SPORTS



Check this out online

Coverage of Tuesday's regional baseball semifinal between Frankfort and Berkeley Springs from Short Gap. ODD

COACHES: Send your scores and photos to sports@newstribune.info or mminnich@newstribune.info or call (304) 788-3333, Ext. 110. Please leave a message.

TRACK AND FIELD



Keyser runs away for 2nd state track championship



Deavonta Johnson celebrates a win in the 4x100. For more exclusive photos from the meet, see our website, www.NewsTribune.info. TRIBUNE PHOTO BY

By Michael Minnich

Tribune Sports Editor mminnich@newstribune.info

CHARLESTON—A true team effort carried the Keyser Golden Tornado to the Class AA state track championship on Friday

and Saturday. KHS finished with 78 points, winning an individual event and two relays, pulling away from Nicholas County (56 points), Bridgeport (47), and Poca (46) early on Saturday afternoon.

"We only brought down 13 kids. I say only, because in the past we've brought down 16 or 17. But the 13 kids we brought down really, really did an amazing job," said Keyser coach Scott Furey, who also guided KHS to the 2009 title. "So many kids qualified in four events, and then you start to move things around. And then you've got kids that are versatile, which we do, we've got a lot of super athletes and we've got kids that can run a 400 and jump back and run a 100, or long jump and go and run some hurdles. They can do pretty much anything that we need them to do."

Furey, who was recognized on Saturday afternoon as the state track coach of the year, joins the legendary 'Tack' Clark as the only two Keyser head coaches to win multiple state championships.

Deavonta Johnson won the 300 meter hurdles outright, was part of victories in the shuttle hurdles on Friday and the 4x100 meter relay on Saturday, and missed out on the 110 high hurdles crown by .01 sec-

onds. "Deavonta...I don't try to inflate his head by any stretch, but I let him know, he's a special athlete. He needs to know that. And at the same time, he needs to be confident that he's a special athlete and be willing to put everyone on his back and say, let's go. And he did that. He came down and did what we needed him to do. And didn't complain when we brought him out of the 4x4. He just said, okay, I'll run anchor, and out-ran the RCB team that's been beating us all

year. He's special, and we're glad we have him back for another year," said Furey. "And even Maleik [Garland, who qualified for the finals in the 100 and 200 and narrowly missed out on placing]. There's some tough sprinters in the state."

Keyser won the title despite not earning any points in the 100, 200, 400, 800, 1600, or 3200 meter runs.

The hurdles, certainly, were key, with Johnson in the individual events and the shuttle hurdles foursome of Brandon Tranum, Ethen Whitlock, Beau Horner, and Johnson earning 28 of Keyser's 78 points, but the field was the real story.

"We talked about it coming down, that the field events would make or break us. And they came through with flying colors. It was unbelievable all the points that we accumulated," said Furey.

Cole Weaver picked up 12 key points, eight in the discus with a second-place finish and four in the shot

SEE TRACK, B2

Full results from the state meet

CHARLESTON-Finalresults from the West Virginia Class AA state track meet, held at Laidley Field in Charleston.

Points are awarded in a 10-8-6-4-2-1 progression to the top six finishers in final events; the top eight finishers in preliminary events advance to the finals.

BOYS Team scores: 1. Keyser 78; 2. Nicholas County 56; 3. Bridgeport 47; 4. Poca 46; 5. East Fairmont 38; 6. Berkeley Springs 27; 7. Ritchie County 26.5; t8. Weir 26; t8. RCB 26; 10. Philip Barbour 19; 11. Roane County 16: t12. Fairmont Senior 14; t12. Grafton 14; 14. Bluefield 13; 15. Petersburg 12.5; 16. Wayne 12; 17. Webster Coun-

ty11;t18.NorthMarion10;t18. Clay County 10; t20. Braxton County 9; t20. Lincoln 9; t22. Mingo Central 8; t22. Oak Glen 8; t24. Independence 6; t24. PikeView 6; 26. Scott 4; 27. Sissonville 3; 28. Herbert Hoover 2; 29. Ravenswood 1

Individual results

SEE RESULTS, B6

How they did it

By Michael Minnich

Tribune Sports Editor mminnich@newstribune.info

CHARLESTON-The Keyser Golden Tornado won their second boys' track state championship on Friday and Saturday at Laidley Field in Charleston. Here's the full story, event by event, of how they did.

FRIDAY, 3 P.M.

You can't help it as a Keyser fan. You've been through four years of chasing Bridgeport and mostly failing.

That history included a loss to the Indians by six points in last week's Region II meet.

And when Deavonta Johnson and Beau Horner stepped onto the track for the 110 meter hurdles preliminaries, it was the Indians that were already on top of the scoreboard, thanks to a first-place finish in the meet opener, the 4x800 meter relay, an event

that Keyser didn't qualify in. Johnson entered the weekend as the favorite in both hurdles events, so there probably already was a little bit of pressure on the shoulders on the junior to qualify for the finals.

No problem: he glided the finish line in 15.43 seconds, the best time in the preliminar-

Horner was unhappy with his run, hitting a few hurdles, but still didn't miss out on a spot in Saturday's final by much; his time of 16.86 seconds was just .27 out of one of the eight slots.

