

"Raiders Cross Country 2005"

Year 29

13 Girls Region Championships

5 State Championships

20 Boys Region Championships

5 State Championships

... and Counting

Walton XC 2005 Post Season Awards

Heart Awards: Katie Young & Michael Elliot

Top GPA: James Walker & Ellen Black

Scholar Athletes: James Walker, Martin Stein, Jay Heller, Scott Moskowitz, Ellen Black, Anna Day, Alisa Fish, Molly McDaniel, Katie Young, Katelyn Theiler & Jessica Webb

Coaches' Awards: Anna Day, Ellen Black & Corey Hunter

Outstanding Performance: Alex Taylor

Most Improved: Lindsey Day, Mary Claire Higginbotham, Mark Viglotti & Justin Kerzie

Rookies of the Year: Aly Smith, Will Bryfczynski & Adam Joseph

MVPs: Leila Norman & Jay Heller

Captains: Molly McDaniel, Ellen Black, Sarah Upchurch, Anna Day, Adam Bradley & Corey Hunter

All-State: Corey Hunter, Jay Heller & Leila Norman

Boys 2nd, Girls 4th at Georgia State Championships. Both teams reach podium for the second year in a row! Heller, Hunter and Norman take top 10 honors. Here's how the top 7 fared:

Boys: Heller (2), Hunter (6), Viglotti (25), Pilliod (37), Kerzie(40), Bradley (44) & Bryfczynski (53)

Girls: Norman (3), Black (17), Day (31), Theiler (34), Taylor (71), Marks (78) & Upchurch (87)

Boys Team ranked #1 in Georgia, #7 in Southeast (Nike poll) entering State Meet...write-up from Dyestat.com/Nike as follows:

Number 7 - Walton lost 2004 state champion Sam Bryfczynski and three others from its top 7 at states to graduation, but Coach Tom Williams now has his Raiders back right where they were and perhaps poised to improve on last year's runner-up finish. Junior Jay Heller won the region meet on Saturday at 15:38 for

5K, leading a top 5 that scored 28 in the 10-team field and averaged 16:23 on the quick layout at Boling Park. Last year's senior-heavy Walton team won this meet with a score of 29 and a top-5 average of 16:27. The competition will be tough this weekend, however, as Region 8 winner Parkview and Region 7 winner Collins Hill looked similarly impressive on Saturday.

Raiders Sweep Region Meet! Winning the four varsity and JV team titles. Jay Heller, Leila Norman and Alex Taylor take individual crowns.

Notes: Heller sets course record, formerly held by Walton's Charlie Dickhaus. Corey Hunter breaks 16 minutes for the first time. Norman runs away from field (nearly breaking 19 minutes), while Ellen Black breaks 20 minutes for first time. All seven varsity boys receive medals - top 5 varsity girls receive medals. Taylor and Shannon Ross go 1-2 in JV race leading to a near-perfect score of 18 points. Freshman Adam Joseph (3rd) leads JV boys to victory with 30 points. PR performances were numerous....job very well done by the coaches and athletes.

Raider Boys Win Last Chance Invitational - outpacing Marist 38-75 for their fourth consecutive meet victory. Heller and Hunter went one-two again to lead the charge and were followed by fellow medalists Kerzie (9), Bradley (12) and Bryfczynski (14). A good team effort was required to cover for holdouts Viglotti and Pilliod.

Shorthanded Lady Raiders are 5th. Resting 4 of the top 5, the girls still managed a very respectable 5th place finish in the field of 18. Leila Norman (2) and Amanda Marks (17) were medalists. Alex Taylor (29), Katelyn Theiler (36) and Alisa Fish (42) rounded out the scoring.

Walton Teams Defeat Marist in dual meetLed again by race winners Jay Heller and Leila Norman. Top boys finishers included Corey Hunter (2), Mark Viglotti (6), Adam Bradley (7), Thomas Pilliod (8). Top girls finishers included Ellen Black (3), Anna Day (4), Sarah Upchurch (5), Katlyn Theiler (9).

