

Landmark year for Frank run

Event will move to the River Trail

By Thom Gabrukiewicz

Record Searchlight

Like a fine wine, the NorCa John Frank Memorial Run just keeps getting better with age.

The run, which celebrates the memory of Frank, a Shasta Lake running phenom who was killed in an industrial accident in 1986, is 30 years young this year. It's the oldest of the north state running races and the 13th year it's been dedicated to Frank, who set the 3-mile course record for the run in 1979 and captured the state high school cross country title in 1980.

This is a race steeped in history. It was first run in 1970 on the railroad bed to the town of Keswick, now under the waters of Lake Shasta.

"The first event, there were seven people who ran, all guys," said Glenn Reed, a member of the SWEAT Running Club, the group that sponsors the race. "We didn't have our first lady to run the event until about 10 years later."

Run on the streets of Shasta Lake the last few years, the event is moving closer to its roots -- the Sacramento River Trail -- with a start on the Diestelhorst Bridge and finish line near the Caldwell Park Pavilion. The 10-mile race features a run on dirt trails and one challenging hill climb.

"I'm looking forward to the new course," Reed said. "I look forward to seeing it grow again, getting a thousand people out there."

"At this point, I have about 225 signed up," said John Luaces, race coordinator and SWEAT Running Club member. "I think the weather is going to play a part on who turns out."

The long-range forecast calls for partly sunny skies, cool temperatures and breezy conditions,

according to the National Weather Service in Sacramento. Five hundred runners is not out of the question Saturday, Reed said.

The one-mile fun run/walk begins at 9 a.m., with the three- and 10-miles races set for 10 a.m. Packet pickup and late registration will be from noon to 8 p.m. Friday at Market St. Pizza and Deli, 871 N. Market St. in Redding.

Race-day registration opens at 7 a.m. and closes at 9 a.m. Saturday. It costs \$24 to enter and the fee includes a commemorative 30th anniversary T-shirt. For more information on late registration, call 246-8560.

All proceeds from the SWEAT-sponsored event go toward furthering the careers of north state high school runners in the form of college scholarships.

This is the kick-off event for the spring and summer race season, runners said.

"The race is older than I am, practically," Luaces, 32, said.