Not a perfect start for KHS. but good enough.

FRIDAY, 4 P.M.

By contrast, the state prognosticators had no love for Keyser's shot put duo of Cole Weaver and Jared Smoot.

RunWV.com, the fantastic resource for state cross country and track, didn't have Keyser scoring any points in the event.

Smoot was in the first flight.

After fouling on his first throw, his second was 41 feet, 3.25 inches. His third? Better, 42 feet, 0.75 inches.

Smoot had to watch and wait to see if that was good enough for one of the eight berths in the finals, as the next nine throwers, the top ones in the state based on their tosses at regionals, took

their turns. The news was good: that

precious quarter of an inch moved Smoot on, and kept Roane County's Cameron Currence out.

Weaver's three heaves were more than enough to get him there, too: 43-2.75, 42-11.25, and 44 feet even.

Of the final eight, KHS had

two, and Bridgeport three. Smoot missed out on placing by one spot, tossing 42 feet and 7 inches in the last effort of his high school career to take seventh.

But Weaver's second throw of the finals landed 45 feet and 9.25 inches from its starting point, good for fourth.

Four points that Keyser wasn't expected to get, in the

And, Weaver finished right in front of Bridgeport's Christopher Trent and Lane Noel: just three points for the Indians' duo that would have been five if not for Weaver. A six-point swing for KHS.

Poca's Chase Dotson fired 55 feet, even, to win the event.

After two finals, Bridgeport 13 points, Poca 10, Keyser in seventh place with their first four of the weekend.

FRIDAY, 4:10 P.M.

Meanwhile, on the track, it was time for Maleik Garland to do his thing in the 100 meter dash preliminaries. His time of 11.67 seconds was the fifth-best in the field and qualified for Saturday's fi-

FRIDAY, 5:35 P.M.

Atone-setter.

That's how Keyser looked at the shuttle hurdles, their first relay of the meet.

And why not? They were the favorite. They'd qualified with the best regional time in the state. They had Johnson, the fastest hurdler in Class AA, running the anchor.

Crazy things can happen at state meets, though, right? Not this time.

Off shot Brandon Tranum, ironically out of blocks held by a Bridgeport athlete, showing why Bethany College has already signed him for their track team.

Back came Ethen Whitlock, who valiantly fought through injury at the state wrestling tournament to fall just short of placing in his senior year. To his right Fairmont Senior is right there with KHS.

Down the straightaway went Beau Horner, a pure athlete who lettered in five sports in his KHS career, building, building, building a lead with each leap. And then there's Johnson,

coming home, pulling away, running towards Whitlock and the finish line. And crossing it.

He knows right away. He pumps his arms. He screams for joy as Whitlock embraces him. Now they're both

screaming. 59.15 seconds.

A state championship. Bridgeport comes in fifth, but their lead is down to

Indians 15, Golden Tor-

nado 14, Dots 10. Time to go dab on the podium.

FRIDAY, 6 P.M.

The Weavinator is back. Cole Weaver is joined at the discus by Erik Willis, his fellow Ed Kelley Award nominee.

Playing the same role as Smoot in the shot put, Willis comes in second in his sixman flight with a top throw of 120 feet, 11 inches on his first attempt and plays the waiting game.

Weaver, who had his best throw at regionals graze off of one of the ropes supporting the screen, is unencumbered this time.

One: 132-6. Plenty to get

into the finals. Two: 126-9. Okay, no problem, time to adjust.

And then, three: 144 feet, 3 inches.

A big throw from a big man, headed to Shepherd in the fall to play on the line of the defending Division II football runners-up.

As the other discus results pour in, it's clear that both seniors have done their jobs.

Willis doesn't end up scoring any team points, but he does something just as significant: he keeps Bridgeport's Jacob Griffth out of the finals, one last denial by the linebacker against a foe he faced five times in his high school football career.

And Weaver? Second place. For a kid that wasn't projected to score any

Instead, it's eight more points for Keyser, and, with Trent finishing third, almost 11 feet behind Weaver's huge heave, another peg down for the In-

Keyser's in first for the first time with 22 points.

SEE HOW, B3

SPORTS SHORTS KEYSER MIDDLE

Intramurals

KEYSER--The Keyser Middle School intramurals pizza party will be held on Wednesday, May 25 (note new date), right after school.

Mr. Taylor thanks all the students who participated and looks forward to working with you again next year. Enjoy your summer!

RUNNING

Mental Health Matters 5K May 28

CUMBERLAND--The Queen City Striders proudly present the 1st Annual Mental Health Matters 5 Mile Run/1.5 Mile Walk being held May 28 at 8:30 a.m. on the Downtown Cumberland Mall.

Proceeds to benefit the Mental Health System's Office of the Allegany County Health Department.

Race day registration to be held 7:30 a.m. to 8:15am.

Chloe Wildman will be singing the National Anthem, and Miss Maryland Destiny Clark will be announcing the start of the race.

Refreshments, awards, and door prizes to follow the race. Cash and shoes given to overall male/female run winners.

