

John Frank veteran, rookie share victory

By Darren J. Gendron

Record Searchlight

SHASTA LAKE — Tom Cushman of Chico is an old hand at winning road races. Bev Anderson-Abbs of Red Bluff had never run a 10-mile race before Saturday.

In the 29th annual John Frank Memorial Run, both were winners in the 10-mile race.

Cushman, who began running the John Frank in the mid-1980s, won the men's 10-mile run with a time of 54



Tom Cushman



Bev Anderson-Abbs

minutes, 48 seconds. The time is good enough to make the top 10 times in the race's history, of which Cushman now owns four.

"I've always been 1 or 2

since it moved (to Shasta Lake)," he said.

The race, originally called the Sacramento River Run, once started along Quartz Hill Road in Redding, crossed Keswick Dam and ran back along a railroad grade.

Winning the race was practically foretold by Cushman's bib number, as he had No. 1 pinned to his shirt. Omen or not, Cushman liked his chances this year.

"I'm the only winner who's back," he said. "As long as

I'm in some semblance of shape."

As for Anderson-Abbs, an avid bicycle racer, this was her first John Frank run. The hilly nature of the course, which starts and finishes in Margaret Polf Park while looping by the Shasta Dam, is its greatest challenge.

"It was different. I've never done a 10-mile (race)," she said. "I wasn't prepared for the climb."

Anderson-Abbs finished the course in 1:05.10, placing seventh overall.

In the 3-mile race, Bryce Lighthall finished the course in 15:56. Lighthall was aiming for the course record of 15:03 set in 1996.

"I wish I would have had someone on my butt so I would have kicked," he said.

His closest competition came from Ryan Wade, who fell back around halfway.

In the women's 3-mile race, Megan Johnson of Beaverton, Ore., won with a time of 18:16. Johnson is a graduate of Shasta High School, Shasta College and Chico State.