

Spring will get sprung for runners

NorCal John Frank Memorial Run is Saturday

By **Thom Gabrukiewicz**

Record Searchlight

The Shasta Wonderland Elite Athletic Team plans to make a sweet race even sweeter.

The 37th annual NorCal John Frank Memorial Run kicks off at 8:30 a.m. Saturday with a challenge for the one-mile team run for students from kindergarten to eighth-grade. The winning school team will get a \$500 gift certificate from SWEAT to buy track equipment to the school. There also will be two \$100 gift certificates for the winner of the kindergarten through second-grade division, third-through fifth-grade division

and sixth- through eighth-grade division — whichever division doesn't win the overall prize.

"This has added a little more interest in the kid's race, as you can imagine," said race director John Luaces. "I probably can come up with 15 teams right now, but more are always welcome."

Runners agree the 10-mile course of the John Frank Memorial Run is one of the prettiest around, taking in the Sacramento River Trail.

For the fifth year, the field will be fast — the John Frank will be a stop in the Pacific Association/United States

Track and Field 10-mile Road Championship series.

"Yeah, all those fast runners from all over Northern California will be back, that's pretty exciting," Luaces said.

The event includes the one-mile team run and a one-mile fun run starting at 8:30 a.m. and a three-mile run/walk and the 10-mile run that starts at 10 a.m. The three-mile and 10-mile runs also are the final events in the Frosty Fun Run series.

"People on top of that point series are pretty excited to see how it all turns out," Luaces said.

Not into the speed thing?

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 championship 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 one-, three- and 10-mile races, or \$20 without a commemorative T-shirt. SWEAT

members get a \$2 discount. The once-mile youth run is free.

People can register online at www.active.com, or at packet pick-up from 10 a.m. to 7 p.m. Friday at Fleet Feet Sports in the Discovery Village Shopping Center on Dana Drive.

Race-day registration is planned from 7 to 9:30 a.m. Saturday at the picnic pavilion in Caldwell Park. For more information, contact Luaces at 526-3076, or sweatrc@sbcglobal.com or visit www.sweatrc.com for entry forms, course maps and pictures.

"Everybody should come out, we're hoping the weather's going to be good," Luaces said. "We've got plenty of room."