Awards also given to male/female Masters run winners and top three male/female run winners in each age group.

Great door prizes including passes to Sky Zone Trampoline Park in Hagerstown, Md.

There will be two raffles for participants as well: Fa mily Four Pack Historic Tour to Trans-Allegheny Lunatic Asylum in Weston, WV and free 18 holes of golf for four people at the Cumberland Country Club.

Race applications can be downloaded at www.qcstriders.com. Find the race on Facebook: 1st Annual Mental Health Matters 5 Mile Run/1.5 Mile Walk.

YOUTH SOCCER

Fall registration open online

KEYSER-Fall registration is now open for the Potomac Highlands Soccer League's fall season.

Registration will be done online this year at phslwv.com through June 30.

Each player must register. You may register more than one player at a time within the same age group.

For more information on registration and for FAQs, see the web site.

The cost, including tax, is \$25 before June 1 and \$30 after

Age groups (age as of August 1, 2016) are U6 (ages 4-5), U9 (ages 6-8), U11 (ages 9-10), and U14 (ages 11-13).

Uniforms for U6, U9, and U11 are a reversible royal blue and white jersey, royal blue and white shorts, and royal blue socks.

Uniforms from a past season are acceptable for these age groups.

At the U14 level, uniforms are required matching ones that are unique to each home location; jersey, shorts and socks are required and it is your responsibility to order a uniform for your player.

Required gear is shin guards, soccer cleats or tennis shoes, and a ball (U6 #3, U9 and U11 #4, U14 #5).

Practices start August 1 and games start on August 20.

All games are scheduled for Saturdays,; U6 and U9 will play an 8-game schedule, and U11 and U14 will play an 8game schedule with a 4-team playoff over two weekends (semifinal and final).

Makeup weekend is October 15; the final will be held on October 29.

Fields are located in Larenim Park, Moorefield, Baker, and Petersburg.

Any questions? Contact Chris Altobello at chrisphslwv@gmail.com or 304-209-1599.

GOLF

Hampshire Relay for Life tourney June 3

MILL CREEK-The Hampshire County Relay for Life is **BASEBALL**

Frankfort hosts regional semi today

By Michael Minnich

Tribune Sports Editor mminnich@newstribune.info

SHORT GAP—The odor of sunscreen wafted through the Frankfort dugout on Monday.

It smelled like the beach. But the Falcons aren't quite ready for their vacation

Today, they'll try and punch their ticket to the regional final when they host the Berkeley Springs Indians at 4:30 p.m.

Frankfort (19-10), a game from elimination this time last week after Keyser's Andrew Liller threw a gem, rebounded to crush the Golden Tornado twice, 13-2 and 16-0, to win the sectional series, which took two weeks

to play because of rain, and advance to this point.

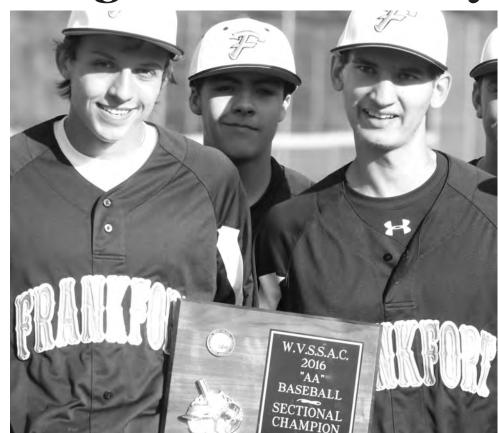
"After the week off with all of the rain, we came out a little bit rusty. We felt good taking that week, we got some health issues out of the way. But we needed to play a little bit," said Frankfort coach Matt Miller. "The last two games, we played really well. I feel like we have a good mojo coming out of

FHS took a 5-2 thriller in extra innings at Petersburg in the regional semis last year, and the young man that finished that game will start this one today: senior Ross Conley.

"I can't speak highly enough of Ross. There's

SEE FHS, B4

Frankfort seniors Troy Mumma (left) and Ross Conley (right) hope to be holding another plaque, a regional one, at week's end. TRIBUNE PHOTO BY MICHAEL MINNICH



TRACK From Page B1

put with a fourth-place finish, on Friday.

"Absolutely. I just told him that. Those points in the shot put and being able to do what we expected in the shuttles was key to us being able to get things running. It takes pressure off of people. It really does. In the past, we've had 4x800s that won and that have placed high, and it puts everyone at ease. So we come out of Friday night sitting second by two points," said Furey.

Amonte Turner beat his state championship jump of two years ago to take second place to start the morning.

On Saturday, what put Keyser over the top-pun intended-and into the lead for good was Brady Ours' second-place finish in the high jump.

The sophomore, on the team for the first time this year, had only previously cleared 5 feet, 10 inches, but managed to up that by two more levels-and nearly a third.

