ARONOVITS**, Fair Lawn, Senior

**ERIN BAUBERGER**, Indian Hills, Senior

**FELICIA CHEVALIER**, Dumont, Junior

**TARA CONNELLY**, Pascack Valley, Junior

**SUE GIESEMANN**, Dumont, Senior

**THERESA HEARN**, Immaculate Heart, Junior

**TAYLOR LEBOVICH**, NV/Old Tappan, Freshman

**EMILY TERRIN**, Ridgewood, Sophomore

**VIRGINIA WESTERVELT**, NV Demarest, Junior

## THIRD TEAM

**SARAH ADELSON**, Tenafly, Senior

**KERI BARRY**, Cliffside Park, Freshman

**BRIANA BAYERSDORFER**, River Dell, Senior

**KATY BOTSFORD**, Cresskill, Senior

**KATIE D'ACO**, Westwood, Senior

**NOEL DIPAOLO**, Ramsey, Sophomore

**EMILY DONELAN**, Ramsey, Sophomore

**JACKIE GOULART**, Ridgewood, Senior

**CAITLIN HEMMER**, Immaculate Heart, Soph.

**MARIA PAVKOVITCH**, Garfield, Senior

## HONORABLE MENTION

Stephanie Abbatiello, Bergenfield; Angela Panucio, Bogota; Linda Ndrejoni, Cresskill; Pam Papapetrou, NV/Demarest; Rachel Cirone, Fort Lee; Brenna O'Rourke, Amanda Peralto and Kristen Stephen, Glen Rock; Claudine McGuire, Serika Thomas and Alexis Toon, Hackensack; Katie Fry, Katie Hynes and Erin Kallman, IHA; Jessica DeBoer and Tina Triantafyllidi, Indian Hills; Lindsay Davis, Alison Eckmeyer and Sarah Ocasio, NV/Old Tappan; Katherine Weng, Paramus; Alyssa Ross, Pascack Hills; Katie Diana, Sarah Walcott-Sapp and Jill Wessels, Pascack Valley; Laura Corcoran, Mina Kim and Amanda Oliver, Ramapo; Kelly Beaudry and Caroline Hockmeyer, Ramsey; Courtney Reggo, Ridgefield; Megan O'Connell, Ridgewood; Sheena MacFarlane, River Dell; Danielle Amato and Darlene Pekaar, Saddle Brook; Amy Gohlich, Westwood.

## STAR-LEDGER TOP 20

- 1-Moorestown
- 2-Old Bridge
- 3-Shawnee
- 4-Voorhees
- 5-Hopewell Valley
- 6-Southern Regional
- 7-Montville
- 8-North Hunterdon
- 9-Toms River East
- 10-Middletown South
- 11-Ridgewood
- 12-Red Bank Catholic
- 13-Msgr. Donovan
- 14-Paul VI
- 15-Hunterdon Central
- 16-Pope John
- 17-Ridge
- 18-Rumson
- 19-Pingry
- 20-Immaculata

## NNJIL A

### FIRST TEAM

Clair Nowakowski, Ridgewood

Justine Lupo, Ridgewood

Carol Ann Bullen, Paramus

Jackie Goulart, Ridgewood

Emily Terrin, Ridgewood

Megan O'Connell, Ridgewood

Ellen Davis, Montclair

Katherine Weng, Paramus

Kristan VonHoffman, Montclair

Jessica Weng, Paramus

### SECOND TEAM

Jennifer Schwartz, Montclair

Jessica Manners, Montclair

Asha Phillip, Teaneck

Amy Stokes, Teaneck

Lajuan Samuels, Montclair

Alexandra Oros, Ridgewood

Peggy Lynch, Ridgewood

Sara Schaumburg, Teaneck

Marissa O'Brien, Paramus

Daniela Endara, Nutley

### HONORABLE MENTION

Stephanie Adickman, Montclair; Lau-

rie Mandara, Paramus; Cassie Can-

zani, Ridgewood; Alison Metz, Tea-

neck.

## NEW JERSEY TRACK ALL STATE

### GIRLS

#### FIRST TEAM

Erin Henry, Glen Rock	Sr.
Meghan Hughes, Mainland	Jr.
Jesse Mizzone, Passaic Valley	Jr.
Clair Nowakowski, Ridgewood	Sr.
Christy Planer, Rumson	Sr.
Kegga Schaffer, Southern Ocean	So.
Lindsay VanAlstine, Hawthorne Chris.	Jr.
Kathryn Wardenski, Southern Ocean	Jr.

#### SECOND TEAM

Sara Best, Voorhees	So.
Jen Blank, Toms River East	Jr.
Natalie Jones, Hopewell Valley	Sr.
Courtney Epps, Columbia	Sr.
Nicole Kurtain, Notre Dame	Sr.
Nicole Lombardy, Middletown South	Sr.
Ashley Wolf, Montville	So.
Liz Wort, Voorhees	Sr.

#### THIRD TEAM

Shanieka Bernard, Hackensack	Jr.
Erin Enderly, Ocean Twp	So.
Erin Geiger, Immaculata	Sr.
Shari Gorga, North Hunterdon	Sr.
Brittany McCann, Delsea	Sr.
Kira McGroarty, Hopatcong	Sr.
Mara McInerney, Old Bridge	Fr.
Amanda Smith, Pingry	Fr.

## GROUP LEADERS

### GROUP 4

- 1-Old Bridge
- 2-Shawnee
- 3-Southern Regional
- 4-Toms River East
- 5-Ridgewood
- 6-Hunterdon Central
- 7-Westfield
- 8-Morris Knolls
- 9-Morristown
- 10-Jackson

### GROUP 3

- 1-Hopewell Valley
- 2-North Hunterdon
- 3-Middletown South
- 4-Toms River South
- 5-Delsea
- 6-Camden Wilson
- 7-Ocean Township
- 8-Ocean City
- 9-Old Tappan
- 10-Mount Olive

### GROUP 2

- 1-Moorestown
- 2-Voorhees
- 3-Montville
- 4-Ridge
- 5-Rumson
- 6-Holmdel
- 7-Parsippany
- 8-Summit
- 9-Haddon Township
- 10-Colts Neck

### GROUP 1

- 1-Shore Regional
- 2-Glen Rock
- 3-Schalick
- 4-Cresskill
- 5-Gloucester City
- 6-Mountain Lakes
- 7-Middlesex
- 8-Verona
- 9-Ridgefield
- 10-Berards

### PAROCHIAL

- 1-Red Bank Catholic
- 2-Msgr. Donovan
- 3-Paul VI
- 4-Pope John
- 5-Pingry
- 6-Immaculata
- 7-Bishop Eustace
- 8-Immaculate Heart Academy
- 9-St. John Vianney
- 10-St. Rose

### PREP

- 1-Lawrenceville
- 2-Rutgers Prep
- 3-Stuart Day
- 4-Blair
- 5-Peddie
- 6-St. Elizabeth
- 7-Pennington

# All-North Jersey Girls Cross-Country

## JENNA BAUBERGER

### Indian Hills

The Braves had some injury problems but Jenna stayed away from the jinx, starting with a 10th place finish in the Shore Invitational. She was fifth in the NBJL meet, and won her first two major titles at the Bergen Group 2 and, in an upset, the Group 2 sectional, breaking 20 minutes at Garret Mountain. She was fifth in the Bergen Meet of Champions and was 14th in the State Group 2 race. She capped her season with a 28th in the State Meet of Champs, running nearly a minute faster than she had a month earlier at Holmdel.

### Sophomore



- JENNA BAUBERGER** Indian Hills Sophomore  
**SHANIEKA BERNARD** Hackensack Junior  
**CAROL BULLEN** Paramus Senior  
**MEGHAN GAFFNEY** Pompton Lakes Sophomore  
**ERIN HENRY** Glen Rock Senior  
**JUSTINE LUPO** Ridgewood Sophomore  
**JESSE MIZZONE** Passaic Valley Junior  
**CLAIR NOWAKOWSKI** Ridgewood Senior  
**LINDSAY VAN ALSTINE** Haw. Christian Junior  
**SARI WEISSBARD** Fair Lawn Senior

- ALL-GROUP 4**  
 DAPHNE ARONOVITS, Fair Lawn, Senior  
 SHANIEKA BERNARD, Hackensack, Junior  
 JONAS COLE, Mt. Ridge, Senior  
 THERESA HEARN, Indian Hills, Junior  
 CATHY HARRIS, Passaic, Senior  
 JUSTINE LUPO, Ridgewood, Sophomore  
 GRISE, Martinez, Passaic, Senior  
 CLAIR NOWAKOWSKI, Ridgewood, Senior  
 EMILY TERRIN, Ridgewood, Sophomore  
 SARI WEISSBARD, Fair Lawn, Senior
- ALL-GROUP 3**  
 CAROL BULLEN, Paramus, Senior  
 SARAH CHRISTIANSEN, No. High, Junior  
 AMY GORICH, Wayne Valley, Junior  
 TARA CONNELLY, Passaic Valley, Junior  
 NOEL SOMMER, Mt. Ridge, Sophomore  
 JULIA EMANUEL, Tenafly, Junior  
 TAYLOR LEBOVICH, NJ/Old, Freshman  
 JESSE MIZZONE, Passaic Valley, Junior  
 MARIA PRAKOWITZ, Garfield, Senior  
 VIRGINIA WESTERLY, NJ/Old, Junior

### Second Team

- DAPHNE ARONOVITS** Fair Lawn Senior  
**ERIN BAUBERGER** Indian Hills Senior  
**FELICIA CHEVALIER** Dumont Junior  
**SARAH CHRISTIANSEN** No. Highlands Junior  
**TARA CONNELLY** Pascack Valley Junior  
**JULIA EMANUEL** Tenafly Junior  
**SUE GIESSELMANN** Dumont Senior  
**THERESA HEARN** Immaculate Heart Junior  
**TAYLOR LEBOVICH** NJ/Old Tappan Freshman  
**EMILY TERRIN** Ridgewood Sophomore

- ALL-GROUP 2**  
 EPEN BAEKJER, Indian Hills, Senior  
 JENNA BAUBERGER, Indian Hills, Sophomore  
 KATHY BOTSFOORD, Cresskill, Senior  
 KELLY BUCK, Westwood, Senior  
 AMY GORICH, Westwood, Senior  
 AMY GORICH, Westwood, Senior  
 EPEN BAEKJER, Indian Hills, Senior  
 LINDA NIKOLEGA, Cresskill, Senior  
 DARLENE PEKAR, Saddle Brook, Junior  
 COURTNEY FREDO, Hopewell, Junior  
 KRISTEN STEPHEN, Glen Rock, Sophomore  
 LINDSAY VAN ALSTINE, Haw. Chris., J.

