

John Frank race brings crowds for run on beautiful course

By Thom Gabrukiewicz
Record Searchlight

Runners agree — the 10-mile course of the NorCal John Frank Memorial Run is one of the prettiest around.

Find out for yourself Saturday, as the 35th running of this north state classic is set for a 10 a.m. start on the Dieselhorst Bridge near Caldwell Park.

The event includes a 1-mile run and 1-mile grade

school team challenge starting at 9 a.m., a 3-mile

run/walk and the 10-mile run.

Again this 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 \$2,500 will be offered to PA/USATF members,



which will bring out team runners from across Northern California and western Nevada.

The forecast for Saturday calls for partly cloudy skies, with temperatures at the start to be in the 50s, which should make for some quick times on the nearly flat Sacramento River Trail courses, said John Luaces, race director for the Shasta Wonderland Elite Athletic Team event. Money raised from the John Frank —

and the group's other runs — goes toward a scholarship fund that allows north state high school track athletes to continue their running careers in college.

Runners love company, and, as of Monday, there were 300 people registered for all John Frank courses, Luaces said.

"You always hope people come back," he said. "For

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Program benefits ongoing education

Record Searchlight staff

The Shasta Wonderland Elite Athletic Team Running Club is accepting applications from high school seniors who have participated in cross country and/or track (800 meters or longer) for its 2005 scholarship program.

Applicants must have a

3.0 GPA, completed community service work and wish to run in college.

The new Justice Richard Abbe award will be given to the top scholar/athlete.

The deadline is April 18. For information, call Tori Parks at 221-8268 or visit www.sweatrc.com for an application packet.

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those in the series, a lot of races run through industrial parks, so it's pretty rare to come across something like we have here."

With the addition of USATF runners, times continue to fall on the 10-mile course.

Last year, Adidas Transports runner Ryan Hayes blistered the course in 50 minutes, 57 seconds, a 47-second improvement over the win-

ning 2003 time. Hayes, a civil engineer for California Department of Transportation, is the son of Tim Hayes, one of the founders of SWEAT who now lives in Chico.

Nothing like a little speed to bring out the beast in everyone.

"It can't hurt," Luaces said.

Not into speed? Walkers are most welcome to try any of the distances, Luaces said.

However, 10-mile walkers will have a 2-hour, 20-minute time limit to be included in the final results, which will run in the Record Searchlight.

There's still plenty of time to register for this north state classic.

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 cham-

pionship in 1980. Frank, who went on to have a successful running career at Oregon State University, died in an industrial accident in 1986.

Registration fees are \$25 for the 1-, 3- and 10-mile races, or \$20 without a commemorative T-shirt. SWEAT members get a \$2 discount.

People can register online at www.active.com and at packet pick-up from 10 a.m. to 7 p.m. Friday at Fleet Feet Sports in the Discovery Vil-

lage Shopping Center on Dana Drive. Raceday registration starts at 7 a.m. and goes until a half-hour before the race Saturday at the picnic pavilion in Caldwell Park.

For more information, call Luaces at 526-3076, by e-mail at sweatrc@sbcglobal.com or visit www.sweatrc.com for entry forms, course maps and course pictures.

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