Notes: The Marist boys squad was ranked #1 in Georgia and #5 in the Southeast entering the race. Justin Kerzie and Will Bryfczynski helped the cause by finishing ahead of Marist's #4 and #5 runners, respectively. Katlyn Thieler stepped up nicely for missing Aly Smith and Amanda Marks. Scott Moskowitz and Lindsey Day won their respective JV races - the first high school XC wins for both runners.

Once again, Coach Williams and his staff have the kids coming on strong for the final stretch of the season!

Team Banquet Information

Our season is winding down and it's almost banquet time! This year's banquet

and awards ceremony will be held Thursday, Nov. 10, from 6:30-9:30 p.m. in Mt. Bethel United Methodist Church's fellowship hall.

Cost is \$20 for adults and athletes; \$12 for children under 12.

Make checks payable to Walton Cinder Club. Since this is a sit-down dinner, reservation forms and money must be sent to Diane Heller, 4551 Blackland Dr., Marietta, Ga. 30067, by Nov. 1. Questions: please call her at 770-933-3220 or email at dwheller@mindspring.com.

From the "Raider Review".... Congratulations to the following Walton XC team members, recognized for being awarded Academic Letters & Bars:

Hadley Burroughs
Anna Day
Daniel Miller
Charlie Moore
Neal Moskowitz
Joseph Saul
Ellen Black
Jay Heller

Team and individual photos of this year's cross country team and athletes are scheduled for Friday, Oct. 14, at WHS stadium. Athletes will receive an envelope for photo participation at practice Monday, Oct. 10. Payment is expected on photo day. Individual photos are slated to be taken beginning at 3:30 p.m. followed by the team photo at 4 p.m.

Any underclassman athlete who needs a ride to the photo session on this teacher workday should contact one of the team's seniors. The rain date is Friday, Oct. 21, at same time and location. For more info, please contact Dave at dpthailer@bellsouth.net or call 770-509-3420.

Regional meet lunch.

All athletes and their families are invited to celebrate at lunch at Williamson Brothers Barbecue following the regional meet races and awards ceremony on Saturday, Oct. 29. Cost is \$10 per person; payable in cash upon entering. Cost includes a buffet of barbecue pork and chicken, French fries, baked beans, garlic toast, drink, tax and tip for \$10. A room has been reserved for the WHS athletes and their families; the restaurant is conveniently located near Boling Park. Please RSVP Diane at dwheller@mindspring.com with the number from your family who may attend.

Team banquet.

About 10 volunteers are also needed to assist hospitality chair Diane Heller with the XC banquet on Thursday, Nov. 10. If you can assist her with set-up prior to the banquet and/or clean-up, please contact her at dwheller@mindspring.com. Please email her ASAP with your offer to help!

Congratulations to our Raiders! Varsity Boys & Girls Teams Win Cobb County Titles, JV Boys also Victorious. Leila Norman wins her first varsity cross country race to claim the individual crown. Will Bryfczynski also wins his first high school event to take the JV boys title.

Led by Walton's 1-2 punch of Jay Heller (#2) and Corey Hunter (#4), and a breakthrough race by Justin Kerzie (#16), the boys team recorded their 5th consecutive team title. Thomas Pilliod (#18) and Mark Viglotti (#19) rounded out the scoring, to enable a close 5 point victory over second place rival McEachern.

Behind Norman's individual win, the girl's logged their second straight team title. Ellen Black joined Norman on the medal stand with a #8 finish. Other scorers include Anna Day (#11), Allie Smith (#16), and Amanda Marks (#17).

Notes: Leila Norman is Walton's first individual girls champ since Kristin Heffelfinger (2002). Jay Heller and Corey Hunter recorded top-ten all-time County Meet performances. Amanda Marks finished as one of Walton's top 5 for the first time. Adam Joseph was a JV medalist with his #5 overall finish.