## SHANIEKA BERNARD

### Hackensack

The season-by-season improvement curve continues for Bernard. She was second to Jesse Mizzone at the Maroon Invitational Group 3-4 race and then won the Brett Taylor A race with a personal best at Darlington. She was second to Clair Nowakowski at the Bergen Group 4 race and won the NBJL B title. She finished fourth in the State Group 4 sectional then had consecutive eye-opening races. She was third in the Bergen Meet of Champions and ran the 25th fastest time ever by a Bergen runner at Holmdel to place fourth in the State Group 4.

### Junior



## CAROL BULLEN

### Paramus

After a solid career that included some hard luck Bullen stepped forward in her senior year. She was second to Bernard in the Brett Taylor A race, and was second in the William Paterson Invitational before winning the Group 3 Bergen County race. She was third in the NNJIL B race and second to Jesse Mizzone in the State Sectional Group 3 race. She was eighth in the Bergen Meet of Champs, 12th in State Group 3 meet, and 65th in the State Meet of Champions, in the top third of the field.

### Senior



## MEGHAN GAFFNEY

### Pompton Lakes

Perhaps the most improved runner in the area, she was second in the Season Opener B race and 11th in the Passaic County Coaches Group 2 race. She won the Brett Taylor B division and BPSL King races within three days, breaking 20 minutes at the Darlington course for the first time. She was fourth in the Passaic meet, improving 10 places and nearly two minutes from her performance last year. She was third in the State Sectional Group 2 meet, improving 2½ minutes from her 2000 performance and then took 13th in her first State Group 2 meet.

### Sophomore



## ERIN HENRY

### Glen Rock

After an early season bout with mononucleosis, Henry developed into one of the top runners in the state. She won the BPSL Carpenter by more than two minutes and won the Bergen Group 1 championship by nearly 90 seconds. She repeated the feat in winning the State Sectional Group 1 championship, becoming the first North 1 Group 1 girl to win back-to-back Triple Crowns in 17 years. She was second in the Bergen Meet of Champs, with the 18th fastest time in Darlington Park history and won the State Group 1 title by nearly 40 seconds. She was fifth in the State Meet of Champs.

### Senior



## JUSTINE LUPO

### Ridgewood

One of Bergen County's best girls lacrosse players, her third place finish at the Shore Invitational B race propelled the Maroons to the team title. She finished fifth in the Ridgewood Invitational, third in the Bergen County Group 4 race, and second in the Group 4 State Sectional. She was eighth at the Bergen County Meet of Champions and 17th in State Group 4 meet, helping the Maroons earn a team wild card to the Meet of Champs, where she finished 80th.

### Sophomore



## JESSE MIZZONE

### Passaic Valley

The junior had one of the best seasons in area history, with major wins in the Season Opener (18:10 at Darlington), the second fastest in course history, Maroon Invitational 3-4, Shore D (18:29 at Holmdel, 18th best overall), and the Northern Hills Conference. She was 13th in the Great American Festival and fourth in the Eastern States Meet, before sweeping the Passaic County (18:09 at Garret Mountain, third in course history), State Sectional Group 3, and State Group 3 meets for the second time. She was second at the State Meet of Champions and 21st in the Northeast Regional.

### Junior



## CLAIR NOWAKOWSKI

### Ridgewood

After a disappointing end to the 2000 season, she had a wonderful senior year. She didn't win either of her invitationals, taking second in the Shore B race and second to Van Alstine at the Ridgewood Invitational, but then ran off five straight wins in three weeks in the Bergen Group 4, NNJIL A, Sectional Group 4, Bergen Meet of Champions, and State Group 4 races. She ran 18:56 at Darlington, the 12th fastest time in the course's history and capped her season with a seventh place finish in the State Meet of Champions.

### Senior



## LINDSAY VAN ALSTINE

### Hawthorne Christian

Her development from freshman sensation to State champion has been spectacular. She ran seven major races and won five. She won the Passaic Coaches Group 1 and Maroon Invitational Group 1-2 meets and ran 18:51, 12th all-time at Garret, at the Passaic County meet. She won the Ridgewood Invitational by nearly half a minute, won her third straight Parochial B State title by nearly a minute and became Passaic County's first State Meet of Champions winner, running 18:43 at Holmdel. Her seventh place at the Foot Locker Northeast Regional puts her in Saturday's National Championship in Orlando, Fla.

### Junior



## SARI WEISSBARD

### Fair Lawn

There were only three girls on Fair Lawn's cross-country team this year, but Weissbard and teammate Daphne Aronovits made the small number stand out. Sari was 11th in the Maroon Invitational Group 4 race and was fifth in the Shore Invitational B race. She was upset by her teammate at the NBJL meet, taking second, but was fourth in Bergen Group 4, third in the Sectional Group 4 race and was fourth in the Bergen Meet of Champions. Her only sub-par race of the year came in State Group 4, when she finished 47th.

### Senior



## ALL-STATE SELECTIONS



EPPS



HENRY



MIZZONE



NOWAKOWSKI



PLANER



SCHAFFER



VAN ALSTINE



WARDSKI

NAME	SCHOOL	HT	YEAR	OF NOTE
Courtney Epps	Columbia	5-4	Senior	Epps won her second straight North Jersey, Section 2, Group 4 title in 19-44.4, was seventh in the state Group 4 race and third at the Meet of Champions in 19-13.1. Her third-place finish at the M of C was the highest at the meet for an Essex County runner since Paula Vagueiro of Newark East Side was second in 1988 in 19:11.
Erin Henry	Glen Rock	5-6	Senior	After an early season bout with mononucleosis, the Georgetown-bound Henry came back to win the North Jersey, Section 1, Group 1 title for the second straight year in 19-39.2, the state Group 1 race in 19-52.3 and was fifth at the Meet of Champions in 19-14.4.
Jesse Mizzone	Passaic Valley	5-5	Junior	Mizzone, who ran with mononucleosis over the last few weeks of the season, won her second straight Passaic County title in 18:09 at Garret Mountain, No. 3 all-time on the course, a second straight North Jersey, Section 1, Group 3 title, second straight state Group 3 title and finished second at the Meet of Champions. Her time of 18:28.1 at Holmdel this season is 18th on the all-time list.
Clair Nowakowski	Ridgewood	5-7	Senior	After placing second at both the Shore Coaches meet and the Ridgewood Invitational, Nowakowski won the Bergen County Group 4 title, the NNJIL A Division, the North Jersey, Section 1, Group 4 race, the Bergen County Meet of Champions and the state Group 4 title and was seventh at the Meet of Champions.
Christy Planer	Rumson	5-6	Senior	Planer won the Shore Conference title in 18-30.1, was first in Central Jersey, Group 2 in 19-31.3, second at the state Group 2 meet in 19-37.8 and fourth at the Meet of Champions in 19-13.5, a drop of 18 seconds off her personal best.
Kevga Schaffer	Southern Regional	5-5	Soph.	Schaffer, who played soccer last year, was second in the Shore Conference in 18-39.5 to lead Southern to its first title, second in the South Jersey, Group 4 race in 19-03.5, second in the state Group 4 meet in 19-42.8 and sixth at the Meet of Champions in 19-16.5.
Lindsay Van Alstine	Hawthorne Christian	5-7	Junior	Van Alstine won the Meet of Champions title in 18-43.0, captured her third straight state Parochial B title, finished seventh at the Foot Locker Northeast Regional in 18-24.5 and was 27th at the national meet in 18-16.79.
Kathryn Wardski	Southern Regional	5-7	Junior	Wardski won the Ocean County title in 18-56, finished first at the South Jersey, Group 4 meet in 19-03, was fourth at the Shore Conference meet, fifth at the state Group 4 meet and eighth at the Meet of Champions in 19-26.8.

