

# Sun, speed forecast for John Frank run

By **Thom Gabrukiewicz**

*Record Searchlight*

Don't look now, but the burners are coming back to the NorCal John Frank Memorial Run on Saturday.

And area runners swept along in the excitement are already wondering if this is the year that the 10-mile, mostly flat, scenic Sacramento River Trail course will be scorched for a sub-50-minute winning time.

"We should have some pretty quick men and women coming in," said John Luaces, race director of the Shasta Wonderland Elite Athletic Team event. "We've already got 210 people signed up for the 10-mile event."

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# RUN: Frank competitors vie for \$3,900 purse

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For the second year, the John Frank will be a stop in the Pacific Association/United States Track and Field 10-mile Road Championship series. A prize pot of \$3,900 was offered to PA/USATF members, which will bring out team runners from across Northern California and western Nevada.

That pot of cash helped propel a lot of runners to sub-53 minute times last year.

"This is my first road victory in four times trying," Berkeley's Corey Creasey, a member of Transport adidas, said last year about his blazing victory in 51-minutes, 44-seconds in the men's 10-mile run. "It was a pretty course. That really made it easy when we got to the hills to just run right through."

The Transport adidas team, made up of several former University of California runners, took the top two positions in the men's 10-mile race last year, with Bill McMorran of Modesto second in 52:03. Third-place went Redding's Kris Rolin in 52:05.

Expect more speed this year on what a lot of people consider one of the prettiest 10-milers in the West.

"All the courses are basically flat, there's nothing real technical that people have to put up with," Luaces said. "All events are open to everyone, runners and walkers. The beginner should be able to handle either the three- or 10-mile course."

The NorCal John Frank Memorial Run kicks off at 9 a.m. Saturday in Redding's Caldwell Park with a one-mile fun run/walk and the grade school team challenge. The 10- and three-mile events begin at 10 a.m.

The 10-mile course, which will begin at the zero-mile marker on the south side of the Sacramento River Trail, is now a certified course that will follow the river trail and dump out into the surrounding Lake Redding neighborhood. A map of the 10-mile course is available online at the SWEAT Web site at [www.sweatrc.com](http://www.sweatrc.com).

The three-milers will start at the Diestelhorst Bridge and run an out-and-back course along the trail.

The race is a tribute to John Frank, who set the three-mile course record in 1979 as a Central Valley High School student, then captured the state cross country championship in 1980. Frank, who went on to have a successful running career at Oregon State University, died in an industrial accident in 1986.

There is still time to register, Luaces said.

People can register at packet pickup from noon to 8 p.m. Friday at Market Street Pizza & Deli, 871 N. Market St. in Redding. There will be race-day registration from 7-9:30 a.m. Saturday. Cost to run is \$20 for the one-mile fun run/walk and \$25 for the three- and 10-mile courses.

The forecast for race day calls for partly cloudy skies, with lows in the 40s and highs in the 60s — just about perfect for runners.

"As long as the weather holds out like it's supposed to, we'll be fine," Luaces said. "Sixties? We'll take that, maybe even a little more."