"It speaks to the athlete that he is. And knowing that having the quarterback of your football team right tnere in a pressure situation, a football team that is successful, and having that pressure. He's a first-year track athlete, but he's not worried about anything. He accepted that challenge. He accepted the 4x4 challenge. He accepted everything that we threw at him. I honestly was not worried about him. And that's a tribute to our football team and just the whole atmosphere that being successful like they are brings to all of their athletes. Sean [Biser, the head football coach and I have already talked about it, and I said it in 2009, we benefit from each other. He brings us strength and working on the speed and agility part of things, and we work on starts and everything. It's back to back. I think he and I work really well, hand in hand," said Furey.

From there, the gap grew: Ethen Whitlock and Beau Horner placed fourth and fifth, respectively, in the final field event of the day, the pole vault.

In all, 34 points from the field events; Keyser was only projected to score five by RunWV.com.

"We did some projections on the way down. Our projections didn't exactly match what everybody thought they were going to be. And when the kids saw that, and I was telling them, hey, I think we can score this, the kids were like, you think we can score that? And then they're like, oh, well, okay, Coach says we can do this. And we projected 98. We didn't quite get there. But put 10 more there from the 4x200 and we're almost there. So they did amazingly. They kept their composure the whole time through a little bit of adversity. You could just tell they wanted to win. They were first all year. wire to wire, started slipping. Nicholas came on **SEE SHORTS, B3** strong. Bridgeport came on





strong. Losing the regional, like I said last week, if I had to lose one, that was the one I wanted to lose. It brought them back to earth really quick. They came down here extremely focused, and I'm grateful for that," said Furey.

Johnson's win in the 300s pushed the lead into double digits for good.

That ensured that the only negative of the weekend wasn't catastrophic: Turner's troublesome hamstring failed in the 4x200 meter relay, which Keyser was leading at the time, keeping the Golden Tornado from finishing.

"The way that everybody's face just changed when Amonte went down...you could just see that they were like, we're not losing this. Because it was killing him. He was worried that it was going to be an issue. And we made the move to put Deavonta in there and they did what they needed to do," said Furey.

man Reggie Redman in the

4x400.

Furey was ready for the situation, though, moving Johnson from the 4x400 to the 4x100 to fill Turner's spot and inserting fresh-

"Depth is key in track. And, ironically, we don't always bring down an alternate, but every now and again, I feel it important to have someone else there. I didn't want Amonte to get hurt, but the fact that we had enough depth to throw in a freshman and still get third in the 4x4 while moving our best athlete over to the 4x1....it just speaks to the depth of the kids."

Keyser won the 4x100 behind Ours, Christian Ravenscroft, and Garland, with Johnson bringing it home.

The three-time state champion said after the race that it was the fastest that he'd ever run.

"I would believe that. His split was super-fast, and of course Brady will never let him live it down, but Brady's was faster," laughed Furey. "But....yeah, he's special. Throw it on top of the fact that Brady is a rookie and Christian is still a tenth grader. Man, oh man."

Yep, Furey's already

thinking towards next year. "We've just to put some pieces in place because we're losing 20 seniors. It's going to be difficult to replace that experience, that

ability, but to have that nu-

cleus back...that 4x1's already talking about wanting to break the state record next year," said Furey.

The meet ended with the 4x400 meter relay and the aforementioned third place finish for KHS's Colton Broadwater, Ravenscroft, Redman, and Ours.

It was a great weekend for the Frankfort Lady Falcons, too.

You could look at it as the passing of the baton: Julianna Butcher and Kasinda King, who were part of FHS's state championship team as freshmen in 2013, serving as a bridge as seniors to great state meet debuts for freshmen Abby Beeman and Kayla Grose.

On Friday, Butcher took third with a superlative late push in the rain in the 3200 meter run, with Beeman taking fifth.

It continued into Saturday, where a beaming King won the discus with a throw of 111 feet, 11 inches.

In the 1600 meter run, Beeman picked up another medal by taking fourth place

in the 1600 meter run. Then it was Grose's turn to take fourth in the 300 meter hurdles, moving Frankfort into a tie for third

place at the halfway point of

the meet.

FHS finished 11th overall with 26 points. The Keyser girls scored

15 points to take 14th place. They got on the board in the first race of the meet, as Kyleena Purvis, Penny Summers, Crystal Kuglar, and Grace Burgess finished fifth in the 4x800 meter

relay. Then, it was another strong relay: Bajur White, Khara Teets, Emmy Stickley, and Lexi Turner finished fourth in the shuttle hurdles.

Keyser picked up six more Friday points in the shot put, with Kayla Willison taking fourth and Lexi Johnson fifth.

Keyser headed into Saturday in fifth place with 12 points.

McKenna White took fifth place in the 200 meter dash and teamed with Alyvea Fields, Bajur White, and Burgess for a sixthplace finish in the 4x200 relay.

The Frankfort boys were unable to score any points, coming closest in the 4x800 relay, finishing seventh with the team of Isaiah Dell, Bradley Grimm, Carter Houdersheldt, and Devon

 ODD

Bridgeport, one back with 21. Poca, thanks to Dotson's second throwing event win, nipping at their heels with 20.

FRIDAY, 6:20 P.M.

Maleik Garland's strong day continues, as the junior qualifies for the 200 meter dash final in a time of 23.45 seconds, four tenths faster than his regional mark.