### SECOND TEAM

- Sara Best, Voorhees  
 Jen Blank, Toms River East  
 Meghan Hughes, Moorestown  
 Natalie Jones, Hopewell Valley  
 Nicole Kurthan, Notre Dame  
 Nicole Lombardy, Middletown S  
 Ashley Wolf, Montville  
 Liz Wort, Voorhees

### THIRD TEAM

- Caroline Bugg, Newark Academy  
 Erin Geiger, Immaculata  
 Brittany McCarrn, Delsea  
 Kira McGroarty, Hopalong  
 Mara McInerney, Old Bridge  
 Kelsey Johnson, Moorhead  
 Amanda Smith, Pingry  
 Stephanie Zottoli, Old Bridge

## ALL-GROUP, PAROCHIAL AND PREP

### ALL-GROUP 4

- FIRST TEAM**  
 Jen Blank, Toms River East  
 Kim Bonner, Shawnee  
 Courtney Epps, Columbia  
 Mara McInerney, Old Bridge  
 Clair Nowakowski, Ridgewood  
 Kevga Schaffer, Southern Regional  
 Kathryn Wardski, Southern Regional  
 Stephanie Zottoli, Old Bridge
- SECOND TEAM**  
 Shanieka Bernard, Hackensack  
 Catherine Christopher, Randolph  
 Jenna Faulstich, Ridgewood  
 Kristin Lucas, Edison  
 Sarah Mahan, Westfield  
 Arly Haier, Montross  
 Ashley Unzuickiewicz, Hillsborough
- THIRD TEAM**  
 Mallory Burns, Shawnee  
 Danielle Haggag, Old Bridge  
 Justine Lupu, Ridgewood  
 Robin McQuinn, Shawnee  
 Kathleen Quinn, Shawnee  
 Shannon Robinson, Old Bridge  
 Linda Sanders, Old Bridge  
 Amy Wilmore, Shawnee

### ALL-GROUP 3

- FIRST TEAM**  
 Kelly Cannon, Toms River South  
 Kathleen Galan, Highland Regional  
 Sheri Garga, North Hatterdon  
 Holly Greiner, North Hatterdon  
 Natalie Jones, Hopewell Valley  
 Nicole Lombardy, Middletown South  
 Brittany McCarrn, Delsea  
 Jesse Mizzone, Passaic Valley
- SECOND TEAM**  
 Becky Crossin, North Hatterdon  
 Erin Endrey, Ocean Township  
 Sarah Fouche, Mendham  
 Traci Morrison, Middlesex South  
 Dikiane Perera, Princeton  
 Nicole Lombardy, Middletown South  
 Cary Schlanowitz, Hopewell Valley  
 Katie Wilkever, Hopewell Valley
- THIRD TEAM**  
 Ashley Behm, Mount Olive  
 Carol Bullen, Paramus  
 Tara Connelly, Passaic Valley  
 Julia Emanuel, Tenafly  
 Alexandra Hyland, Toms River South  
 Amanda LaMarche, North Hatterdon  
 Kathleen McQuinn, Middlesex South  
 Tanesha Pitman, Camden Wilson

### ALL-GROUP 2

- FIRST TEAM**  
 Katrina Alexander, Pleasant Lakes  
 Sara Best, Voorhees  
 Meghan Hughes, Moorestown  
 Kira McGroarty, Hopewell  
 Christy Planer, Rumson  
 Ashley Wolf, Montville  
 Liz Wort, Voorhees
- SECOND TEAM**  
 Jenna Bauberger, Indian Hills  
 Meghan Gaffney, Pompton Lakes  
 Caroline Hipple, Moorestown  
 Kira McGroarty, Hopewell  
 Kaiti Laramie, Moorestown  
 Caitlin Moravetz, Rumson  
 Lauren Ruggie, Voorhees  
 Danielle Stanton, Morvile
- THIRD TEAM**  
 Erin Bauberger, Indian Hills  
 Kathleen Henry, Ridge  
 Katie Johnson, Passaic Valley  
 Megan Lerch, Kingsway  
 Caroline Manarress, Summit  
 Sara Rutledge, Parsippany  
 Christina Scherer, Morvile  
 Kori Sheldon, Moorestown

### ALL-GROUP 1

- FIRST TEAM**  
 Katie Chambers, Mountain Lakes  
 Kate D'Acco, Westwood  
 Angela Hanna, Gloucester City  
 Erin Henry, Glen Rock  
 Alyson Krup, Point Pleasant Beach  
 Julie Ullmer, Shore Regional  
 Nicole Ullmer, Shore Regional  
 Nicole Vit, Schalk
- SECOND TEAM**  
 Grace delMarino, Bernards  
 Heather Gates, Shore Regional  
 Laura Hayden, Shore Regional  
 Erin Hearn, Shore Regional  
 Jen Lippincott, Gloucester City  
 Alison Major, Shore Regional  
 Lauren Otterwell, Shore Regional  
 Darlene Pekar, Saddle Brook
- THIRD TEAM**  
 Danielle Amato, Saddle Brook  
 Kaitlin Henry, Ridge  
 Christine Dobrosky, Mountain Lakes  
 Ryan Hart, Ford Research Beach  
 Linda McGroarty, Cresskill  
 Jani Puchalski, Metuchen  
 Kristin Stephens, Glen Rock

### ALL-PAROCHIAL

- FIRST TEAM**  
 Caroline Bugg, Newark Academy  
 Kelly Byrnes, Red Bank Catholic  
 Erin Geiger, Immaculata  
 Liz Greger, Immaculata  
 Nicole Kurthan, Notre Dame  
 Amanda Smith, Pingry  
 Naggie Taverna, Mtg. Donovan  
 Lindsay Van Alstine, Hawthorne Christian
- SECOND TEAM**  
 Sam Bress, Pope John  
 Leah Brogan, Mtg. Donovan  
 Laura Carpenter, St. John Vianney  
 Shannon Gillespie, Red Bank Catholic  
 Katherine Harmon, Pope John  
 Emily McMillan, St. Rose  
 Grace Ruzzi, St. Joseph (Hamm.)  
 Rachel Watson, Mtg. Donovan
- THIRD TEAM**  
 Caitlin Bluman, Paul VI  
 Kery Cahill, Mount St. Mary  
 Liz Kessler, Paul VI  
 Mary McCudden, Red Bank Catholic  
 Ryan Hearn, Ford Research Beach  
 Jaci Sargenti, Red Bank Catholic  
 Erin Stewart, Paul VI  
 Krissy Slevus, Immaculata

### ALL-PREP

- FIRST TEAM**  
 Heidi Botic, Peddie  
 Emily Driscoll, Stuart Day  
 Chelsea Greife, Blair  
 Shona Hiller, Lawrenceville  
 Lily Fitzpatrick, Lawrenceville  
 Holly Kirkpatrick, Blair  
 Hope Nemeck, Pennington  
 Shannon Watson, Lawrenceville
- SECOND TEAM**  
 Colleen Cooney, St. Elizabeth  
 Christine Curtis, Stuart Day  
 Bis Pries, Hun  
 Kristina Goff, Rutgers Prep  
 Christina McGibb, Pennington  
 Alexandra Salari, Ranney  
 Selma Steiner, Rutgers Prep  
 Ann Wilson, Rutgers Prep
- THIRD TEAM**  
 Mary Boehmer, Rutgers Prep  
 Anne Butler, Stuart Day  
 Jane Dikors, Lawrenceville  
 Carley Gifford, Gil-Sr. Bernard's  
 Tiffany Kutner, Lawrenceville  
 Lisa Linderberger, Princeton Day  
 Olson Polack-Robbins, Stuart Day  
 Evelyn Taylor, Blair

## 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 <sup>th</sup>	
1996	6-0	1 <sup>st</sup>	2 <sup>nd</sup>	1 <sup>st</sup>	1 <sup>st</sup>	3 <sup>rd</sup>	8 <sup>th</sup>
1997	6-0	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	3 <sup>rd</sup>	2 <sup>nd</sup>
1998	7-0	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	3 <sup>rd</sup>
1999	6-0	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>
2000	7-0	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	6 <sup>th</sup>	
2001	6-0	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	5 <sup>th</sup>	11 <sup>th</sup>

### 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 ClaireBlaney, JeanneReilly, J.Rogers, A.Smith, LaurenStuhr  
 1993 Jenna Rogers, Amy Smith, Lauren Stuhr  
 1994 Amy Smith, Stephanie Doyle, Kim Folk, Celeste Sedo  
 1995 Amy Smith, Stephanie Doyle  
 1996 Celeste Sedo  
 1997 Celeste Sedo, Kelly Behan  
 1998 Meg McDermott  
 1999 Clair Nowakowski, Kelly Behan, Alyson Cangemi  
 2000 Clair Nowakowski, Justine Lupo  
 2001 Clair Nowakowski, Justine Lupo

ALL STATE

1978 Barbara Remmers 2nd team  
 1981 Patti Mileski 1st team, M.E.Mileski 3rd team  
 1982 Patti 1st & M.E. 2nd - Patti 1st team all american  
 1983 Margaret Scutro 3rd team  
 1984 Margaret Scutro 1st team HM-all american  
 1985 Norine D'Arcy 3rd team  
 1990 Liz Figlar 2nd team  
 1991 Jenna Rogers 1st team  
 1992 Jenna Rogers 2nd team  
 1993 Jenna Rogers 1st team \*STATE CHAMPION\*  
 1995 Amy Smith 2nd team, Stephanie Doyle 2nd team  
 1996 Celeste Sedo 3<sup>rd</sup> team  
 1997 Kelly Behan 1<sup>st</sup> & \*STATE CHAMPION\*, Celeste Sedo 1<sup>st</sup> team  
 1999 Clair Nowakowski 2<sup>nd</sup> team, Alyson Cangemi 2<sup>nd</sup> team Gr 4  
 2001 Clair Nowakowski 1<sup>st</sup> team.

