



[Login](#) | [Manage Account](#) | [Mobile](#) | [Contact Us](#) | [e-Edition](#) | [Site Map](#) | [Subscriber Services](#)

site

Web Search powered by **YAHOO!** SEARCH

[News](#) [Sports](#) [Business](#) [Opinion](#) [Entertainment](#) [Lifestyles](#) [Media](#) [Jobs](#) [Homes](#) [Cars](#) [Classified](#)
[Today](#) [Blogs](#) [Local](#) [State](#) [National](#) [World](#) [Weather](#) [Traffic](#) [Obituaries](#) [Databases](#) [Politics](#) [Columnists](#) [Twitter](#) [YourNews](#)

WEATHER ALERT

Winter Weather Advisory [FOR SHASTA LAKE AREA / NORTHERN SHASTA COUNTY, MOUNTAINS SOUTHWESTERN SHASTA COUNTY TO NORTHERN LAKE COUNTY](#) Effective 4:24pm
MARCH 8, 2010 5:00pm MARCH 8, 2010

John Frank produces American record

Somers-Smith breaks 10-mile mark for 45-49 age bracket

R-S staff and news services
 Posted March 8, 2010 at 11:54 p.m.

[Email](#) [Discuss](#) [Share »](#) [Print](#) [A](#) [A](#) [A](#)

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 offers 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.



Most Popular

[Viewed](#) [Commented](#) [Emailed](#)

Pedestrian killed in downtown Redding identified

Published 3/9/2010 at 6:17 a.m. 31 comments

UPDATED: Pedestrian killed in downtown Redding

Updated 3/8/2010 at 8:01 p.m. 44 comments

Letters to the Editor: March 9, 2010

Published 3/9/2010 at 12:00 a.m. 79 comments

Redding auto dealer takes expansion proposal to planners

Published 3/9/2010 at 12:00 a.m. 18 comments

Accident forces gas station closure

Updated 3/9/2010 at 12:53 p.m. 1 comment

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

Email Discuss Share » Print

Also in Local Sports

More

Fan offers different view of title games

Area Roundup: Enterprise's Tofflemire grabs second in GS championships

The Next Level: NorCal games tip off as competition gets stiffer

Comments » 1

Hide

March 9, 2010
11:24 a.m.

CitizenX writes:

Sub-6 10 miler; WOW! Congrats Mrs. Somers-Smith.

[Suggest removal](#)

[Reply to this post](#)

Share your thoughts

Comments are the sole responsibility of the person posting them. You agree not to post comments that are off topic, defamatory, obscene, abusive, threatening or an invasion of privacy. Violators may be banned. [Click here for our full user agreement.](#)

Username * Don't have an account? [Sign up for a new account](#)

Password * Can't remember? [Reset your password](#)

Comment

Photo Galleries



Man hit by freight train



Sequoia Middle School Orchestra



Old time fiddle jam

Weather

Currently 36-Hour Your Photos



Currently

47°

Overcast
Wind: S 9mph

Today

58°

36°

[More Weather »](#)

Calendar

TUESDAY	MAR	MAR	BROWSE
Tuesday		11	
TUESDAY	WEDNESDAY	THURSDAY	MORE

Wintu Audubon Presents "Working to Protect California Birds" 7 p.m.
Turtle Bay Museum

Prairie Squares dance club 6 p.m.
Anderson Grange Hall

West Coast swing lessons 7 p.m.
Contact for Location Information

South Shasta Seniors dancing 7:30 p.m.
Frontier Senior Center

North Star Craft Brewery Blue Grass Night 7 p.m.
North Star Craft Brewery

[More Events »](#)

[More Events »](#)

Business Directory

Search Browse

Business: e.g. salon

Location: e.g. Redding, CA

Powered by [MojoPages](#)