FRIDAY, 8:00 P.M.

It's raining. Hard.

How would you like to run the biggest two miles of your year in that?

Bridgeport didn't seem to

Jimmy Lacaria and Mark Duez held serve, finishing in second and fifth, respective-

Keyser's Leland Henderson struggled, taking tenth in his final high school race. He'll head straight to Morgantown and WVU on a Mountaineer Scholarship in the fall. Unlike the weather on this night, his future is bright.

Bridgeport heads to bed on top of the leaderboard: 31 points, nine ahead of Keyser's 22 and 11 in front of the Dotson-delivered Dots' 20. Behind race winner Jackson Reed, Nicholas County's in the picture too now with 18

SATURDAY, 9 A.M.

Amonte Turner is a winner. The third Kelley nominee, along with Willis and Weaver, is a quiet kid but a beloved teammate.

All-state in football and a champion in the long jump as a sophomore, this is his last chance to bring a team title back to his home town.

Who else would you want leading off the last day of the state meet?

Tranum just misses out on qualifying for the final: a foul on the first jump reduced his margin for error.

But Turner is on his game, springing 21 feet on his first jump—way better than his winning leap of 20 feet, 3.5 inches in 2014-to take second place, four spots higher than he was predicted to fin-

And again, the high place directly impacts a direct competitor, as Poca's Shawn Arthur is third.

Bridgeport doesn't place, so their lead is shrinking: Indians 31, Golden Tornado 30, Dots

SATURDAY, 10:20

The 400 meter dash is another event that KHS can only watch from the sidelines, but Bridgeport and Poca are in the same boat. Nicholas County takes advantage, getting a third-place finish from Oliver Amick to gain some more ground. Bridgeport 31, Keyser 30,

Poca 26, Nicholas County 24.

SATURDAY, 11:10

The 1600 meter run is another zero for Keyser. They can only watch Nicholas County's Reed (second place) and Bridgeport's Ian Frailey (third) pick up some more points.

Indians 37, Nicholas County's Grizzlies now in second with 32, Golden Tornado 30, Dots 26.

SATURDAY, 11:30

Brady Ours almost wasn't here.

It took a jump-off, against teammate Wade Greason, to get the sophomore to the state track meet. So expectations aren't re-

ally a thing here, either, for the first-year track athlete, right? But this is Brady Ours.

The sophomore hadn't played quarterback, really, before this fall. He made the all-state team.

The bar is at 5 feet, 8 inch-

es, the height that Ours cleared in his jump-off at regionals. He clears it easily.

He's feeling good.

"I can clear 6 feet, maybe even 6-2," he says while the

bar is, physically and metaphorically, being raised. Keep in mind that his best jump entering the meet is 5

feet, 10 inches.

He clears 5-10 again, on the first try. Five guys left. He's guaranteed to place.

The smile is getting bigger. He jogs over to say hello to his parents, who are standing by the bleachers on the press box side, watching the event.

Then, it's six feet. First try, no. Second: no. Third: yes.

A little arm pump, more smiles. New personal high at the state meet, no biggie. And then there were four.

6 foot 2? He does it again; no, no,

and YES. Now there's only three guys left.

The second attempt is the best, juuuuust a bit too low, but finally Ours is out.

But because of his ease at the first two heights, he wins the tiebreaker against North Marion's Franklin Thomas, who also is rebuffed by the 6 feet, 2 inch barrier.

Eight more 'bonus' points for Keyser, from a kid in his first state meet event ever.

Bridgeport gets a half-point from Tristan Shaw, who ties for sixth; thank-you note in the mail from 1 Tornado Way to Petersburg's Cody Southerly, who matched Shaw. The high-flying Arthur

gives Poca 10 more points, too, winning with a leap of 6 feet, 6 inches. Because of yours, mine, and

Ours, Keyser's in front by the smallest of margins. Halfway through the meet,

it's KHS 38, Bridgeport 37.5, Poca 36, Nicholas County 32. And guess who's up next?

SATURDAY, 11:55

It's the last event before lunch on Saturday, the 300 meter hurdles.

And Keyser is hungry for more points.

Horner has a fantastic first heat, shaving almost two seconds off of his regional time to finish just a hair behind Nicholas County's Juvenal

Then, it's another episode of The Deavonta Show.

Coming around the turn towards the home stretch, Johnson has the lead.

Over the first hurdle on the straightaway he goes.

A camera frame later, Lincoln's Cordell Nix, in second place, hits a hurdle, and the lead grows.

Two hurdles to go: Johnson leaps, and is landed and already moving as the four hurdlers to his immediate left and right clear their obstacle.

He exhales hard: one last hurdle, one last push to go. Cleared.

Grit your teeth, pump your legs, lean forward juuuuuust to

And breathe. You're a state champion again.

Nix, who comes in third, knows he's been beaten by the best, smiling as he leans in for a handshake and a pat on the back from Johnson.

No points for anyone else in the final four.

A double-digit lead for Keyser: 48-37.5-36-32. Just desserts.

SATURDAY, 1 P.M.

With more bad weather approaching, the pole vault gets going during the lunch break.