OTHER CHAMPIONSHIPS OF NOTE

1980 Easterns States Championships  
 1982 Ridgewood Invitational  
 1990 Bergen Classic  
 1991 Essex Catholic Invitational  
 1992 Bulldog  
 1993 Bulldog  
 1994 Bulldog  
 1995 Bulldog  
 1997 Bulldog  
 1999 Shore Coaches A race  
 2001 Shore Coaches B race

**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)
- 1999      9/14 Passaic (15-49)  
           9/22 Eastside (15-50)  
           9/28 Hackensack (23-38) and Bloomfield (15-50)  
           10/5 Clifton (15-50) and Kennedy (15-50)
- 2000      9/12 Teaneck (15-50)  
           9/18 Nutley (17-43)  
           9/20 Montclair (16-47)  
           9/25 Holy Angels (18-45)  
           10/3 Passaic (21-34) and Belville (2 girls)  
           10/17 Paramus (17-44)
- 2001      9/17 Nutley (15-50)  
           9/19 Montclair (21-37)  
           9/24 Holy Angels (15-50) and Paramus (19-42)  
           10/9 Passaic (22-35)  
           10/23 Teaneck (15-46)

The Ridgewood Girls have had 111 straight dual meet wins since 1983. This win streak is in the top ten nationally.

**DARLINGTON PARK - BERGEN CHAMPIONSHIP COURSE**

17:49.1	Jenna Rogers	1993	23:25	Irene Janis	1997
18:37.0	Celeste Sedo	1997	23:30	Sarah Durnan	1992
18:41.4	Kelly Behan	1997	23:30	Shauana Swan	2000
18:52.3	Amy Smith	1995	23:37	Alex Furger	1992
18:55.5	Clair Nowakowski	2001	23:45	Peggy Lynch	1999
19:02.2	Stephanie Doyle	1994	23:47	Mo Smith	1997
19:28.5	Meg McDermott	1998	23:47	Kerry Dougherty	2001
19:31.6	Lauren Stuhr	1993	23:48	Kanako Nakamura	1993
19:36.2	Alyson Cangemi	1999	23:54	Lauren Lennon	1998
19:43.6	Justine Lupo	2001	23:59.8	Caroline Gable	2001
19:47	Danielle Walthers	1998	24:01	Amanda DiLeo	1994
19:52.2	Julia Brownell	1999	24:05	Tara Pehush	1997
19:57	Claire Blaney	1992	24:13	Kitty Lawn	1995
19:58	Kim Folk	1994	24:13	Lizzy Volgelback	1997
20:02	Erin Roach	1992	24:13	Jess Rhoten	1998
20:02	Jeanne Reilly	1992	24:29	Shannon McCarthy	2001
20:07.1	Katie Cohn	1996	24:32	Serena Roth	1996
20:12.3	Emily Terrin	2001	24:36	Vickie Gellis	1993
20:12.6	Zena Lobell	1994	24:41	Brittany Hemmel	1999
20:16.8	Tara O'Neill	1996	24:44	Alyson Donnley	1993
20:17.4	Carrie Ruggles	1996	24:44	Christina Dasher	1997
20:22.8	Jackie Goulart	2001	24:45	Tammie Armstrong	2001
20:31	Monica Schiefen	1998	24:48	Terry Shum	1992
20:31	Tira Lobell	1998	24:52	Mandy Warton	1993
20:37	Taylor Dunn	1998	24:55	Vicky Lowe	1995
20:38.1	Vanessa Worm	1994	24:55	Catherine Lowe	1995
20:42	Peggy Lynch	2000	25:00	Jen Dlugasch	1997
20:43	Elyse Lee	1993	25:00	Carolyn Cosgrove	1997
20:44	Beth Apsel	1994	25:04	Joelle Gruber	1993
20:53.4	Rebecca Johnson	1999	25:08	Kristin Egan	1997
20:54	Ana Law	1998	25:11	Nora Apsel	1997
20:55	Lauren Lillis	2000	25:20	Dara Hourdajian	1998
21:00	Megan McCabe	1992	25:22	Sarah Burton	1995
21:02.4	Kathleen Campbell	1993	25:22	Erin Cron	1997
21:04.0	Meghan O'Connell	2001	25:31	Jamie Hollender	1993
21:26	Julie Sprich	1996	25:42	Tara Pehush	1998
21:28	Rose Sedo	1995	25:42	Sarah Bigos	1999
21:37	Alexandra Oros	2000	25:55	Kate Strum	1997
21:38	Geraldine Campbell	1995	26:02	Liz Strahle	1997
21:49	Lesley Bruno	1997	26:23	Jen Siegel	1995
21:56	Katy Aldave	1998	26:23	Casey Callan	2001
21:55	Cassie Canzani	2001	26:27	Nora Varadi	1994
21:57	Rachael VanYperen	1992	26:41	Shannon Osborn	1993
21:57	Katie O'Brien	1993	26:41	Emily Hermance	1995
21:59	Kara Belknap	1997	26:46	Julie Culver	1992
22:01	Diane Nelson	1997	26:56	Amy McDonald	1997
22:01	Casey Dunn	2001	27:20	Megan Groome	1994
22:14	Vanessa McDermott	1993	27:29	Elizabeth Cavanagh	1992
22:26	Kate McDonagh	2001	27:39	Megan Bain	1997
22:27	Liz O'Connor	1997	27:46	Erin Raiter	1997
22:28	Lauren Maxwell	1993	27:49	Kate Mcwhiney	1999
22:30	Sara Wells	1998	28:05	Meg Snyder	1998
22:31	Julia Foresman	2000	28:11	You Jung Park	1994
22:45	Jenna Rubinoff	2001	28:25	Jessica Stanley	1992
22:46	Chrissy Martin	1998	28:34	Beth Riina	1998
22:46	Jackie Macchi	2001	28:48	Deborah Apsel	1993
22:55.6	Lianne Hansen	2001	29:37	Meta Shaw	1998
22:56	Katie Latanich	1999	30:02	Reine Duffy	2001
23:02	Melissa Masterson	1996	30:26	Amy Chidiac	1993
23:04	Maggie Cain	1993			
23:05	Kitty Lawn	1996			
23:06	Jenna Rubinoff	2000			
23:11	Alison Correll	1996			
23:18	Clare Weeks	1999			
23:18	Kristen Espenak	2001			
23:19	Ruth VanYperen	1999			
23:19	Colleen Herlihy	1999			
23:20	Sarah Apsel	1993			
23:23	Carolyn Moritz	1995			
23:24	Christina Grab	1995			
23:25	Lauren G-Heuwetter	1994			

All Time Ridgewood List

course established 1992  
 course record: 17:49.1  
 Jenna Rogers - Ridgewood HS

compiled 11-2001

**DARLINGTON PARK FROSH COURSE**

1 LOOP 1.61 miles

9:49*	Justine Lupo	2000
10:16	Tara O'Neill	1996
10:21	Clair Nowakowski	1998
10:22	Rachael Ryan	2001
10:32	Alyson Cangemi	1996
10:33	Claire Burns	2001
10:36	Jess Rohten	1996
10:40	Rebecca Johnson	1997
10:48	Casey Dunn	2000
10:49	Alexandra Oros	1998
10:53	Jackie Goulart	1998
10:54	Peggy Lynch	1998
10:54	Jackie Macchi	1999
10:58	Tira Lobell	1995
11:00	Nikki Lattieri	2000
11:01	Lesley Bruno	1996
11:02	Diane Nelson	1996
11:04	Lauren Maxwell	1992
11:04	AshleyBridgefarmer	2000
11:09	Geraldine Campbell	1992
11:11	Beth Apsel	1992
11:11	Lianne Hansen	2000
11:13	Natisha Skuthan	1994
11:14	Kerry Doherty	1999
11:20	Shannon McCarthy	2000
11:22	Julie Sprich	1995
11:23	Julia Foresman	1998
11:25	Katie Simpson	2001
11:30	Kate McDonagh	1999
11:34	Ruth VanYperen	1998
11:35	Nora Apsel	1996
11:37	Sara Delaney	2001
11:39	Colleen Herlihy	1998
11:40	Jane Horwitz	2001
11:43	Brittany Hemmel	1997
11:45	Kathleen Nowakowski	98
11:47	Katie Latanich	1996
11:49	Kristen Espenak	1999
11:49	SuJean Park	2001
11:53	Andrea Remmen	1993
11:56	Lucia Knight	1995
11:57	Alison Correl	1995
11:57	Caroline Gable	2000
11:58	Shelly Seidenberg	2000
11:59	Kate Mewhiney	1997
12:08	Tammie Armstrong	2000
12:12	Jenna Rubinoff	1999
12:14	Allyson Donnelly	1992
12:17	Sarah Bigos	1998
12:22	Erin Cron	1996
12:23	Kristin Egan	1995
12:23	Jill Herlihy	2000
12:25	Jenn Cortright	2001
12:28	Christina Dasher	1995
12:29	Catherine Lowe	1994
12:31	Liz Bedford	1999
12:32	Pippa Scott	1998
12:34	Irene Janis	1995
12:35	Deborah Apsel	1992
12:37	Nora Varadi	1993
12:40.3	Jess Murphy	2000
12:44	Ashley Amo	2000
13:05	Aimee Martin	2000
13:10	Julie Culiver	1992
13:20	Jen Siegel	1992
13:20	Vicki Lowe	1994

All Time Ridgewood List  
course established 1992

\* Course record: 9:49 Justine Lupo 2000  
Ridgewood High School compiled 11/2001

