

# Raiders Cross Country 2007

**Return the favor** throughout the year ...

Please consider patronizing the great sponsors of Walton TF & XC.

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## **The 29th Annual Walton Raider Chase:**

A 5K Race and 1 Mile Fun Run will be held on Saturday, February 2, 2008.

View & Print Out the Race Flyer - [here](#).

Register online now at [Active.com](#).

Track and Field fitting days at Big Peach.

Sunday Jan 13th

1-3p Freshman and Sophmores

3-5p Juniors and Seniors

Wednesday Jan 16th

5-6:30p Juniors and Seniors

6:30-8p Freshman and Sophomores

All athletes will receive 15% off on these special nights. All other nighs they will receive 10% off.

Discounts apply to family members on special nights.

Athletes will continue to go to FLEET FEET to buy their uniforms.

**Ladies 2nd, Boys 4th at State.** Girls team concludes season of constant improvement with 2nd place finish behind only SE#3 Collins Hill - Norman (6th) and Hush (10th) achieve All-State honors. Viglotti takes 4th in boys race, but team suffers a rare "off" day.

Marietta Daily Journal Article is [here](#).

Race photos are [here](#).

## **4 Races - 4 Wins at Region Meet!**

Girls coming on strong, as Norman leads Lady Raiders to convincing win. Viglotti paces boys team to victory against tough challenge by rival Lassiter. Chris Harper takes individual JV crown, recording #5 overall Walton boys time of the

day. Skwira wins JV girls title. Congratulations to all our athletes on a very accomplished season.

Race photos are [here](#).

Complete "Region" race results can be found on Gatfxc.com.

[Boys Region Race Splits 2007](#)

[Girls Region Race Splits 2007](#)

**"B" Squad Impresses at Carrollton** With the top 7 boys taking the weekend off from competition, Walton's so-called second squad made the most of the opportunity at the Last Chance Invitational. Jeremy Schmid paced the team with an 8th place finish, leading to a surprise Raider victory in the varsity division. Chris Harper and Michael Elliott pitched in with near 17:00 minute times.

**Norman makes triumphant return!** After missing numerous races due to injury, Leila Norman picked up where she left off, winning the varsity girls race and helping the girls finish 2nd as a team. Aly Smith and Morgan Skwira joined Norman in the top 10. Several of the team's top runners took the weekend off.

Complete "Last Chance" race results can be found on Gatfxc.com.

[Last Chance Race Splits 2007](#)

**Memo from Coach:** The boys team will have 2-1/2 minutes of fame on GPB (Prep Sports Plus) at 7:30 PM Thursday, Oct 18th and Sunday, Oct 21st at 12:30PM. The Walton cross country team will not compete on Sat. the 13th, the top runners will practice Saturday morning, info will be passed out at practice.

**Walton teams perform well** at the Husky Challenge in Alabama. Race highlights:

Blazing fast times on a fast/short course.

Varsity boys place second behind SE#2 Hoover, AL - Viglotti (4th), Pilliod (5th)

Varsity girls 3rd behind SE#1 Mtn Brook & Hoover - Canning (10th), Hush (11th)

JV boys perfect again! - Daniel (1st), Elliott (2nd)

JV girls take third behind Wroble's 5th place effort.

Complete "Husky" race results can be found on Gatfxc.com.

[Boys Husky Race Splits 2007](#)

[Girls Husky Race Splits 2007](#)

**Raiders Sweep County Meet!** Winning the four varsity and JV team titles. That's six in a row for the boys and a threepeat for the ladies!

**The girls varsity team**, unranked entering the weekend, packed 4 in the top 10, to outpace GA #5 Kennesaw Mountain 38-62. Our 2007 Cobb County

Champions: Kylie Womack (5), Mara Canning (6), Stefanie Hush (7), Lena Hamvas (9), Ellen Jackson (16), Corey English (29), Morgan Skwira (34).

**The boys varsity team**, ranked GA #1 entering the weekend, packed 5 in the top 10, to outpace GA #2 Lassiter 32-60. Our 2007 Cobb County Champions: Mark Viglotti (3), Thomas Pilliod (4), Phillip Laskey (6), Will Bryfczynski (9), Nathan Gordon (10), Adam Joseph (14), Chris Harper (15).

**Congratulations to Andrew Daniel**, Cobb County JV Boys XC champion for 2007. Andrew led the Walton JV boys to the team title, while the JV girls won as well, behind Ashley Wroble's 2nd place finish.

Complete race results can be found on [Gatfx.com](http://Gatfx.com).

[Boys Cobb County Race Splits 2007](#)

[Girls Cobb County Race Splits 2007](#)

### **Weekend Highlights:**

Boys place 8th or 9th at Maymont (scoring mix-up) - Thomas Pilliod is top Walton runner in extremely competitive field.

Girls place 12th behind freshman Mara Canning in equally tough race.

Maymont race splits are [here](#).

Varsity boys 4th @ Aubrae Gunderson - Nathan Gordon #1 for Walton.

Varsity girls 3rd @ Aubrae Gunderson - Morgan Skwira #1 for Walton.

JV boys 1st @ Aubrae Gunderson - Ryan Busch #1 for Walton.

JV girls 2nd @ Aubrae Gunderson - Emily Hirsch #1 for Walton.

Aubrae Gunderson results are available at [Gatfx.com](http://Gatfx.com).

**Raiders edge Lassiter** for boys large school title at the Georgia Bulldog Stampede in Athens. Girls team takes 4th.

Review article in the MDJ is [here](#).

