

# Harriers Test Their Endurance

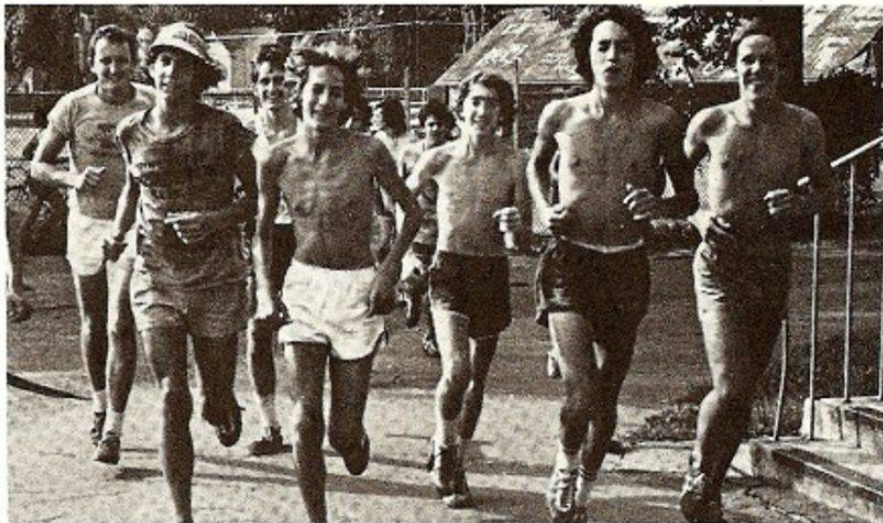
by Jack Hexum

This year's cross country team has a promising future with two experienced coaches, six varsity letter winners, fourteen cross country camp veterans, and a team full of dedicated runners. The returning lettermen are Van Gothner, John Young, Tom Beatini, John Gnoffo and Scott Tristram. At a week long cross country camp this summer, several team members did nothing but run; also, since September 3, each team member has been running an average of ten miles each day.

At the time of the writing of this article, the cross country team's total distance amounted to 1800 miles, enough to run to Jacksonville, Florida and back. Incredibly, if the runners keep up this pace, by the end of the season, the team will have run 10,800 miles, the equivalent of a round trip to Anchorage, Alaska.

Presently, the Tiger's record is 5-2-0. The team defeated Cliffside Park, the defending Bergen County Champions, but were then edged out by Englewood. Despite a record-breaking run by Van Gothner, the Tigers lost to Saddle Brook in an extremely competitive race.

Dedication is the key factor behind the success of a cross country runner. Unfortunately, spectators often think that after a while, the cross country runner becomes accustomed to running and hence no longer experiences any discomfort. However, this is not true, since for any runner to improve in grueling cross country competition, he must constantly extend his body's capabilities to new peaks. Although cramps, muscle pains



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and other discomforts cannot be completely relieved, a runner does learn to effectively cope with them. His mind becomes the dominant force in his body. Will power is a necessary part of every successful cross country runner.

One must always remember that to be a successful runner, one does not necessarily have to be one of those few athletes who win league or county championships. Rather, an individual who is dedicated enough to put not only his body but also his mind to the test of strenuous long-distance running will be successful. Dedication is definitely the name of the game and fortunately, as Coach Waterman proudly states "this is one of the most dedicated teams ever." Perhaps a prospective runner might also benefit from the following advice from Van Gothner: "If you run, run for fun, or not at all." If one exaggerates the pressure placed upon him,

gets nervous and does nothing but worry about possible failure, then running is certainly not worth the time and effort put into it. To benefit as much as possible from long-distance running, an athlete must approach each new challenge with confidence and determination.

The remainder of the 1974 cross-country season will certainly present numerous exciting meets such as the league and county championships, the state sectional championship and the Eastern States invitational competition at Van Courtland Park. Remember, the cross-country runner is like any other sports participant. He needs to hear the cheering voices of Tenafly High School. Only enthusiastic support for the Tenafly Harriers will melt the frigid loneliness of the long-distance runner, especially during the bleak November afternoons ahead.

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## Quiz Answers

### Answers:

- 1) Ivory Crocket. 2) Marv Fleming, Miami Dolphins and Green Bay Packers. 3) Ty Cobb. 4) Mickey Mantle and Yogi Berra. 5) George Blanda and Jim Otto. 6) Oscar Robertson. 7) Mr. Platt-Tennis, Mr. Waterman-Track. 8) Brazil. 9) Jacques Plant. 10) Carl Yastrzemski, 44.

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