## GARRET MOUNTAIN

18:15.0	Patti Mileski	1982
18:21.6	Mary Ellen Mileski	1981
18:32	Margaret Scutro	1984
19:08.6	Celeste Sedo	1997
19:09.1	Kelly Behan	1997
19:18	Jenna Rogers	1993
19:21	Carol Dickstein	1980
19:22	Jean Hughes	1988
19:28	Clair Nowakowski	2001
19:32	Norine D'Arcy	1985
19:32	Lynne Collazo	1988
19:33	Kathy Duffy	1980
19:35	Colleen Wright	1981
19:35	Jennifer Hughes	1985
19:36	Liz Figlar	1990
19:39	Karen O'Brien	1984
19:44	Sue Hart	1980
19:52.7	Justine Lupo	2001
20:05	Meg McDermott	1998
20:09	Stephanie Doyle	1994
20:10	Eileen Fitzgerald	1990
20:10	Amy Smith	1995
20:14	Kirsten Kannengieser	82
20:18	Chris McKenna	1980
20:21	Lauren Stuhr	1993
20:28	Anja Kannengieser	1983
20:28	Leslie Barbie	1983
20:28	Danielle Walther	1998
20:29	Claire Blaney	1992
20:29	Alyson Cangemi	1999
20:31	Julia Brownell	1999
20:34	Linda Hockey	1985
20:36	Kim Folk	1994
20:51	Erin Roach	1992
20:52	Jackie Goulart	2001
20:53	Kathy Shevlin	1987
20:53	Jeanne Reilly	1992
20:54	Zena Lobell	1994
20:55	Carrie Ruggles	1996
20:58	Darcy Nicholson	1984
21:05	Nanci Titus	1986
21:09.6	Tara O'Neill	1997
21:12.2	Emily Terrin	2001
21:15	Genny Razik	1981
21:15.3	Megan O'Connell	2001
21:18.4	Taylor Dunn	1999
21:20	Beth Pringle	1982
21:21	Lisa Waters	1984
21:22	Monica Scheifen	1996
21:26	Marci Capitani	1984
21:27.3	Peggy Lynch	2000
21:28	Carolyn O'Brien	1987
21:28	Katie Cohn	1996
21:31	Steph Kane	1988
21:33	Megan McCabe	1991
21:34	Beth Apsel	1994
21:44	Kelly Keibort	1980
21:44	Janet Titus	1986
21:45	Nicole MacLennan	1986
21:19	Rebecca Johnson	1999
21:53	Lisa deCastro	1990
21:55*	Jen Bauman	1989
22:01	Kathleen Campbell	1991
22:01	Julia Foresman	2001
22:02	Vanessa Worm	1994
22:02	Lauren Lillis	2000
22:04	Pam Parker	1984
22:04	Alexandra Oros	1999
22:05	Elyse Lee	1993
22:10	Cristy Diaz	1982
22:19	Lauren Goodell	1984

## ALL TIME RIDGEWOOD LIST

22:23*	Eileen Moritz	1989
22:25	Rose Sedo	1994
22:26	Janet Moriz	1984
22:28	JoAnn Casey	1980
22:29	Wendy Hawthorne	1981
22:33	Megan Duffy	1984
22:35	Julie Babbitt	1980
22:37	Liz Nitti	1980
22:39	Ana Law	1998
22:42	Krisi Wing	1984
22:47	Linda Sigillito	1984
22:50	Julie Spritch	1998
22:53	Lynn Degelmann	1986
22:58*	Missy Klein	1989
22:59	Kate McDonagh	2001
23:00*	Jill Apostle	1989
23:10	Amy Donnelly	1986
23:13	Lianne Hansen	2001
23:14	Heather Fitzgerald	1988
23:20	Lauren Maxwell	1995
23:20	Katy Aldave	1998
23:22	Cathi Reid	1985
23:26	Margaret Ostling	1986
23:28	Diane Nelson	1999
23:29	Kara Belknap	1997
23:31	Eileen Moritz	1990
23:32	Lesley Bruno	1997
23:36	Sara Wells	1997
23:38	Sheelyn Marker	1987
23:39	Cassie Canzani	2000
23:40*	Heather Fitzgerald	1989
23:40	Sarah Apsel	1994
23:41	Jess Rhoten	1997
23:44	Liz O'Connor	1997
23:45	Michelle Sarkadi	1982
23:45	Casey Dunn	2001
23:46	Christina Velez	1985
23:47	Ellen Ostrander	1984
23:50	Rachael VanYpern	1992
23:56	Jenna Rubinoff	2001
24:18	Vanessa McDermott	1992
24:19	Colleen Herlihy	1999
24:19	Jackie Macchi	2001
24:24	Shauna Swan	2000
24:26	Stephanie DeCongelio	86
24:28	Kate Tancos	1987
24:29	Ruth VanYperen	1999
24:30	Bryce Mills	1987
24:34	Cara Hardt	1991
24:34	Maureen Smith	1997
24:36	Lauren G-H	1994
24:37	Carol Lombaerde	1980
24:44	Kate Pringle	1983
24:44	Lizzy Vogelbach	1997
24:44	Irene Janis	1997
24:52	Ellen Mackey	1980
24:53	Betsy Gershman	1990
24:53	Sarah Durnan	1992
24:54	Christina Grab	1994
24:54	Kristen Espenak	2001
24:56	Katie Latanich	1999
25:00	Caroline Gable	2001
25:02	Kerry Dougherty	2000
25:04	Mary Ann Skau	1987
25:04	Serena Roth	1997
25:08	Tara Pehush	1997
25:12	Christina Dasher	1997
25:29	Amanda DiLeo	1994
25:31	Michelle White	1991
25:35	Jessica Scadron	1988
25:41	Katty Aldave	1997

**GARRET MOUNTAIN ALL TIME LIST**

25:42	Mindy LaValle	1980
25:44*	Jenny Schwartz	1989
25:45	Geraldine Campbell	1992
25:55	Katherine Lowe	1995
25:56	Kitty Lawn	1995
25:57	Kanako Nakamura	1994
25:58	Shannon McCarthy	2001
26:08	Tammie Armstrong	2001
26:09	Pat Kaupas	1986
26:11	Alison Spencer	1987
26:19	Amy Titus	1987
26:19	Kristen Egan	1997
26:19	Eun-Joo Lee	1997
26:27	Carolyn Moritz	1994
26:28	Rebecca Castagno	1991
26:28	Nora Apsel	1997
26:30	Erin Cron	1997
26:33	Bridget Blaney	1990
26:33	Kate Strum	1997
26:34	Magli Durand-Viel	1985
26:37	Sara Bigos	1999
26:39	Jenny Schwartz	1990
26:43	Terry Shum	1991
27:06	Jen Siegel	1995
27:07	Joelle Gruber	1994
27:14	Liz Guenther	1987
27:26	Liz Strahle	1997
27:27	Megan Bain	1997
27:34	Nina Bjorklund	1985
27:35	Sarah Burton	1995
27:38	Valerie Gold	1987
27:46	Casey Callan	2001
27:53	Rebecca Johnson	1997
28:02	Pippa Scott	1999
28:10	Katie Schumacker	1992
28:23	Vicki Gellis	1991
28:26	Amy McDonald	1997
28:38	Kate Mcwiney	1999
28:45	Reine Duffy	2001
28:53	Erin Raiter	1997
28:59	Kathleen Nowakowski	98
29:15	Deborah Apsel	1992
29:26	You-Jung Park	1994
29:44	Julie Culver	1994
29:46	Tanya Panossian	1990
29:46	Allyson Donnelly	1992
31:14	Jessica Burnette	1991
39:24	Amy Chiadic	1991

\* altered course (286 yds Longer)

Garret Mountain, West Paterson  
course established: 1980  
Course Record: 17:58.5  
Christi Constantin, KinnatinyHS

RHS list compiled 11/2001

**VANCOURTLAND PARK 5K RIDGEWOOD ALL TIME**

Kinney-Footlocker Eastern Regional Championship  
Ridgewood All Time List.

18:23.5	Celeste Sedo	1997
18:34.8	Kelly Behan	1997
19:03.3	Jenna Rogers	1993
19:26.3	Amy Smith	1995
19:28.4	Stephanie Doyle	1995
19:45.3	Jenna Rogers	1992
19:56.4	Clair Nowakowski	2001
19:56.8	Stephanie Doyle	1994
20:02.0	Jenna Rogers	1991
20:11	Clair Nowakowski	1999
20:14.9	Kim Folk	1994
20:17.2	Celeste Sedo	1996
20:19.8	Celeste Sedo	1994
20:42	Kelly Behan	1999
21:04.2	Kelly Behan	1996
21:15.0	Monica Schiefen	1996
21:16	Liz Figlar	1990
21:24.3	Lauren Stuhr	1992
21:25.2	Justine Lupo	2001
21:47.1	Carrie Ruggles	1996
21:57.0	Katie Cohn	1996
22:22.8	Beth Apsel	1994
24:24.5	Ana Law	1996

Van Courtland Park, Bronx, NYC  
1997 - course substantially reconditioned  
Course record: 16:46.0  
Cathy Shiro, Dover, New Hampshire, 1984