It's a wise decision: a heavy rain halts the event near its conclusion.

Horner's been eliminated, but has clinched fifth. Whitlock is in the top four.

More on that later.

SATURDAY, 1:18

Deavonta Johnson has some company in the 110 hurdles. He's cleared three hurdles, but Poca's Arthur is right there with him, continuing his own fantastic state meet.

Arthur brushes the fourth hurdle, and Johnson opens up some daylight.

But the Poca man closes the gap: with four hurdles to go, they're even again. They're mirror images:

Arthur's left leg clearing the hurdle, Johnson leading with his right, their arms making an 'X' as they cross into each other's lane.

Two hurdles to go: the bottom of Arthur's left shoe, black at the heel and striped black and red at the top, is just a bit lower than Johnson's blackand-gold boot.

Last hurdle: Arthur's light brown hair is sticking up like Bob's Big Boy, while Johnson is flashing the old Derek Zo-

olander Blue Steel, lips pursed. They leap: Arthur's right toe is just off of the ground, while Johnson's left toes are still touching the track.

They land: Poca's New Balances inches ahead of Keyser's

Arthur's looking out of the corner of his eye to the left: he knows it's going to be close.

Johnson's eyes are slits, every muscle focused on making up that little bit of ground.

They dip across the line, Arthur's head down, back muscles tensed, Johnson's face a mask of concentration, eyes now closed even more, teeth clenched, left arm leading ahead of the right.

But it's over.

There will be no 4-for-4 for Deavonta Johnson.

Shawn Arthur: 15.18 seconds. Deavonta Johnson: 15.19 But on the big board, the or-

with 56 teampoints, Poca second with 46. Bridgeport (37.5) and Nicholas County (32) stand

der is reversed: Keyser is first

Seven events to go.

SATURDAY, 1:33

It's dumping rain. Again.

Withumbrellas in the background, Maleik Garland is fighting the elements as well as the seven other young men sprinting in the 100 meter dash final.

And he's just short: 11.54 seconds, seventh place, .13 seconds out of scoring a point for KHS.

He'll get his chance again next year, quite possibly against most of the same field: of the eight finals, just Wayne's Kade Sebastian in third is a senior. Five, including Garland, are juniors.

SATURDAY, 1:49

The pole vault is a unique event in and of itself.

I mean, where else do you get to carry a giant metal rod and use it to clear an obstacle and then land on one of those giant foam pads that look like something out of an adult Chuck E. Cheese?

Whitlock's good at it; this is his third state meet in the

Coaches are allowed in the pole vault area in a little paddock, and Ethen's father, David, is there now to provide encouragement, advice, and, when Whitlock's final attempt to clear 12 feet fails, a big hug.

But, like so many of his teammates, Whitlock's done the job yet again.

Fourth place, four more points, and, combined with Horner's two for finishing fifth, a lead of 16 points for Keyser. Both exceed their projec-

tions by one position. Golden Tornado 62, Dots 46, Indians 38, Grizzlies 34.

SATURDAY, 2:20

Five events to go.

The value of that lead became abundantly clear halfway into the 4x200 relay.

Keyser was flying: Brady Ours and Christian Ravenscroft had the Golden Tornado in front, and baton was in Turner's sure hands.

After the second exchange, photographers cross over from the inside of the track to the surface of the track itself, to take photos of the finish line from a clear angle.

So our backs were to the track, but Ravenscroft was clearly following his team-

And his face and his words narrated what was happening. "What is going on?" Raven-

scroft said as a look of confusion crossed his face. His hands went on his head. Something was wrong.

And when the final runners of the relay headed around the final turn, it was clear: Keyser's lane was empty.

Turner's hamstring, which had given him problems all year, had given out.

Ours, Ravenscroft, and the would-be final leg, Garland, along with Johnson, who was already on the infield after just accepting his first-place medal for the 300 hurdles, had to perform a perverse and unexpected relay: they had to carry their friend, their teammate off of the track and to the medical area near the finish line.

Amonte's parents Jermaine and Trina, as friendly and as supportive a pair as you'll meet, rushed across from the

The emotional gamut had been run.

The fortunate thing for Keyser: Nicholas County AND Bridgeport both were disqualified for making their first exchange out of the zone.

And Lincoln, sweet sweet Lincoln, the killer of the last two girls' basketball seasons in Mineral County, actually did Keyser a favor, as their sixthplace finish kept Poca out of placing by .32 seconds.

Despite Turner's injury, the playing field was the same: Keyser by 16 over Poca, by 24 over Bridgeport, by 28 over Nicholas County.

SATURDAY, 2:35

It's the achievement of a

When it was announced Scott Furey was the recipient of this year's state boys' track coach of the year award, the immediate thought with a loaded team returning was, well, this might be the greatest sports weekend of Scott Furey's life.

So here we are: Keyser has a commanding lead, but Furey's just watched one of his best kids, on and off the track, suffer an injury.

So he can't even fully enjoy the moment, right?

