

# John Frank produces American record

## Somer-Smith breaks 10-mile mark for 45-49 age bracket

R-S staff and news services

It turned out to be a record-breaking NorCal John Frank race after all on Saturday.

While Sergio Reyes was grabbing his second straight John Frank win — albeit two minutes slower than his course-

record time last year — Linda Somers-Smith cracked the American record books

Somers-Smith, one of the country's best master runners, set an American record of 57 minutes, 9 seconds for the 10-mile distance for the 45-49 age division. The John Frank

record adds to the multiple national records the 48-year-old from Arroyo Grande holds.

She runs for the Asics Aggies running club.

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

The NorCal John Frank Memorial Run celebrated its 40th anniversary Saturday, hosting its largest turnout in more than 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 John Frank event go to college scholarships and also to local elementary school to help promote their running programs.

Since 2003, the John Frank has been part of the Pacific Association of USA Track & Field Road Racing Series, which of-

fers prize money of \$3,000, and participants receive points toward a series championship. Some of the best Northern California and Nevada runners participate.

The SWEAT running club annually gives college scholarships and contributes to local elementary schools.

SWEAT hosts the Redding Marathon, Whiskeytown Relays, and Whiskeytown Trail Runs.