**HOLMDEL PARK**

**STATE CHAMPIONSHIP COURSE**

**5,000 METERS**

18:29	Patti Mileski	1982
18:34.2	Jenna Rogers	1993
18:44	Margaret Scutro	1984
18:58.3	Kelly Behan	1997
19:10.3	Celeste Sedo	1997
19:12.9	Stephanie Doyle	1995
19:13	Mary Ellen Mileski	1982
19:25.8	Clair Nowakowski	2001
19:39.9	Amy Smith	1995
19:47	Carol Dickstein	1979
19:52	Jean Hughes	1988
19:54.4	Meg McDermott	1998
19:55	Kathy Duffy	1980
19:59	Sue Hart	1980
20:08	Norine D'Arcy	1985
20:15	Kim Folk	1994
20:24.2	Alyson Cangemi	1999
20:24.8	Justine Lupo	2001
20:25	Chris McKenna	1980
20:29	Jen Hughes	1984
20:29	Liz Figlar	1989
20:31	Beth Pringle	1982
20:31	Lauren Stuhr	1993
20:32	Eileen Fitzgerald	1989
20:33	Zena Lobell	1994
20:37	Jeanne Reilly	1992
20:38	Danielle Walther	1998
20:40	Karen O'Brien	1984
20:48	Lynne Collazo	1986
20:49.3	Julia Brownell	1998
20:50	Claire Blaney	1992
20:55.8	Emily Terrin	2001
20:56	Carrie Ruggles	1996
20:58	Erin Roach	1992
21:02.2	Taylor Dunn	1999
21:04	Tara O'Neill	1996
21:05	Kirsten Kannengieser	82
21:05.2	Peggy Lynch	2000
21:09.0	Jackie Goulart	2001
21:09.8	Meghan O'Connell	2001
21:11	Katie Cohn	1996
21:17	Kathy Shevlin	1986
21:20	Linda Hockey	1985
21:20	Vaness Worm	1994
21:20	Monica Schiefen	1996
21:22	Colleen Wright	1981
21:28	Anja Kannengieser	1982
21:36	Beth Apsel	1994
21:43	Barbara Remmers	1979
21:44.1	Tira Lobell	1998
21:45	Kathleen Campbell	1993
21:46	Darcy Nicholson	1984
21:49	Carolyn O'Brien	1987
21:49	Megan McCabe	1992
21:49	Elyse Lee	1993
21:56	Steph Kane	1988
21:56.4	Ana Law	1998
21:57	Nanci Titus	1986
22:12	Nicole MacLennan	1986
22:12.8	Lauren Lillis	2000
22:16.4	Rebecca Johnson	1999
22:19	Leslie Barbie	1983
22:19	Rose Sedo	1994
22:19	Lisa Waters	1984
22:23	Jen Bauman	1989
22:26	Eileen Moritz	1989
22:25	Natasha Skuthan	1997
22:27.2	Alexandra Oros	1999
22:28	Marci Capitani	1984
22:33.7	Julia Foresman	2001
22:34.1	Lesley Bruno	1998
22:43	Julie Sprich	1996
22:46	Missy Klein	1989
22:47.0	Diane Nelson	1988
22:54	Genny Razik	1981
22:55	Lisa deCastro	1991
22:58	Laura Campbell	1979
23:00	Robin Lavin	1984
23:06	Geraldine Campbell	1995
23:12	Janet Titus	1986
23:12	Kara Belknap	1997
23:18	Lauren Maxwell	1993
23:23	Linda Sigillito	1984
23:25	Heather Fitzgerald	1988
23:27.1	Cassie Canzani	2001
23:27.4	Kate McDonough	2001

23:29.6	Lianne Hansen	2001
23:31	Rachael VanYperen	1992
23:39.4	Cassie Canzani	2000
23:44	Alison Correll	1996
23:49	Janet Moritz	1984
23:49	Jill Apostle	1989
23:54.0	Shanna Swan	2000
24:01	Pam Parker	1984
24:05.7	Chrissy Martin	1998
24:07.9	Casey Dunn	2001
24:08.7	Sara Wells	1999
24:13	Kitty Lawn	1996
24:19	Maggie Cain	1994
24:23.6	Jenna Rubinoff	2000
24:23	Caroline Gable	2001
24:25.7	Kristen Espenak	2001
24:26	Jess Rhoten	1997
24:26.2	Katie Latanich	1999
24:30.2	Clare Weeks	1998
24:35	Christina Grab	1994
24:36	Krisi Wing	1984
24:37	Ruth VanYpern	2000
24:38	Sarah Apsel	1994
24:43	Alex Furger	1992
24:49	Katie O'Brien	1992
24:53	Kanako Nakamura	1994
24:56	Melissa Masterson	1996
25:15	Vanessa McDermott	1992
25:16	Carolyn Moritz	1994
25:28	Katy Aldave	1998
25:41.4	Kerry Dougherty	2001
25:42	Sarah Durnan	1992
25:55.5	Jackie Macchi	2001
25:55.8	Shannon McCarthy	2001
25:58.5	Tammie Armstrong	2001
26:01	Carolyn Cosgrove	1996
26:04.6	Jill Herlihy	2001
26:13	Serena Roth	1996
26:22	Lizzie Vogelback	1997
26:22	Katty Aldave	1997
26:24.9	Colleen Herlihy	2001
26:36	Nora Varadi	1994
26:43.9	Brittany Hemmel	1999
26:51	Irene Janis	1996
26:53	Amanda Warton	1993
26:53	Lauren Lennon	2000
27:00	Tara Pehush	1997
27:00	Dara Hourdajian	1998
27:04	Catherine Lowe	1995
27:18	Joelle Gruber	1993
27:30	Kristen Egan	1997
27:36	Alyson Donnelly	1993
27:54	Sarah Burton	1995
28:02	Sara Bigos	1999
28:06	Terry Shum	1992
28:10	Jen Siegel	1994
28:20	Jamie Hollender	1993
28:25	Jen Schwartz	1988
28:32.4	Casey Callan	2001
28:50	Shannon Osborn	1993
29:01	Julie Culiver	1994
29:07	Liz Strahle	1997
29:12	Vicki Lowe	1995
29:16	Vicki Gellis	1992
29:35	Meg Snyder	1998
29:48	Kate Strum	1997
29:50	Elizabeth Cavanagh	1992
29:57	Amy Titus	1988
29:57	Katie Schumaecker	1992
30:30	Adrienne Reid	1988
30:33	Anne Burton	1988
30:38	Pipa Scott	1999
31:22.0	Reine Duffy	2001
32:01	Amy McDonald	1997
32:06	Erin Raiter	1997
33:50	Deborah Apsel	1993
34:33	Amy Chidiac	1993
nt	Meghan Groome	1994

All Time Ridgewood List

course established 1979  
 course record: 17:35.5  
 Janet Smith, North Edison 1983

compiled 11/01

The following lists were compiled by Mr. Edward Grant, editor and publisher of *NEW JERSEY TRACK*. To subscribe to his monthly newsletter and/or his annual supplements write to: Mr. Edward Grant, 101 Greenwich Court., Madison, NJ. Fax (973) 377-2196

### Holmdel Boys' Bests (1979-00)

15:16	Jason DiJoseph, Paul VI	1988
15:31	Brendan Heffernan, North Hunterdon	1991
15:35	Andy Martin, North Hunterdon	1984
15:38	Brad Hudson, North Hunterdon	1983
15:41	Mike Mykytok, Bound Brook	1986
	Tom Fischer, Manalapan	1981
15:47	Urie Ridgeway, Bridgeton	1988
15:48	Carlos Hanze, Central (Ocean)	1981
	Bill Babcock, North Hunterdon	1984
	Steve Slattery, Mount Olive	1996
	Jon Fasulo, Hunterdon Central	1998
15:49	John Coyle, Christian Brothers Acad	1987
15:50	Cliff Sheehan, Westfield	1980
	Bob Keino, Ridgewood	1993
	Mike Myers, Eastern	2000
15:51	Murad Campbell, Overbrook	1998
15:52	Adam Daniels, Seton Hall	1996
15:53	John Carlotti, Bernards	1982
	Brian Kerwin, Christian Brothers Acad.	1999
15:56	Rich Rizzuto, Lakewood	1982
	Jim Herdman, Hunterdon Central	1983
	Bryan Spoonire, Asbury Park	1990
	Ty Jensen, Marlboro	2000
15:57	Matt Elmuccio, Westfield	1996
	Nate Miller, Highland Regional	1998
15:58	Paul Marabito, Christian Brothers Acad	1981
	Chris Koerner, Toms River North	1982
	Mark Pelerin, Cherokee	2000
15:59	Matt Mitchell, Christian Brothers Acad	1987
16:01	Tony Williams, JFK, Paterson	1982
	Rich Hubbard, Hackensack	1982
	Bruce Miller, Cherry Hill East	1983
16:02	Herb Williams, Lakewood	1985
	Don Deckert, Oakcrest	1980
	Bill Barrett, Christian Brothers Acad	1984
	Eamon Blanchard, Lacey	1994
	Chris Robinson, North Hunterdon	1995
16:03	Greg Noll, Morris Catholic	1980
	John Hayes, Randolph	1984
	John Hay, Lenape Valley	1984
	Kevin Pumphrey, Highland Regional	1985
	Rich Morris, Jackson	1992
	Tom DelSordo, Morristown	1996
16:04	Jim Smith, Haddonfield	1979
	Carlos Hanze, Central (Ocean)	1981
	Caiphus Vilskazi, Pascack Hills	1983
	Tim Styler, Cranford	1998
	Pat Slattery, Mount Olive	2000
16:05	Pierre Letennier, Manchester Regional	1984
	Karl Savage, Eastern	1996

