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# Linda Somers-Smith sets American Record at NorCal Road Race

**Press Release**  
**March 8, 2010**

Redding - The 40th NorCal John Frank Memorial Run held on Saturday at Lake Redding Park was the backdrop for a record performance. Linda Somers-Smith, one of the country's best master runners, set an American Record of 57:09 for the 10-mile distance for the 45-49 age division. Mrs. Somers-Smith holds multiple national records and continues to raise the bar at every event she enters.

**Mrs. Somers-Smith is 48, from Arroyo Grande, CA, and runs for the Asics Aggies running club.**

**The previous record was held by Barbara Filutze, in Flint, MI, in a time of 59:15 in 1992.**

**The NorCal John Frank Memorial Run celebrated its 40th anniversary on Saturday, hosting its largest turnout in over 25 years and possibly the largest event ever with 777 entrants. NorCal is organized by the Shasta Wonderland Elite Athletic Team (SWEAT) of Redding. Proceeds from the NorCal event go to college scholarships and also to local elementary school to help promote their running programs.**

**Since 2003, NorCal has been part of the Pacific Association of USA Track & Field Road Racing Series, which offers prize money of \$3000, and participants receive points towards a series championship. Some of the best Northern California and Eastern Nevada runners participate in this series.**

**The SWEAT running club yearly gives in excess of \$5000 in college scholarships and over \$2200 to local elementary schools. SWEAT is a solely volunteer organization and holds five main events each year, including the Redding Marathon, Whiskeytown Relays, and Whiskeytown Trail Runs.**