[Georgia Bulldog Race Splits 2007](#)

Complete race results can be found on [Gatfx.com](http://Gatfx.com).

**Solid Showing at Marist.** Walton's varsity teams both recorded 2nd place finishes at the Double Dip Invitational. Adam Joseph led the boys side with a 19th place finish, as Coach Williams rested the top 5. Newcomer Stefanie Hush led the way for the girls with an 8th place finish. The girls ran without the services of injured stars Leila Norman and Morgan Skwira.

The JV boys took first with a perfect score of 15 for the second week in a row - this time Michael Elliott was the race champion. The JV ladies team finished 3rd, led by Lisa Martin in 4th place overall.

Review article by Greg Oshust of the MDJ is [here](#).

Race results can be found on [Gatfx.com](http://Gatfx.com).

[Boys Double Dip Race Splits 2007](#)

[Girls Double Dip Race Splits 2007](#)

**Looking ahead....**The McDonald's Maymont XC Festival will feature at least 3 Footlocker finalists and 13 NTN ranked teams. An exciting opportunity for our teams! Click [here](#) for more information.

**Two Wins at Warpath.** Congratulations to Mark Viglotti and the Varsity boys team for posting their first wins of the season at the Cherokee Warpath Invitational. Led by Mark's individual victory, the Raiders placed 5 in the top 12 to top second place Etowah. The JV boys took first as well, recording a perfect score of 15 points. Charley Moore took the win, just edging out Chris Harper and Jeremy Schmid at the tape. Lots of improvement for both the boys and girls teams.

[Boys Warpath Race Splits 2007](#)

[Girls Warpath Race Splits 2007](#)

Still awaiting official, complete results from Warpath.... will paste a link to the results on [Gatfx.com](http://Gatfx.com) when available.



Varsity Boys Team Takes Title at Cherokee Warpath Invitational (Gordon, Viglotti, Heller, Pilliod, Bryfczynski, Laskey, Joseph)

**Off to a Good Start!** Our Raider runners showed a lot of early season promise at the Walton Stage Races this past weekend, marked by second place team finishes by the varsity boys, JV girls and JV Boys. The short-handed varsity girls team turned in a respectable 4th place finish. Individual stage winners included Kristen Rayfield, Daniel Heller, Philip Laskey and Will Bryfczynski. Most importantly, individual year over year improvement was widespread. Let's keep up the good work.

[Coaches' Recap 2007](#)

[Boys Stage Race Results 2007](#)

[Girls Stage Race Results 2007](#)

**Stage Race Review** article (MDJ) is [here](#).

**Raider Boys Team featured** in Marietta Daily Journal article - click [here](#) to view.

**Fleet Feet Shoe/Uniform Day** - Sunday, August 19th, 12:00 - 6:00 pm. Don't forget that Fleet Feet is sponsoring Walton Cross Country Day at their Sandy Springs location this Sunday. Athletes can purchase uniforms, training shoes and racing spikes at a discount. The qualified Fleet Feet staff provides an evaluation of each runners mechanics free of charge - assuring the right type of shoe is selected, minimizing tendencies toward injury. Click [here](#) for a link to their website... and remember, Fleet Feet is a major sponsor of Walton TF & XC every year!

**Raiders ranked 5th in NTN preseason ranking.** The boys team joins Georgia rival Parkview (2nd) in the first Nike Team Nationals ranking of the Southeast region for the 2007 season. Read [more](#).

**Practice Notice for Wednesday, August 15 and Thursday, August 16!**

Cobb County Schools has requested that athletic practices be delayed today (Wednesday) based on the extreme heat. Walton cross country athletes are asked to meet at their designated practice points (ie the river or the track) at 7:00pm tonight.

Athletes are also asked to run on their own on Thursday morning prior to school. After school practices are cancelled.

**Fun Run location has been changed:**

Athletes and parents: plan to participate in the team's fun run at the new Cobb

County Championship Meet site on Saturday, Aug. 18. Runners and families should meet 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.

Directions: From Barrett Parkway and Cobb Pky (US 41) - Go 6.5 miles to Mars Hill Road (plenty of places at Mars Hill for last chance restroom break) and turn left. - Go 1.2 mile (pass Durham Middle School) and turn right on County Line Rd. - Go .8 mile and turn right on Old Stilesboro Rd. (past sharp curve) - Go .2 mile and turn into entrance at Hunter Check In sign.

### **Practice protocol relating to heat:**

Report to practice location as scheduled. Temperature/heat Index is monitored very carefully with a wet bulb tester. The coaching staff will monitor each day at the practice points in the afternoon around 4:00 – 4:30, and determine whether conditions are safe. Both locations, track and river, will be monitored carefully. Practice will be managed based on conditions of that day, and decisions will be made at that time.

Walton follows the Cobb County School District guidelines - please click [here](#) for a link to the CCSD website, which elaborates on the various aspects of the "hot weather procedures".

Athletes are reminded to consume fluids throughout the school day in order to arrive at practice fully hydrated. Consult with the coaching staff or the CCSD guidelines for fluid intake suggestions.

**Upcoming Season Kick-off Events:** (click on the event title for more information)

[Athletes' Pizza & Pool Party](#) - August 9th

[Parent Social](#) - August 10th

[Potluck Dinner](#) - August 16th

### **2007 XC Season Information**

#### Downloads

[Mileage Sheet](#) - due to Coach Williams by August 6th.

[General Qualifying Standards](#) - the 12 minute run.

[XC Goal Sheet](#) - each athlete must submit to Coach Williams.

[Lettering Criteria](#) - requirement(s) to achieve a varsity letter.