

NorCal Timeline

- 1970 – First race (Sacramento River Run).
- 1970 – 31 finishers – Jim Price and Bob Malain two locals who are still pounding the pavement today.
- 1970 – Jim Price was sixth and Bob Malain was the first master.
- 1970 – Entry fee was \$1.
- 1970 - 76 – One race of 7.62 miles.
- 1970 - 78 – Race was run in late May or early June.
- 1970 - 78 – Race was part of the Bright Waters Festival in Redding.
- 1972 – First women finisher.
- 1973 – 50 entrants and a dog.
- 1977 – Sacramento River Run now NorCal.
- 1977 – Now a 10 mile course.
- 1977 – 3 mile event added.
- 1977 – Entry fee was \$2.
- 1979 – Race moved to March.
- 1979 – Lee Ferrero wins for the third time
- 1980 – Jim Price wins for the fourth time.
- 1982 – Ric Sayre runs first sub-50 time (48.29), still stands as fastest race time.
- 1982 – Merrill Cray wins for the third time.
- 1983 – 765 Entered.
- 1984 - \$8 entry fee.
- 1986 – John Frank was killed in an industrial accident. (10/14/86).
- 1986 – Tom Cushman wins first of eight NorCal 10M events.
- 1987 – Race was renamed NorCal John Frank Memorial Run
- 1987 – Race was run in the snow.
- 1987 – Mark Fricker goes sub-14 on the three mile course (13.49).
- 1987 - \$12 entry fee.
- 1988 – 667 entered, temperatures in mid-80's.
- 1989 – Yoshie Piles wins third NorCal 10M in course record time.
- 1993 - \$17 entry fee.
- 1993 – Mark Fricker wins third NorCal 3M.
- 1994 – Race moved to Shasta Lake City.
- 1994 – 99 – Race was held in Shasta Lake City.
- 1995 – 330 entered.
- 1996 - \$18 Entry fee.
- 1996 – Dick Oldfield breaks Shasta Lake course record with a 52:20.
- 1997 – Luanne Park wins third NorCal 10M.
- 1998 – 346 entered.
- 2000 – 30th anniversary - Race moved back to Lake Redding Park.
- 2001 – Tom Cushman wins his eighth NorCal 10M.
- 2001 – Cushman wins third in a row and 4 out of 5 in the 10M.

- 2001 – Race starts one-mile Grade School Challenge, with team competition.
- 2002 – Megan Sheehy-Johnson wins sixth NorCal 3M.
- 2003 – Race is part of the PA/USATF Road Championship Series.
- 2003 – NorCal 10M is a PA/USATF certified course.
- 2003 – NorCal 10M race offers \$2500 in prize money.
- 2003 - \$20 entry fee.
- 2003 – First women to go sub-60, Maria Trujillo de Rios (59:34).
- 2004 – Magdalena Lewy-Boulet break course record with 55:59.
- 2004 – Ryan Hayes, son of former RD Tom, runs sub 51 for a course record 50:57.
- 2004 – 665 entered.
- 2005 – 35th anniversary.
- 2006 – Magdalena Lewy-Boulet wins in 57:16.
- 2007 – NorCal offers \$1300 in gift certificates to local schools for one-mile team event.
- 2009 – NorCal 10M offers \$3000 in prize money.
- 2009 – Sergio Reyes goes sub-49, for a course record 48:50.
- 2010 – 40th Anniversary – 69 degrees with a light breeze
- 2010 – Sergio Reyes repeats in 50:51
- 2010 – 777 entered
- 2010 – Linda Somers-Smith set Masters American Record for 45-49 in 57:09.
- 2011 – Light Rain, 777 entered.
- 2011 – Jane Kibii runs 57.15.
- 2012 – NorCal 10M offers \$4500 in prize money.