

OVER THE PASS



"My life at home is a lot of exercise. I haul water for my animals, my farm, my greenhouse, walking up and down the mountain, on top of yoga every day."

— Kelsey Boatwright, manager, Comida Market, Trinidad



"Dance, and walk. Dancing is one of my favorite forms of exercise. I go out for live music that makes me want to dance. I don't dance often enough lately. I have trouble exercising just to exercise. It has to be something that I enjoy. I like to walk on my property."

— Don Risinger, owner, window-cleaning business, Austin, Texas



"Extreme sports. Cardio. I skateboard. I skateboard everywhere. It's my regular transportation. I've been skateboarding for 16 years."

— Julian Marquez, Jr., Trinidad

TIM KELLER'S CONNECTIONS

"What do you do for exercise?"

Photos by Tim Keller / The Chronicle-News



"I walk out at Trinidad Lake State Park every weekend and sometimes after work, four or five miles, a couple hours. I've been hiking there for years. I was a gate worker at the visitor center for four years and got to know the trails well. I usually hike the South Shore Trail or Riley Canyon Trail."

— Kyla Clark, online banking specialist, First National Bank, Trinidad

SWEET 16

West Virginia guards getting it done in NCAA Tournament

JOHN RABY
AP Sports Writer

Just in time, West Virginia's Bob Huggins is getting the most out of his top three guards.

Jevon Carter, Daxter Miles Jr. and Tarik Phillip were terrific on offense in a win over Notre Dame on Saturday that propelled the Mountaineers into the Sweet 16 of the NCAA Tournament.

The trio combined for 54 of West Virginia's 83 points against the Fighting Irish, going 17 of 29 from the floor, including 7 of 10 3-pointers.

They'll take the fourth-seeded Mountaineers (28-8) into the regional semifinals on Thursday against top-seeded Gonzaga (34-1) in San Jose, California.

"Everybody's just stepping up for us as the right time," Carter said.

It hadn't been that way for parts of the season.

Carter has overcome some cold shooting to emerge as the team's leading scorer. He's been in double figures in 11 of his last 12 games, reaching 24 points three times, including against Notre Dame.

Miles missed the first three games with an illness. The low point came in December

when he was ejected after elbowing Virginia's Isaiah Wilkins in the face. He scored in single digits in two-thirds of the regular-season games and spent several as a backup late in the season.

Phillip went through a 2-for-21 shooting stretch over three games in late February.

All three had struggles in the Big 12 tournament, when West Virginia lost to Iowa State in the championship game.

A week later, they found a rhythm together.

"They put an enormous amount of time in," Huggins said. "They're in the practice facility 12 months out of the year. It's great when you don't have to kind of tell people to go in there. You can see it."

"Tarik came in not a very good shooter. He's a pretty good shooter now. J.C. came in and was not real consistent. He's pretty consistent now. They deserve a lot of credit. They want to get better and they want to win."

Carter, Miles and Phillip have helped make up for the departure of the Mountaineers' top two scorers from last season, when West Virginia lost in the first round of the NCAA Tournament to Stephen F. Austin.

Now West Virginia heads to the West Coast, which doesn't seem to faze the Mountaineers considering their Big 12 road trips often consist of 1,000-mile trips or longer one way.

"I would think they learned a lot from a year ago," Huggins said. "Our practices have been better. Our focus has been better. They've played in big games in really hard environments and played well. That part of it I don't think bothers them."

West Virginia's 28 wins are the second-most under Huggins to the 2010 team that went to the Final Four.

"I'm just tired of everybody doubting us," Carter said. "We just go out there and prove people wrong. It just feels good."



Photo by Kim Pelham / The Chronicle-News

Lady Trojan Shahennessey Bradford (No. 1) dribbles past a Laramie Community College Lady Eagle in a game during regular season play.

Lady Trojans wrap season in semifinals

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TSJC with ten rebounds and Kaila Gabriel dished off three assists.

A slow start on Friday evening doomed the Trojans to an earlier exit than they were hoping for. Facing Eastern Wyoming the Trojans fell behind 10-0 early in the first quarter and trailed 27-16 at the half. A solid second half saw them cut the lead to two points late in the game but the Lancer free throws went in down the stretch and the comeback fell short. Annette Warner led the team with 14 points and eight rebounds and Clarissa Chavez pulled down ten rebounds in her final game as a Lady Trojan.

The Trojans garnered a handful of post-season awards following their tremendous

season. Sophomore Tammarrah Gothard was named to the All-Region team and Alayna Latimore was selected to the Region IX All-Defensive team. Following their excellent showing at the tournament Hannah Faulks and Annette Warner each earned spots on the All-Tournament team.

The Lady Trojans return a solid group of players this fall, but they have big shoes to fill. TSJC will lose a group of great leaders to graduation this May when Latimore, Gabriel, Gothard, Chavez, Faulks, Nyece Smith and Jenny Huggins cross the stage at graduation. This group has done a tremendous job leading both on and off the court and we wish them the best in the future.

COVERAGE

Sunday spike: NCAA TV viewer audiences increase for CBS, Turner

Associated Press

CBS Sports and Turner Sports say viewership for the first Sunday of the NCAA Tournament, which was packed with close games and marquee teams, was up 34 percent over last year's Sunday second-round coverage.

The networks announced Monday that the eight games aired Sunday on CBS, TBS, TNT and truTV averaged 11.9 million viewers. Last year's Sunday second-

round games drew 8.9 million viewers.

Sunday's games featured some of the college basketball's most notable power programs: Kentucky, Duke, North Carolina, Louisville, UCLA and Kansas. Six of the eight games played were decided by seven points or less, with South Carolina upsetting Duke in prime time.

Overall, viewership for the tournament is up 10 percent from last year at an average of 9.325 million over the first four days.