Walton Looks Sharp in Return to Georgia. Following three straight weeks of out-of-state meets, the **Raiders attended the Patriot Invitational in Conyers, GA and swept the boys and girls Championship Races. Jay Heller recorded his first varsity xc title - congrats to him!**

Behind Heller's individual victory, the boys put all 6 runners in the top 23 to outpace second place Cobb rival Kennesaw Mountain. Not to be outdone, the girls followed Leila Norman's charge (3rd overall) and put 5 in the the top 22 for a convincing win of their own.

Notables: Nathan Gordon's "A" level race, leads Walton "B" squad to victory in the large school varsity division. Justin Kerzie picked up the slack for an absent Adam Bradley with a PR race. The girls returned to their form of last year grouping their #2-#5 together fairly well - Ellen Black, Anna Day, Sarah Upchurch & Ally Smith.

Results link is [here](#).

Solid Outing for Raider Harriers at FSU. The boys took 4th behind 3 Southeast top-ten ranked teams led by Jay Hellers 3rd place performance. Jay received an award for being the meet's top Junior runner of the day.

Facing equally stiff competition, the girls took 5th, again behind a solid race from Leila Norman (5th overall). Back from injury, Shannon Ross ran very well, leading the JV girls team to victory. Nathan Gordan led the JV boys team to a 3rd

place finish.

Some notable efforts: Mark Viglotti continues improving steadily - #4 boys varsity spot for the day. Freshman Allie Smith is #2 girls varsity runner. Congrats to Justin Kerzie and Will Bryfczynski, running well in their first varsity starts.

Results link is [here](#).

Jay Heller and Corey Hunter featured in the Marietta Daily Journal - click [here](#) to view.

Florida State University Invitational information link - click [here](#) for list of entries, directions, meet schedule....

Clemson results are posted [here](#). Walton "B" teams hold up well at the varsity level, with a 3rd place finish for the boys and 4th place finish for the girls. Katelyn Theiler and Justin Kerzie were the (actual) top Walton finishers. Don't forget to check out the college race results as 3 former Walton state champs participated - Kristin Heffelfinger, Charlie Dickhaus and Sam Bryfczynski.

Congratulations to the Lady Raiders, victorious at the UTC Invitational! Shorthanded boys "A" team finishes a respectable 4th. Top 10 race finishers include Heller, Hunter & Norman. For complete race results click [here](#).

Raiders Show Progress at the Eye Opener with solid team finishes in the large field. The girls team took fourth out of a field of 47, while the boys took 3rd in a field of 57 teams. There were a number of outstanding individual performances as well - please see links below.

Link to girls results - click [here](#). Link to boys results - click [here](#).

Raider XC Season gets underway at Stage Races. Varsity girls hold their own with 4th place finish. Varsity boys team takes 9th, without the services of star Jay Heller. JV Boys give a glimpse of team's depth with impressive 14 point victory. Overall meet champions were Jackie Drouin of Collins Hill and Ben Hubers of McEachern. Corey Hunter and Leila Norman posted Walton's top times of the day, each taking 3rd place in the top varsity stage.

A thank you to the many Walton Cinder Club volunteers that helped to make this event a success!

MDJ Stage Races article is [here](#). Walton results are posted under the XC Stats & Articles section.

Reminders: Don't forget: Sweat suit orders are due to Sheri on Aug. 25. Call her at 770-993-4895 to order. Yard signs to support your cross country athlete

are still available for only \$10. See Cindy Saturday at meet to purchase or email dpthailer@bellsouth.net to order. **Also parents: please complete your transportation policy waiver** and return to coaches or mail to Theiler, 4387 Dunmore Rd., Marietta, Ga. 30068. If you have misplaced or do not have one of these forms, it is available for download from the Cinder Club Section of this website...or click [here](#).

It was a very special event for all who attended the dedication of the **Case McKee Timing Building**. Pictures are [here](#).

