

Longtime teacher set to run

■ Jim Hayes, a longtime mentor to students and athletes at Central Valley High, has returned to the area for the first time in 17 years.

By Jim Dyar

R-S staff reporter

SHASTA LAKE — Jim Hayes has only been back in the north state a few days, but the memories are already flooding back.

It's the first time Hayes has returned to the area since his retirement from Central Valley High School in 1981. He spent 22 years as a history teacher and cross country coach at the school.

He has returned to participate in Saturday's 27th annual NorCal John Frank Memorial Run at Margaret Polf Park. Hayes was Frank's high school coach and a major influence on the former state champion and Oregon State University star.

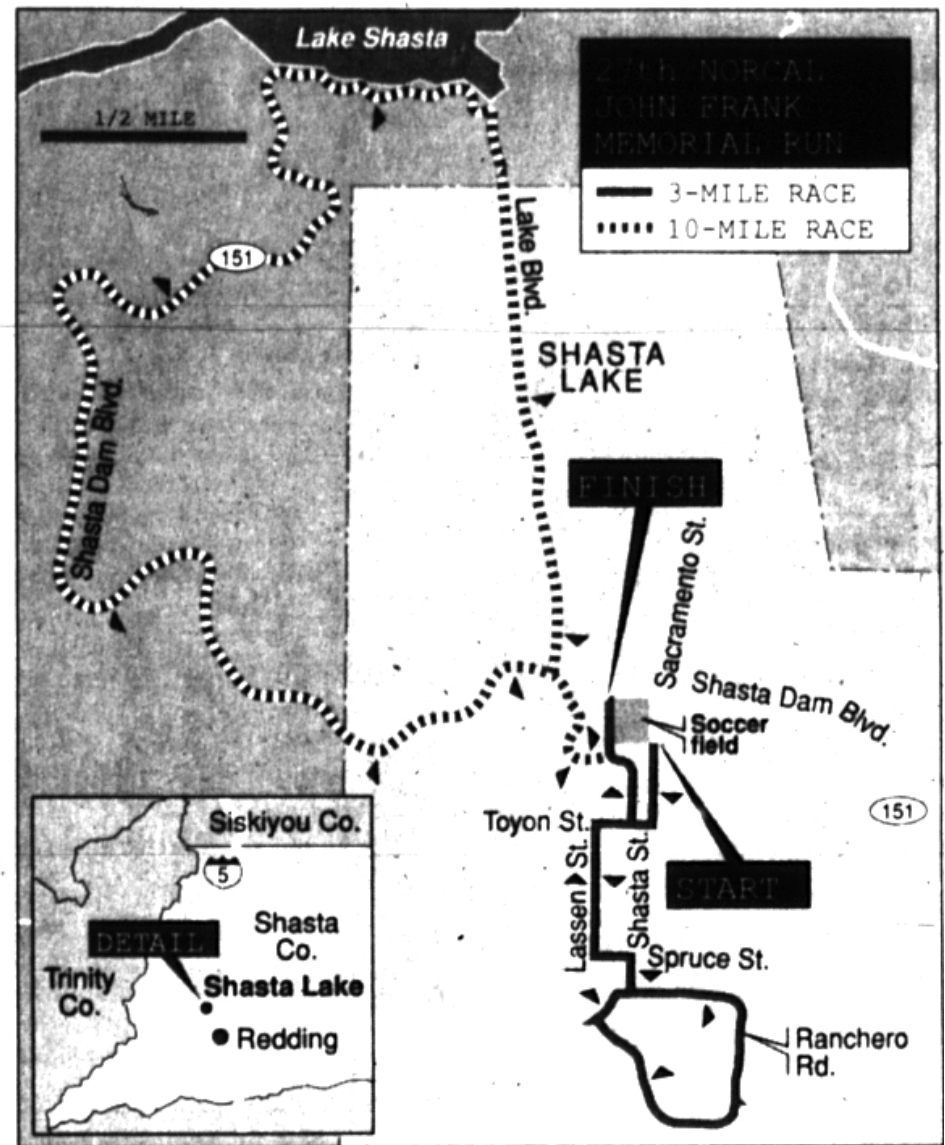
"I've been wanting to come back ever since I left," said Hayes, who currently resides in Durango, Colo. "So many of my runners and former students were saying, 'Hey, when are you going to show up for this race?' I just got so involved in so many activities that retired people do.

"But this will be to honor the memory of John. John was such a great inspiration to all of us and he still is."

Frank, a 1980 Central Valley High graduate, was killed in an industrial accident in Yosemite National Park in 1986. The Nor-Cal race was renamed a year later in his honor.

The 76-year-old Hayes plans to run the 10-mile portion of the event.

An avid runner most of his life, Hayes has continued to stay active in other sports like cross country and alpine skiing, moun-



R-S graphic by Jef Dauber

tain biking and hiking in Durango.

"It keeps me in good shape and keeps me away from the doctor," Hayes said. "I'm looking forward to the race. I've already met several people I haven't seen in 20 years."

On Saturday, the event kicks off at 9 a.m. with a one-mile fun run/walk. The three- and 10-mile races begin together at 10 a.m. Last year's event drew 301 runners and walkers and was highlighted by Dick Oldfield's record-setting performance in the 10-mile race. Oldfield of Tigard, Ore., a former teammate of John Frank at OSU, set the course record in 52 minutes, 20 seconds.

Redding's Veronica Haskell also set the women's course record last year in 1:01:22.

The long course, which features a pair of challenging climbs to Shasta Dam and back, actually measures 9.75 miles. It is the

fourth year the race has been held in Shasta Lake after a long stint in Redding.

In Durango, Hayes volunteers his time to instruct handicap skiers.

His dynamic career has taken him as far away as Nepal and France to teach. In the late 1960s, Hayes was one of two American teachers commissioned by the U.S. Agency for International Development to work with Nepali teachers in Katmandu.

Recently, he has taught courses to Navajo students in Tuba City, Ariz.

Driving around the Redding area has been somewhat of a culture shock for Hayes.

"The place has changed tremendously," Hayes said. "There's so many new houses and new developments. It's pretty, but it looks crowded.

"Sometimes I wonder when a person retires if they shouldn't move too far away."