

Runners, walkers flock to Saturday's Nor-Cal run

By TOM SELLERS

In recent years, organizers of one of Redding's most popular footraces have promoted their event as having "something for everyone."

The saying is even more applicable this year for the 19th annual Nor-Cal/John Frank Memorial Run, to be held Saturday in Lake Redding Park.

This year, each of four runs and walks will be held on different courses originating on or near historic Diestelhorst Bridge, race directors Linda Doniak and Fred Wade said. The event, which 411 walkers and runners are already registered for, begins at 9 a.m.

The premier events, the 10- and three-mile runs, start on the bridge at 10 a.m. The 10-mile will head up Quartz Hill Road, turn around and come back to the park for a finish near the bridge. The course includes a grueling three-quarter-mile hill near the start. The three-mile run is all flat, turning off of Quartz Hill onto Snow

Lane in the Lake Redding Estates subdivision before the hill, Wade said. It returns to the same finish area as the 10-miler.

The three-mile walk (9:45 a.m.), in its second year, begins at the gate to the south end of the Sacramento River Trail, heads down the trail, returns and ends on the bridge. The one-mile fitness walk-run (9 a.m.) starts at the north end of Diestelhorst, heads onto the river trail and returns.

The walking and walk-run courses were switched to keep the participants away from vehicle traffic and closer to the rest of the events.

"It used to be by the Elks club, a little too far away. Also, they were running in traffic. So what we decided to do was start on Diestelhorst and be in a completely enclosed area," Wade said. "And they'll get to finish in the event's center area," Wade said.

Traffic shouldn't be much of a concern for Mark Fricker of Canby, Ore., who won

the 10-mile race last year and holds the three-mile record of 13 minutes, 49 seconds set in 1987. Fricker will return to the shorter race this time, according to Doniak.

Also back are defending women's 10-mile champion Yoshie Piles of Bella Vista, who won in 1:05:18 in hot weather last year after setting a course record of 1:02:27 in 1987, when it snowed; women's three-mile titlist Sara Gates of Chico, who at 11 years of age won last year in 19:46; and Gid Rysdam of Portland, Ore., who won the men's 10-mile in 1987.

Doniak said she is hoping to also get Carl Van Calcar, an Oregon State steeplechase and cross-country star who made the last Olympic trials finals before suffering a leg injury.

Wade said the south river trail parking lot will be accessible until 8:45 a.m.; other roads in the start-finish area will be closed starting at 7 a.m.

Race-day registration will be open to

those who get in line by 9 a.m. If it is raining, registration and post-race ceremonies will take place in front of the Elks Lodge adjacent to the park. Under sunny skies, the Lake Redding Park barbecue area will be the spot for both.

Entrants who have pre-registered may pick up their packets at the Hilltop Inn on Hilltop Drive until 8 tonight.

Proceeds from the race, which is put on by volunteers including members of the Shasta Wonderland Elite Athletic Team (SWEAT) go toward scholarships to track and field athletes from West Valley, Anderson, Enterprise, Shasta and Central Valley high schools. Additionally, a sixth scholarship is awarded by SWEAT from the proceeds in the name of former winner, Central Valley High and Oregon State University track star John Frank, who was killed in an industrial accident in October, 1986.

Bud Light is a major co-sponsor of the race, donating \$2,000 to the event.