

# John Frank run set for Saturday

■ Some 300 runners are expected to take part in the 26th annual NorCal John Frank Memorial Run, which is in its third year in Shasta Lake.

**By Jim Dyar**  
R-S sports reporter

**SHASTA LAKE** — The 9.75-mile course for Saturday's 26th annual NorCal John Frank Memorial Run takes runners on a challenging loop to Shasta Dam and back.

But the race includes an escape clause.

"This is the race where 200 yards from the finish line you can change your mind," explains race director Linda Doniak.

In other words, runners entered in the 9.75-mile race can opt for a quick exit as the course loops back to the start/finish line after three miles. Three-mile entrants may take on the longer course if they feel too good to stop.

The race is in its third year at Shasta Lake's Margaret Polf Park, after moving from the Sacramento River Trail. The event begins with a one-mile fun run/walk at 9 a.m., followed by the three- and 9.75-mile runs at 10 a.m.

Returning women's champion Judi Manning of Redding will likely go the full distance after

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winning last year's event in 1 hour, 6 minutes, 2 seconds.

She'll face a definite challenge from Redding's Veronica Haskell, who won the Napa Valley Marathon on March 3 in her first marathon ever.

"I just want to go for a time that I think is good," said Haskell, who ran a 2:53:48 marathon in Napa. "If someone there beats me, oh well."

Although she's never run the course, Haskell said she's not dreading the course's long climb to the dam.

"You've just got to limp through the first half and finish with what you've got," Haskell said. "I don't care about the hills. They don't bother me."

Redding's Pat Kornder, last year's men's winner in 53:15, has decided not to run this year for personal reasons.

Two of the top candidates to replace him are Dick Oldfield of Tigard, Ore., and Tom Cushman of Chico.

Oldfield, who won last year's

three-mile race, was a teammate of John Frank at Oregon State. Cushman won the race four consecutive years before Kornder beat him last year.

Runners may register or pick up race packets today from noon to 8 p.m. at the Best Western Hilltop Inn in Redding. Today's registration is \$16 for SWEAT Running Club members (\$18 for non-members). Race-day registration closes at 9 a.m. and is \$20.

Doniak said 260 runners had pre-registered through Thursday, and she expects more than 300 runners to take part on Saturday. Last year's event drew 330 athletes.

The run honors Frank, a two-time state cross country champion at Central Valley High School. He was killed in 1986 in an industrial accident in Yosemite National Park.

Race sponsors include Foothill Distributing, Bud Light, Pepsi, Express Personnel Services, C.R. Gibbs, Schmitt equipment, North Valley Bank, Sentry Markets, and Castle Rock Spring Water.

