

Deadline nearing for Frank run

SHASTA LAKE — The pre-registration deadline for the 26th annual NorCal John Frank Memorial Run is Saturday.

Cost for the March 23 race is \$14 for SWEAT Running Club members, \$16 for non-members. Late registration fee is \$2 extra from March 18-22. Race-day registration is \$20.

The event features 10- and three-mile competitive races as well as a one-mile fun run/walk. It is the third year the event has been held in Shasta Lake.

"We've received some really positive feedback from the people who have run it out here," said race director Linda Doniak. "It's a challenging course, but it's a good course."

In 1987, the race was dedicated to Frank, a two-time state cross country champion at Central Valley High School. He was killed the year before in an industrial accident in Yosemite National Park.

The 10- and three-mile races start at 10 a.m. at Margaret Polf Park in Shasta Lake. The one-mile run kicks off at 9 a.m.

Last year the event drew 330 competitors, as Redding's Pat Kornder won the men's 10-mile race in 53 minutes, 15 seconds. Central Valley graduate Judi Manning won the women's race in 1:06:02.

The long course, which travels to Shasta Dam and back, actually measures 9.75 miles.

As of Wednesday, 100 runners had pre-registered.

Entry forms are available at The Sports Foot and the Donut Wheel in Redding.

Call 275-1807 for more information.