### Holmdel Girls' Bests (1979-2000)

17:35	Janet Smith, North Edison	1983
17:40	Michelle Rowan, Washington Twp.	1982
17:54	Christi Constantin, Kittatinny	1988
17:59	Cate Guiney, Middletown South	1998
18:17	Ann Gladue, Bayley-Elard	1979
18:19	Theresa Gschwind, Summit	1981
18:26	Meg Waldron, Bernards	1981
	Jen Van Horn, Wayne Valley	1984
18:27	Lisa Pakutka, Hopatcong	1981
	Karen Ahearn, Bernards	1984
18:28	Erin Donohue, Haddonfield	1998 & 2000
18:29	Patti Mileski, Ridgewood	1982
	Toni Ann Angione, Bergenfield	1984
18:32	Jodi Bilotta, North Hunterdon	1985
18:34	Jenna Rogers, Ridgewood	1993
	Lily Thomas, Somerville	1999
18:38	Melinda Holm, West Morris Mendham	1981
	Missy Duchini, Wayne Valley	1983
18:39	Monal Chokshi, Bridgewater	1990
18:40	Mindy Rowand, Sterling	1984
18:44	Margaret Scutro, Ridgewood	1985
18:45	Anne Marie Lutko, North Hunterdon	1985
	Jeanne LaPlaca, North Hunterdon	1983
	Cheryl Bauer, Morris Hills	1998
18:50	Dawn Cody, Paul VI	1982
	Jamie Weisgerber, Woodstown	1994
18:52	Lewlie Gale, St. John Vianney	1982
	Dana Satir, Ramsey	1996
18:53	Autumn Fogg, Hunterdon Central	1995
18:54	Lisa Herman, Wayne Valley	1983
	Tracy Bigley, North Hunterdon	1982
18:55	Amy Meyer, Bernards	1982
	Lindsey Gallo, Howell	1999
	Beth Androski, Hackensack	1999
18:57	Lori Watson, Cherry Hill East	1983
18:58	Bobbie McGee, West Side	1982
	Jackie Coscia, Mount Olive	1994
	Abbey Hartman, Ocean City	1996
	Kelly Behan, Ridgewood	1997
	Pam Meadors, Ocean Township	1998
18:59	Wendy Westphal, Highland Regional	1982
19:02	Amy Beykirch, Pinelands	1996
19:04	Sue Minogue, Mater Dei	1980
	Kathy Milton, North Edison	1983
	Madeline Nagy, Caldwell	1984
	Meghan Cunniff, Red Bank Catholic	1995
	Lauren Dunning, Toms River East	1996
19:05	Stacy Bilotta, North Hunterdon	1983
	Lindsey Gallo, Howell	1998
19:07	Beverly Rockhill, Hamilton	1980
	Jenny Meyer, Bernards	1982
	Rene Murphy, DePaul	1984
	Melissa Conway, Ramsey	1998

# All-Group Champions (1972-1999)

## BOYS

<u>Year</u>	<u>Individual Winner, School</u>	<u>Time</u>	<u>Team Champion</u>	<u>Site of Meet</u>
1972	Harry Kronick, Franklin Township	12:33	None	Ocean County Park
1973	Greg Stremmel, Gateway	14:23	St. Joseph-Metuchen	Bridgewater West
1974	Marty Ludwikowski, Cherry Hill West	14:43	Morris Catholic	Buccleuch Park
1975	Kevin Byrne, Paramus Catholic	14:44	Morris Catholic	Pennsauken
1976	Bob Siehl, Morris Hills	14:44	Westfield	Holmdel County Park
1977	Estoquio Gonzalez, Memorial	15:22	Bergen Catholic	Holmdel County Park
1978	Joe Weber, Kearny	15:50	Memorial	Holmdel County Park
1979	Jim Smith, Haddonfield	16:10	Christian Brothers	Holmdel County Park
1980	Cliff Sheehan, Westfield	15:50	Christian Brothers	Holmdel County Park
1981	Tom Fischer, Manalapan	16:02	Bernards	Holmdel County Park
1982	John Carlotti, Bernards	15:53	Bernards	Holmdel County Park
1983	Brad Hudson, North Hunterdon	15:38	North Hunterdon	Holmdel County Park
1984	Andy Martin, North Hunterdon	15:53	Paul VI (Haddonfield)	Holmdel County Park
1985	Ron Faith, Paul VI	16:10	Bernards	Holmdel County Park
1986	Carlos Martins, East Side Newark	16:10	Christian Brothers	Holmdel County Park
1987	Jason DiJoseph, Paul VI	15:58	Christian Brothers	Holmdel County Park
1988	Jason DiJoseph, Paul VI	15:33	Paul VI (Haddonfield)	Holmdel County Park
1989	Bryan Spoonire, Asbury Park	16:05	Paul VI (Haddonfield)	Holmdel County Park
1990	Bryan Spoonire, Asbury Park	15:56	Christian Brothers	Holmdel County Park
1991	Brendan Heffernan, Asbury Park	15:31	Christian Brothers	Holmdel County Park
1992	Bob Keino, Ridgewood	15:52	Don Bosco Prep	Holmdel County Park
1993	Bob Keino, Ridgewood	15:52	Christian Brothers	Holmdel County Park
1994	Eamon Blanchard, Lacey	16:06	Paul VI (Haddonfield)	Holmdel County Park
1995	Chris Robinson, North Hunterdon	16:02	Christian Brothers	Holmdel County Park
1996	Steve Slattery, Mount Olive	15:48	Christian Brothers	Holmdel County Park
1997	Steve Slattery, Mount Olive	16:09	Christian Brothers	Holmdel County Park
1998	Nate Miller, Highland Regional	15:57	Christian Brothers	Holmdel County Park
1999	Brian Kerwin, Christian Brothers Academy	15:53	Christian Brothers	Holmdel County Park
2000	Mike Myers, Eastern	15:50	Christian Brothers	Holmdel County Park

## GIRLS

1972	Hilary Noden, Hopewell Valley	12:41	Red Bank Catholic	Holmdel County Park
1973	Hilary Noden, Hopewell Valley	12:31	Red Bank Catholic	Holmdel County Park
1974	Hilary Noden, Hopewell Valley	11:22	Red Bank Catholic	Holmdel County Park
1975	Carol Conlon, Nutley	12:47	Red Bank Catholic	Holmdel County Park
1976	Lucy Sheldrick, Union Hill	12:22	Red Bank Catholic	Holmdel County Park
1977	Nancy Seegar, Roxbury	17:47	Brick Township	Holmdel County Park
1978	Ann Gladua, Bayley-Ellard	18:48	Toms River North	Holmdel County Park
1979	Ann Gladua, Bayley-Ellard	18:18	Hunterdon Central	Holmdel County Park
1980	Janet Smith, North Edison	18:43	North Hunterdon	Holmdel County Park
1981	Janet Smith, North Edison	18:02	North Hunterdon	Holmdel County Park
1982	Michelle Rowan, Washington Twp.	17:40	Bernards	Holmdel County Park
1983	Janet Smith, North Edison	17:36	North Hunterdon	Holmdel County Park
1984	Toni Ann Angiona, Bergenfield	18:30	North Hunterdon	Holmdel County Park
1985	Jodi Bilotta, North Hunterdon	18:44	North Hunterdon	Holmdel County Park
1986	Jodi Bilotta, North Hunterdon	18:56	North Hunterdon	Holmdel County Park
1987	Jodi Bilotta, North Hunterdon	18:34	Kearny	Holmdel County Park
1988	Christi Constantin, Kittatinny	17:55	Brick Township	Holmdel County Park
1989	Monal Chokshi, Bridgewater	19:13	Mount Olive	Holmdel County Park
1990	Monal Chokshi, Bridgewater	18:44	Voorhees	Holmdel County Park
1991	Monal Chokshi, Bridgewater	19:18	Shawnee	Holmdel County Park
1992	Heather Bury, West Orange	19:15	Ridgewood	Holmdel County Park
1993	Jenna Rogers, Ridgewood	18:56	Hunterdon Central	Holmdel County Park
1994	Jamie Weisgerber, Woodstown	18:51	Red Bank Catholic	Holmdel County Park
1995	Autumn Fogg, Hunterdon Central	18:56	Red Bank Catholic	Holmdel County Park
1996	Dana Satir, Ramsey	18:52	Red Bank Catholic	Holmdel County Park
1997	Kelly Behan, Ridgewood	18:58	Shawnee	Holmdel County Park
1998	Cate Guiney, Middletown South	18:06	Middletown South	Holmdel County Park
1999	Erin Donohue, Haddonfield	18:45	Ridgewood	Holmdel County Park
2000	Erin Donohue, Haddonfield	18:27	Hunterdon Central	Holmdel County Park



## ATHLETE OF

X-C star  
leads packBy JOHN BRENNAN  
STAFF WRITER

## FEMALE ATHLETE OF THE WEEK

**Sport:** Cross-Country**Class:** Junior**Age:** 16**Latest accomplishment:**

Dominated a formidable field at the Shore Invitational meet in Holmdel on Saturday, winning the 5,000-meter Girls D race in a remarkable 18:29 — second-best ever by an area girls runner.

**Runners-up:**

Krista Grohsman, Hasbrouck Heights, soccer; Liz Aughey, River Dell, volleyball; Danielle Avenoso, Pompton Lakes, field hockey.

**Nominations for Athlete of the Week must be made to the the Local Sports staff by 7 p.m. Saturday. Nominations must be made by coaches, who can call (201) 646-4740 or (973) 569-7740.**

Jesse Mizzone is so much faster than her competition that she is used to running by herself during most races.

But that doesn't mean that The Record's Female Athlete of the Week wants to be a one-girl team, too.

So during what is shaping up as one of the most memorable seasons in area cross-country history, the Passaic Valley junior seems to be getting as much enjoyment out of her teammates' improvement as she does from her own considerable success.

