

Walton Raiders Cross Country 2004

Well, let's call it a season. And a successful one at that! A summary of the various post season honors given to our runners can be viewed [here](#). In addition to the recognition given to the athletes, Coach Williams received the honor of Cobb County Coach of the Year for the 7th consecutive year. None of these achievements would be possible without the ongoing commitment of the runners, coaches, families and friends who continue to support our program in its pursuit of excellence. Thanks to everyone!

Bryfczynski Wins State Title! Silver Medals for Both Teams.

Edging Cobb County rival Ben Hubers once again down the stretch, Sam ended his Georgia high school cross country career on the highest note. Sam became the first individual boys champion in Walton school history and first champ since Kristen Heffelfinger, as he notched the new state meet course record of 15:31.13.

Not to be outdone, Jay Heller and Corey Hunter turned in incredible performances to stand on the "top ten" awards podium. Jay finished 4th, while Corey took 7th. Josh Kerzie (26th) wasn't far behind and Jason Perkowski rounded out the scoring with a 38th place finish. Overall, the boys team ended up with 70 points to finish in second place, a mere 7 points behind #1 State-ranked Parkview.

Senior team captain, Caroline Miller went out on top as well. Caroline returned to the podium as the 9th place finisher on the day, after placing 10th as a Freshman. Equally satisfying, was the return of the girl's team to prominence. After missing out on the medals last season, our Lady Raiders took second place behind a very strong Collin Hill squad.

After watching her struggle with health concerns throughout the Summer, it was impressive to see Sarah Upchurch finish the season strong in 12th place. Sensational Freshman, Leila Norman took 20th, while Ellen Black (33rd) and Anna Day (34th) rounded out the scoring.

We're Going To State!

Walton Sweeps Region 6-AAAAA Meet Winning All Four Team & Individual Titles. Caroline Miller, Sam Bryfczynski, Vicki Macht and Robert Bishop are champions.

Great races by many today, and special recognition should go out to the Seniors, many of which may have competed in their final high school cross

country race. It is true display of passion for our sport to participate through one's senior year. And it should be recognized that in a program of Walton's level, it's easy to be overshadowed. In the greater scheme of things, however, our so-called JVs would fill out a very competitive varsity roster for most other schools. Be proud of your accomplishments seniors!

Webmaster's Region Highlights:

- * Robert Bishop going out on top.
- * Matt Gross attaining his goal of breaking 18.

Have a highlight to share- email the [webmaster](#) & I'll post it above.

Rankings Update (10-22-04): Gatfxc.com All-Class Teams - Boys #2, Girls #4. Gatfxc.com All-Class Individuals - Sam Bryfczynski #1, Jay Heller #9. **Congrats to Jay for his first week on the rankings list!** The boys team also enjoy their first week on the Nike Team Nationals charts, being recognized as the number 7 team in the Southeast, the highest ranked Georgia team.

Boys win Last Chance Meet! Bryfczynski, Heller and Hunter set the stage with an impressive 1-3-5 finish at the Last Chance Invitational in Carrollton. It was however the #4 and #5 runners, Adam Bradley and Jason Perkowski who provided the excitement, collectively picking up several positions in the final quarter mile to seal the victory.

On the girls' side: Despite being a little shorthanded - without the services of Ellen Black and Shannon Ross - the girls squad nevertheless posted a solid second place finish. Sarah Upchurch continued her climb back to old form, leading all Lady Raiders with an overall 7th place finish.

The following members of the Walton cross country team were recognized recently for earning an Academic Letter or Bar. Academic letters are awarded to students who earn a 4.0 or better GPA during both semesters of an academic school year. Academic Bars are awarded to students who have previously earned an Academic Letter, and who continue to earn a 4.0 or better GPA during both semesters. **Congratulations to these remarkable student athletes!**

Manan Bhatt, Ellen Black, Samuel Bryfczynski, Michael Dean, Alisa Fish, Matthew Gross, Jay Heller, Benjamin Levine, Victoria Macht, Andrew Mulhall, Jason Perkowski, James Walker.

Raiders move up in the Gatfxc.com state cross country rankings following Cobb County Championship wins. Girls team & Sam B. are number one! Boys team holds at #4.

Walton cross country teams sweep Cobb County Meet winning all four

races- Varsity boys win 4th consecutive title- 5 in the top 12 - Bryfczynski victorious - Girls varsity knocks off Kennesaw Mountain - 5 in the top 13 - Amanda Marks wins girls JV title.

Walton Boys win Jesse Owens Invitational - 16:47 team average! Just three weeks removed from a not-so-close loss to Brentwood Academy at the UTC meet, the Raiders put it together on this day for a little payback. Placing 6 runners ahead of Brentwood's top 5, the Raiders pulled off a surprising, but well earned victory 77-79. Places of Finish: Sam B. 4th, Jay Heller 12th, Corey Hunter 18th, Josh Kerzie 27th, Steven Pearl 29th, Jason Perkowski 30th.

On the ladies side, the varsity squad took 8th place, led again by senior Caroline Miller (16th).

Footnotes on the Jesse Owens: Beautiful course, over 2800 runners participated, well-managed meet, a little hot, a great time had by all on the team overnight trip. Complete results can be found on Dyestat.com, varsity results only are on Gatfxc.com.