The wheels have to be turning. He has to make a move to fill Turner's spot in the 4x100 relay, and fast. That's the next

event. Still, the warm and gregarious Furey was smiling pretty

hard as the WVSSAC officials handed him his certificate.

And he had his move ready: Johnson would move from the 4x400 relay, the final event of the day, to take Turner's spot in the 4x100.

And freshman Reggie Redman, the 'break glass just in case' option that KHS had brought along for the meet, was in the 4x400.

"We'll see if I earned this;" Furey joked about the move, pointing to his fresh certificate.

SATURDAY, 3:15

He had.

Garland got it rolling, bursting out of the blocks with force.

Then, it was Ravenscroft, who again handed off with the lead.

Ours kept it.

It was a two-horse race heading down the final 100 meters.

Keyser had their fleet thoroughbred, Johnson, while RCB had their plowhorse of a fullback/thrower/sprinter, the unique athlete that is Juwan Iones-Wright.

Both were straining hard, but Johnson had Jones-Wright by a few steps—could he keep him there?

It was a contrast in styles in the hair game, too: Johnson's short cut staying put while Jones-Wright's beefy dreadlocks, held in place somewhat by an UnderArmour headband, were all over the place.

Jones-Wright tried and tried, but it was Johnson, his eyes wide and his white teeth showing, that crossed the line

For the third time in less than 24 hours, no one was catching Deavonta Johnson. Again, an outburst of joy:

Amonte Turner's shoes could not have been filled any better. Joy, too, from the other relay members as they migrated towards the finish line to celebrate: Garland had a huge smile on his face, yelling as he was the first one of the three to

arrive. Handshakes and hugs were exchanged between the Keyser athletes and their new statewide friends.

No, really, it was over: Bridgeport was sixth, Poca seventh, and Nicholas Coun-

ty didn't compete. Keyser, with 72 points, had clinched the state championship with three events to go, leaving Poca (46), Bridgeport (39), and Nicholas Coun-

ty (34) in their dust. SATURDAY, 4:03

Now the only question was, who would finish second?

Nicholas County and Bridgeport made their cases in the 800: with Reed and Frai-

ley going 1-2. Because of a thin Reed, the race was separated by a thin reed: Bridgeport 47, Poca 46, Nicholas County 44.

In the 200, Garland was chasing an individual medal to go with his relay one, and just missed out: 23.61 seconds,

seventh place, .11 ticks off. Nicholas County's Jacob O'Dell was fifth, moving the Grizzlies into a tie for third with Poca, one point behind Bridgeport.

SATURDAY, 4:21

It rained again.

A storm of Forest Gumpian proportions, this time carrying lightning with it, halted the meet midway through the 4x400 girls' AA heats.

Keyser's wait for a second state championship would have to wait just a little bit longer.

SATURDAY. 4:58

Colton Broadwater was in the blocks.

That alone is a story. Just a year ago, Broadwater, who was already a key member of the soccer team in the fall, decided to give track and field a shot.

And he was good, working his way up during small meets to be in the mix for KHS in the middle distances at larger events.

But he it took him a little bit longer to get used to breaking out of the blocks, so he was an oddity, going from a standing start before he finally got the hang of it late in the season.

A year later, he was so accustomed to it that he was the first leg of the 4x400 meter re-

He got a good clean start, putting KHS in a good position.

Ravenscroft, the second leg du jour, kept it going, passing to Redman, so new that he had to write his number, 869, in pen on his bib. Other than that, no prob-

lem: he passed to Ours, one first-year track athlete to another, who brought it home for a third place finish. And that's the scary part about this team: although the reclassification is bringing

 $some\,great\,athletes\,down\,from$ AAA to AA next year, you'd have to like the chances of a Keyser team that brings so many of their relay athletes and the superlative Johnson back. But I digress.

SATURDAY, 5:40

Erik Willis had his hands

And like a good fullback, he didn't fumble the handoff: the state championship trophy, for the second time in program history, belonged to Keyser.

And how about this: Keyser scored 78 points, with a literal lightning division in the middle of the meet, and the trophy was handed to the young man who won the award named for Ed Kelley, the Keyser native who won the Congressional Medal of Honor, posthumously, with the 78th Lightning Division in World War II.

Keyser pride. Final: Keyser 78, Nicholas County 56, Bridgeport 47, Poca 46.

To get dogs barking



If you know anything about pet parents, you know a robust online presence is critical.

Diane Dewberry, owner of The Healthy Animal pet supply store, in Pembroke, Massachusetts is an expert in pet care, but not so much when it comes to the Internet. She hired Propel to create a website and launch a social media campaign. Propel helped build "friends" and "followers," then began posting and tweeting messages. In just a few months, The Healthy Animal saw a major increase in customers and brand awareness. With the help of Propel, more tails are wagging at The Healthy Animal.

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WE HAVE THE DIGITAL TOOLS TO BUILD YOUR BUSINESS

FHS From Page B2

Tuesday, May 24, 2016

been some games this year where he's pitched excellent and had some bad luck. His win-loss record...he still has a winning record, but it could be a lot better with the way he's pitched," said Miller. "Every time he goes out, we know what we're getting from him. He's gonna throw strikes. He's gonna compete. His competitive juices, when they get flowing, he's the guy we want out there. For the last three years, he's been that guy for us. Last year in the regional against Petersburg, he came up huge for us and now it's his turn to have the ball first."