Reminder: Don't forget Wed., August 24 is our cross country team's night at **Fleet Feet Sports in Sandy Springs** from 5-8p.m. All merchandise is 15% off for Walton athletes. If your athlete needs a new pair of shoes or other apparel, please plan to attend. Each year, Fleet Feet is one of the major sponsor's of the Walton Raider Chase. The Cinder Club appreciates their support so we hope you will support them too when you are in the market for running gear.

Do the Raider Boys have the Team to Beat in Region 6 this Season? Check out the AJC preview article - [here](#). Check out the MDJ preview article - [here](#).

Prior to the potluck dinner, please join us in the WHS stadium as the Walton Cinder Club dedicates the **Case McKee Timing Building**. Building tours begin at 5:30 p.m. followed by the dedication at 6 p.m.

Case was a member of the 2003 cross country team and 2004 track & field team prior to his tragic death in early 2004. Please come support the McKee family on this very special day.

If desired, you may drop off your food for the potluck dinner in the commons area prior to the dedication.

The team's mandatory potluck dinner and meeting for parents and all athletes is slated for Thursday, Aug. 18, beginning at 6:30 p.m. in the WHS commons. Each family should provide a main entrée (enough for your family) plus a salad, vegetable or dessert for 8. Meet Cinder Club board members and parents, coaches, pay Cinder Club dues and sponsorship money, sign up for volunteer opportunities, and more. Bring your checkbook! For more info, contact Elaine at 770-998-0543.

Kennesaw Mountain Fun Run

Athletes and parents: plan to participate in the team's fun run at Kennesaw Mountain National Park on Saturday, Aug. 20. Runners and families should meet in front of the park's visitor center at 8 a.m. and the runs begin at 9 a.m. Athletes may run various distances; parents are also invited and are welcome to run with the groups, walk, or mingle. **The park service strongly encourages carpooling**

as parking is very limited. Click [here](#) for more information.

Stadium clean-up day this Saturday, August 6.

Walton football has planned a work day this Saturday beginning at 8:30 a.m. in WHS stadium. Walton Cinder Club volunteers (parents and athletes) are requested to assist with this work day. Cinder Club members are needed for general clean-up around the track area, including the shot put area and high jump pit. Please bring paint brushes, rollers, paint pans, and yard tools. For more information, contact Day Day at Danday@bellsouth.net.

Mileage shirts:

All athletes are requested to turn in their mileage total for summer miles run (through Saturday, 8/6) to coaches by this Monday, 8/8. Totals must be received by Monday so mileage shirts can be ordered and distributed at the potluck dinner. Totals can also be emailed to Karen Pilliod at kpilliod@acs-ga.com.

The 12-minute run for all athletes desiring to participate on the 2005 cross country team is slated for Monday, Aug. 1, at 6:30 p.m. at the WHS track. See Team Standards listed on this website for more information about qualifying times.

Any team member or athlete's parent who may have room in carpool going to the river for after-school practice, please contact Cindy at dpthailer@bellsouth.net. Any assistance in ensuring all of our athletes have transportation to practice is appreciated.

Any Walton cross country athlete needing team sweats may order these at the potluck dinner on Aug. 18. Cost is \$44. Order form is available on this site under Cinder Club. New team members/parents: please note that race-day uniforms are purchased at Fleet Feet in Sandy Springs - Fleet Feet Night is scheduled for the evening of August 24...more details to come.

Cross country season is almost here! Please see [Cinder Club notes](#) for welcome letter, membership info/form, and schedule of events. **Upcoming team socials** are outlined below - click [here](#) for more information:

Athletes Pool Party: Thursday, Aug. 4, from 6:30-9 p.m. at the Hampton Farms Club, 235 Club Ridge Dr. Please RSVP to Diane at 770-933-3220 or dwheller@mindspring.com by Aug. 3. Cost: \$5 per athlete

Parents Social: Saturday, Aug. 6, 7 p.m., home of Diane and Paul Heller.

Questions: Call Diane at 770-933-3220 or email at dwheller@mindspring.com or call Cindy at 770-509-3420 or email at dptheiler@bellsouth.net