Depth on Display at Patriot Invitational. With the "Top Sevens" sitting this one out, the balance of the Walton runners were given a chance to step up and compete on the varsity level. And they didn't disappoint!

The girls squad took 2nd place behind Kathelyn Theiler, while the boys managed a fourth place finish behind senior, Michael Carter. Complete meet results are posted on Gatfxc.com.

Walton Sweeps Clemson Invitational. With solid performances from top to bottom, the Raiders captured the team titles in the varsity and JV races, both boys and girls. Congratulations to all! Times/splits will be posted when available.

Notice 11:00am, 9-17-04: All plans for the Clemson Meet remain in place. Athletes should be at the Walton Bus Lanes in the morning for departure at the times given by Coach Williams. Plan on wet and muddy conditions - bring appropriate clothing. No official practice today - all athletes are encouraged to run on their own. Check this website and email in the event that a change is made.

Varsity Ladies First at UT-Chattanooga Meet! Walton brought home their first varsity title of the season, led again by Caroline Miller (8th place overall). The foursome of Vicki Macht, Shannon Ross, Anna Day and Leila Norman however was the story of the day. Getting off to a slow start, the teammates hung together, worked their way up through the field, and all finished in the top 30.

The boys team placed second for the second week in a row, paced by Sam

Bryfczynski (3rd overall), and reinforced with top 10 finishes by Jay Heller and Corey Hunter. The meet title was awarded to Brentwood Academy (Nashville, TN), led by the nation's top ranked distance runner in Andrew Bumbalough.

Raiders Step it up a Notch at Wildcat Invitational - Bring Home Two Second Place Trophies. Welcoming the return of Jay Heller to the line-up, the boys varsity team took second place behind meet host Pensacola Washington (Florida #3). Sam Bryfczynski recorded his second meet win in as many tries, leading all runners in a time of 15:59.

Up first in the order, the girls squad set the standard however, placing second behind team captain, Caroline Miller's 6th place finish of 20:11. Also among the notable Walton performers were Thomas Pilliod and Shannon Ross who led their respective JV squads to outstanding finishes.

Link to Pensacola newspaper article - click [here](#).

Link to complete meet results - click [here](#).

Hope everyone had a great time at the beach!

Check out the new "Cross Country Stats" section by selecting the menu item on the left. Stage race splits and a newspaper article are posted.

Season opens with huge turn-out for Stage Races! It was reported that 47 schools participated with nearly 2500 runners. Congratulations to all who competed in the oppressive heat and humidity on the course in Gainesville.

Our JV girls team was the sole Walton team champion - which is outstanding considering the field of competition. The Boys varsity and JV teams finished 6th and 3rd place respectively, while the varsity girls took 7th.

Sam Bryfczynski was the overall meet champion, winning stage 5, and recording the top time of the day (10:07) for his first varsity cross country title.

Varsity results can be accessed on [GATFXC.com](#). Sorry still haven't seen JV results....

XC Season to Kick-off on Saturday with the annual Stage Races at Gainesville College. Walton will again play host to the unique early season meet comprising a series of 10 two mile races, more or less organized by the athletes' relative level of experience. Over 40 schools will attend.

The Raiders enter the meet well-conditioned from the Summer Mileage Program. The GATFXC.com preseason rankings have our boys and ladies teams at the

3rd and 9th spots respectively. Senior Sam Bryfczynski holds the #2 spot in the boys all-classification ranking behind Nick Stephens of Grady (2-A).

Important Dates to Remember!

Saturday, Aug. 7, Parent's Party @ the Heller's home. (7:00 pm)

Monday, Aug. 9, First day of School (Summer Mileage Sheets are Due!)
(Practice @ Track or River, 3:45 pm)

Thursday, Aug. 12, Fleet Feet Night - Purchase Uniforms as needed. (5-8 pm)

Friday, Aug. 13, Student Pool Party @ Hampton Farms (6:30 pm)

Thursday, Aug. 19, "Mandatory" Parent's Meeting & Potluck Dinner (6:30 pm)
(Held @ Walton Commons - Sponsorships are Due, T-Shirt Distribution & Ordering of Sweats is Available)

Saturday, Aug. 21, Fun Run @ Kennesaw Mountain, Parents & Athletes (9:00 am)

Current Meet Schedule can be accessed by clicking "schedule" button above.

On Saturday, July 31st from 8 am to noon **Heart Screens for Teens** will be back at Walton to conduct heart screens (echocardiogram) for any student age 10 and above. The reduced cost of this test is \$58 per student. This life-saving, non-invasive test looks for the athlete's likelihood of experiencing sudden cardiac death. Tests will be performed at Walton's Football Field House. For more details, to schedule an appointment, or to obtain the registration/consent form, call Sharon Moore at 770-565-6040. Additional information is available at www.heartscreensforteens.com.

Here we go! Captains' preseason workouts begin June 1, and are held each and every weekday, rain or shine, at "The River". Girls meet at the Columns Drive parking lot at 8:30am, Boys meet at 9:00 am.

If you are a rising Walton 9th grader that is interested in running xc and have not yet been in the contact with Coach Williams or the team, please contact Coach or the Webmaster through the [Contacts list](#).

Now is the time to build strength for the season! Champions are made in the Summer.