"There's nobody else I'd want more on the mound than him."

Conley's been through this before and says that a playoff day isn't that much different.

"It's just another day. There's some nerves once you get to the field and start warming up, but once you throw that first pitch, you're fine," said Conley.

Unlike the sectional, there are no second chances at the regional level.

"We have guys that were in it last year. Ross, Brett, John, all of those guys have been through the win-orgo-home games at the regional. That experience helps, plus last week prepared us. We have no choice. We've just go to win baseball games," said Miller.

Frankfort's other senior is Troy Mumma, who had to watch last year's run to the regional final due to injury, adding meaning to this year's experience.

REMINDER

Our office hours are 9 am to 4 pm Monday — Friday Closed Sat. & Sun.

Daily News Tribune

"A lot. Missing out last year....I've played baseball since I was six or seven, so not having that last year really sucked. I'm trying to make last year as good as it can be," said Mumma.

"He does the little things. Defensively, he's been outstanding for us. Last game, he made that unbelievable catch to end it," said Miller. "He was kind of the question mark at the beginning of the year, whether that injury was going to affect him, and obviously it didn't very much, if it did at all. He's been huge in the 2hole for us. He does the little things, like moving runners over. John Ackerman had 39 RBIs this year. That's a huge amount of RBIs in a high school season, and it's because of Troy and Zack [Whitacre] getting on base and getting in scoring posi-

tion." Whitacre, a freshman, was named all-PVC this year, along with the two seniors and junior first baseman Ackerman.

"Zack's a special kid. He works really hard. The things that people don't see is the time he spends in the cage after practice, hitting extra and doing the small things to get better. Taking ground balls in the gym when it was pouring down

COLDWELL BANKER E

HOME TOWN REALTY

TERRY STEPHENS, BROKER

the rain last week, hundreds of ground balls just to keep his head on," said Miller. "That's the only way you're going to be all-PVC as a freshman. You've got to put in that work, and he's been huge at the top of the lineup too. Not only has he

played short, but he's been our leadoff hitter. To put that kind of pressure on at Day 1 and have him accept that role and succeed in that base, is nice," said Conley. role, he's had a great year for

Frankfort has also gotten major contributions from sophomores Wyatt Yates, Blake Wasson, Nick Corwell, Foster Conis, and Blake Rhodes, all regular starters.

"These kids played a lot of baseball games in their past. This is the same group that had a lot of success through Little League and through their summer leagues the last two years. And now they're sophomores contributing to the varsity team. Wasson and Wyatt contributed to the varsity team as freshmen. Brett and John have been here since freshman year. Ross is a threeyear varsity guy. Troy...he's played two varsity years. So even though we're young in general, there's still experience with this youth," said Miller.

Conley praised his de-

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fense, and especially Corwell's work behind the plate

at catcher. "It's very nice to be able to throw pitches to get a guy out and know that if a guy makes contact, your defense is behind you and can make a play like that," said Conley. "He's worked very hard this season. To be able to throw a 3-2 curveball and not have to worry about it all, even with runners on

"I feel comfortable with our depth, and I really feel comfortable with our pitching depth. But one-anddone situations, you don't have to lean on that depth quite so much," said Miller.

The two schools have played twice: Frankfort won their season opener on the road, 6-2, on March 17, then Berkeley Springs got payback on May 3, 8-7.

Conley threw that first

"Well, for one, they're fast. I remember that. They're quick on the bases. You have to be quick to the plate to give Nick a chance,"

said Conley. "But it was the

first game of the season. I don't remember much more than that."

Miller's keys?

"Keep their leadoff hitter off base. He's really good. He steals a lot of bases," said Miller. "Their run game hurt us last game, but Ross wasn't the pitcher last game. We've worked on some things on getting to the plate quicker. I feel confident in what we do. We went up after the Keyser game and watched them against Petersburg. We got some things that we feel comfortable with. But, baseball's game where you have to execute. It doesn't matter what the other team does as long as you do what

you do." "They've very aggressive. They play very loose, which is a good thing for a baseball team to do," said Miller. "They do have a good hitter in the middle of their lineup, Justin Stone, who drives the ball well. He had a double and a single against us the last time. But they all put the ball in play. They don't strike out a lot."

The Falcons know this could be the end, but they believe that it won't be.

"It should be a good matchup. I feel 100 percent confident in my pitchers and our guys feel really good right now. We were loose the last two games, we've practiced well since then,"

said Miller. "Once you come out on the field and see the other team, you have it in the back of your mind that this could be the end of the season," said Mumma.

"I'm extremely confident. The way we've been hitting the ball the last two games and the way we've been fielding, too, I don't see any way we'll lose if we play like we have," said Con-

The winner today will travel to face the winner of tonight's 6 p.m. game in Grafton between defending regional and state champ Bridgeport and Grafton.

The Indians defeated the Falcons in last year's regional final, overcoming an early 4-2 deficit.



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