

Nearly 500 expected for today's John Frank run

Cloudy skies are expected to greet runners today for the 23rd annual Nor-Cal John Frank Memorial Run in Lake Redding Park.

About 500 runners are expected for today's race, which will feature three-

and 10-mile runs, a three-mile walk and three-mile wheelchair race.

The runs start at 10 a.m. on Di-estelhorst Bridge. The walk begins at 9:45 a.m. and the wheelchairs at 9:58 a.m.

Participants can still register for the race from 7 to 9 a.m. at Lake Redding Park.

Half of the race's proceeds go toward scholarships for graduating high school seniors.