"We have a pretty decent team this year, and that makes it a lot more fun," said Mizzone, who earned the award with a dazzling performance of 18 minutes, 29 seconds in the 5,000-meter the Girls D race in Saturday's prestigious Shore Invitational meet at Holmdel.

"A lot of the girls on our team came out when they were freshmen, and right now we're second in our conference behind West Milford," added Mizzone, whose team is 14-1 in the Northern Hills Conference. "It would be so nice to finish the year second or better. The last two years, we didn't always have enough girls [five] to post a good team score. Now we do."

The slender runner trained in the summer with teammates Erin Wilk and Melissa Spencer, which has helped both runners. Mizzone's success also may help draw in more girls to the PV cross-country program in future years, a prospect that intrigues her.

"It would be nice if things could keep getting even better after I left," said Mizzone. "It would be good for the school."

Mizzone has plenty of further challenges ahead in the meantime, both this year and next. For instance, Saturday's time is only three seconds off the all-time best in the area, set by Wayne Valley's Jen Van Horn in 1984. Beating that mark would ensure a coveted place in North Jersey cross-country history.

"That would be exciting, of course. But if I don't get it, I won't worry about that," said Mizzone, a cousin of several former Wayne Valley cross-country stars, including Jen, Amy, and Susan Mizzone. "I just try to keep improving my time and not worry too much about records."

Mizzone hasn't lost to a Passaic County rival since she was a freshman, but she doesn't hesitate to search for competitors superior to her. Mizzone competed in a meet of elite national runners in North Carolina last month and finished 13th.

Next up for Mizzone is Friday's league meet, with plenty more events in the next five weeks of the season.

Passaic Valley's coach is Vic Mizzone, Jesse's father.

"She has a lot of natural ability, but she also has figured out how to handle how hard it is to train so much," he said. "Some kids get bored, but Jesse never does."

# PORTS

TO REPORT RESULTS CALL:  
(201) 646-4740 OR (973) 569-7740  
FOR THE LATEST RESULTS CALL:  
(201) 678-3920

## OF THE WEEK

# Running to glory

By **BRIAN COSTELLO**  
STAFF WRITER

It did not take long for Paul Kornaszewski to make an impression on Clifton cross-country coach John Pontes.

On a steamy, summer night a little more than a year ago, the Mustangs were at Garret Mountain, conducting an informal practice. When practice ended, the runners stood around waiting for rides and Pontes noticed Kornaszewski was missing.

The freshman-to-be had grown tired of waiting and decided to get in more practice by running the 5,000-meter course one more time.

"I knew him for about two weeks," Pontes said. "I turned to one of the kids and said, 'Boy this guy loves to run.' It was 92 degrees that night."

Last week that love paid off when Kornaszewski became the first sophomore to win the Passaic County Championship meet in the 44-year history of the event, earning him The Record's Male Athlete of the Week honors. His time of 16 minutes, 22 seconds is the 11th fastest in County history on the course and broke the Clifton school record.

"I was thinking about running something faster," the 16-year-old said. "I had 16:18 in my mind, but 16:22 is good."

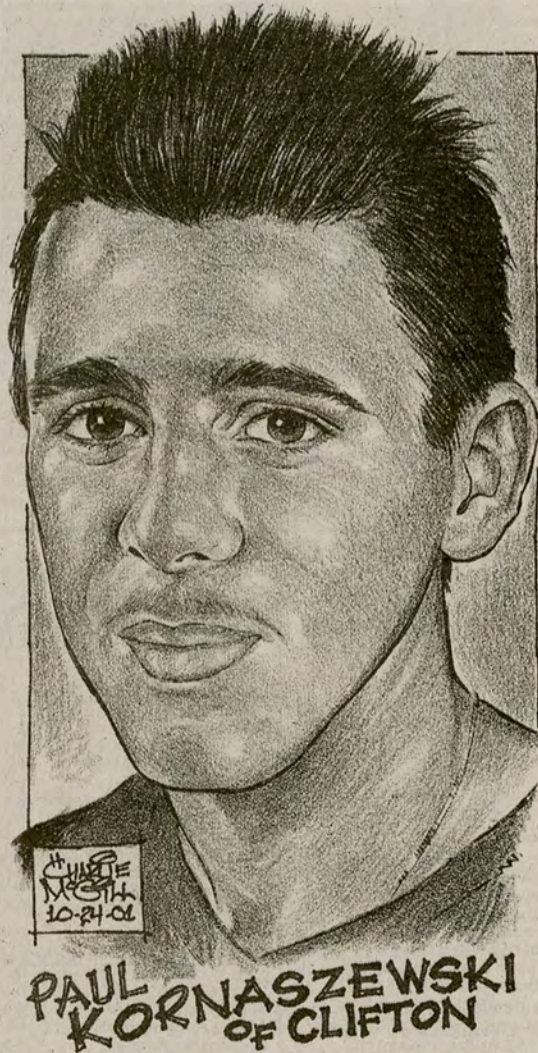
The victory is no surprise to anyone who has followed Kornaszewski this season. He has dominated most of Clifton's meets and is particularly tough when running at Garret Mountain. Kornaszewski spent much of his summer running the mountain and grew familiar with every twist and turn it presents.

"If somebody moves a rock on it, he would know," Pontes said.

Kornaszewski came to Clifton from Stalow Wola, Poland, in 1994. He did not begin running until his eighth-grade year, when some friends convinced him to go out for spring track. Kornaszewski took to the sport and his mother Dorota, a former sprinter, gave him the encouragement to stick with running.

Following a strong freshman season, Kornaszewski spent a week this summer at a camp for runners in upstate New York. This fall he arrived more focused than ever and he also began researching his competition on the Internet and in newspapers.

Friday at the County meet, he blew away those competitors. He finished 250 yards ahead of the second-place runner. When the sophomore crossed the finish line, Pontes checked the same stopwatch he's trusted for 18 years, but still couldn't believe what he saw. Kornaszewski's time was 1 second better than Sean Henry's school record set in 1989.



### MALE ATHLETE OF THE WEEK

**Sport:** Cross-Country  
**Class:** Sophomore

**Age:** 16

**Latest Accomplishments:** Became the first sophomore to win the Passaic County Championships. His time of 16:22 set a school record and was the 11th fastest time in Passaic County history on the Garret Mountain course. Also won a dual meet against Don Bosco Prep, with a time of 16:53.

**Runners-up:** Brian Toal, Don Bosco Prep, football; Jeff Cruise, St. Mary's, football; Paul Perez, Bergenfield, football; Rich Russo, Palisades Park/Leonora, football; Pete Galus, Butler, football; Joe Kubon, West Milford, football; Greg Asplint, Northern Highlands, football.

# ATHLETE OF THE WEEK

## A tearful triumph

By **BRIAN COSTELLO**  
STAFF WRITER



### FEMALE ATHLETE OF THE WEEK

**Sport:** Cross-country    **Class:** Junior    **Age:** 17

**Latest accomplishment:** Became first area girl to win three consecutive NJSIAA Group titles with her victory in the Parochial B meet last Saturday. Her time was 19:21.9, keeping her on pace to become just the third girl in state history to win four group titles.

**Runners-up:** Carolyn Warhaftig, Ramapo, Soccer; Clair Nowakowski, Ridgewood, Cross Country.

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It is not unusual for tears of joy to stream down an athlete's face after winning a State championship. But tears of disappointment? That's exactly what Hawthorne Christian's Lindsay Van Alstine had on her face after she crossed the finish line at the Parochial B cross-country championships Saturday. The junior had just won her third consecutive State title, but her time of 19:21.9 was shy of the 19-minute mark she set as her goal.

"I really wanted to break 19," Van Alstine said. "But there's always next year, I guess."

Despite coming up short of her goal, Van Alstine's achievement was enough to earn The Record's Female Athlete of the Week honors. Van Alstine is now in line to become the third girl in State history to win four group titles, joining Janet Smith of North Edison and Erin Donahue of Haddonfield.

Van Alstine's run at Holmdel on Saturday is even more impressive when you consider she had been suffering from stomach pain all week. She was unable to eat anything the day of the race and said she still felt sick the day after the race. Still, she finished 220 meters ahead of Caroline Bugg of Newark Academy.

The Hawthorne Christian star didn't begin running until her freshman year. Inspired by her older sister Bethany's success and her father Dave's penchant for running, Lindsay took up the sport. She immediately made a splash on the State scene by capturing the Parochial B crown that year. It was then Van Alstine realized her career might be something special.

"I really didn't like it my freshman year," she said. "But it became kind of like an obsession."

Slowly, Van Alstine began to enjoy the sport. The only problem was Hawthorne Christian had no winter or spring track teams. While most of her competition trained year-round, Van Alstine was left playing softball and running on her own. Many people suggested transferring to a school that would help her improve her running. But Van Alstine remained loyal to the school. This year, she plans on entering winter and spring meets as an individual entry.

The tall, slender Midland Park resident runs between 60 and 70 miles a week to keep at peak condition and constantly works at perfecting her form.

Even though she's dominated her group for three years, Van Alstine gets nervous before a race.

"I think it's a lot scarier when you're expected to win," Van Alstine said. "It's a lot easier to let people down than it is to impress them."

Ridgewood  
Cross  
Country  
2001



**VARSITY**



photos by Jacob Brown



# Ridgewood Cross Country 2001



## JV Championship

photos by Jacob Brown







**Ridgewood  
Cross Country  
2001**



**Class  
of  
2005**

photos by Jacob Brown









