

# Hundreds to hit trail for John Frank run

## Cushman 3-time defending champ

By Thom Gabrukiewicz

*Record Searchlight*

The storyline going into Saturday's NorCal John Frank Memorial Run is not whether the sun will shine or if organizers can attract more than 400 runners to the oldest of the north state running events.

No, the storyline will be if anyone can unseat Chico's Tom Cushman as the undisputed king of the trail.

Cushman has been running in the spring classic since the mid-1980s, owns four of the 10 fastest times and has collected the winner's bonus check the past three years.

"Actually, Tom hasn't even signed up yet," race director John Luaces said Friday. "So it's wide-open at the moment."

Are you up for the challenge?

The 32nd NorCal John Frank Memorial Run kicks off at 8 a.m. Saturday in Redding's Caldwell Park with a one-mile fun run/walk. The 10-mile race — where Cush-

man will be the favorite if he shows — starts at 9 a.m., along with the three-mile event.

Late registration is still being taken, and there will be race-day registration from 6:30 a.m. until race time. Cost is \$25 and includes a commemorative T-shirt. Packet pick-up and additional registration will be held from noon to 8 p.m. Friday at Mar-

ket Street Pizza and Deli in Redding.

"We've got 230 signed up so far," Luaces said. "Last year we had more than 400 runners. If we can get that again, that would make my day."

Up for grabs will be \$300 in prize money for the top finishers, with participation ribbons for the one-milers and

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age group prizes for the three- and 10-mile races.

As it has the past two years, the races will start on the Diestelhorst Bridge and follow the Sacramento River Trail. Although both the three- and 10-mile courses have been altered again to sidestep construction.

"Yeah, we had to set new courses, since the Arboretum is closed," Luaces said. "But both are pretty good courses."

Saturday's forecast calls for a slight chance of showers, with temperatures in the mid-50s by afternoon and a slight wind.

The race honors the memory of John Frank, who set the old Shasta Lake 3-mile course record in 1979, then captured the California high school cross country championship in 1980. Frank, who went on to have a successful running career at Oregon

## John Frank run

- Events begin at 8 a.m. in Redding's Caldwell Park.
- Events include one-mile fun run/walk, three- and 10-mile races.
- Cost is \$25 and includes T-shirt.
- Register online at [www.active.com](http://www.active.com)
- For more information, visit [www.geocities.com/sweatrc](http://www.geocities.com/sweatrc) or call John Luaces at 246-8560.

State University, died in an industrial accident in 1986.

Another runner whose always in the mix year in and year out is Liberty Christian High School cross country star Tim Nelson. He's won the three-mile course the past two years and added championships in the state cross country Division V races the past two years.

And it is fitting to have a young, promising runner like Nelson entered, since the event raises money for the

runners to extend their careers in college.

"People know it's for a good cause," Luaces said. "My goal since I took it over was to grow it each year and get back to where it was in the late '80s when 700 to 800 people came out."

Shasta Wonderland Elite Athletic Team scholarship fund. Each year, SWEAT gives out scholarships to high school