

Frosty Fun Runs return for a new season

Shoko Akiyama Special to the Record Searchlight

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The seventh annual Frosty Fun Runs 2012 will kick off at 8 a.m. Jan. 7 at Lake Redding Park.

The Frosty Fun Runs are a seven-week running series on trails in the Redding area.

John Luaces, race coordinator, said this event was created to let participants have fun, get some exercise and meet people with your same interests.

"The series allows those who normally don't race to get out and try a few races without spending a lot of money," Luaces said. "It allows people to do some racing when there is not any race in the area during the January and February months. It a family friendly event and all age are welcome."

Luaces said he expects that 150 to 175 people will join this event. more than 175 people participated in each Frosty Fun Runs in the past.

The Frosty Fun Runs are open to all ages of men and women, veterans and beginners.

The series features the following trails: Lake Redding Park (river trail to arboretum loop and return); Clover Creek Preserve Trail; LEMA Ranch Trails; and East trail along Highway 299 from Fleet Feet Store.

The short distances range from 2 miles to 3 miles. The longest distances go from 4 miles and up to 5.5 miles.

There is a points championship for those who run the long course at each race in two age groups: 0-39 and 40-plus. The top three runners in each category will receive gift certificates from a local sporting goods store.

Participants need to complete 51 percent of the races to be considered for awards. The series culminates with the last point of the race, NorCal John Frank Memorial Run on March 3.

Runners can register on each race day from 7 to 8 a.m. The cost is \$2 donation. Refreshments will be available after the race.

For more information, call John Luaces at 526-3076 or email at frostyruns@gmail.com. Also check their website (www.midniteracing.net) for more details. Go to www.sweatrc.com for NorCal info and entry form.

Frosty Fun Runs schedule

Jan. 7: Lake Redding Park, 2 miles and 4.3 miles

Jan. 21: LEMA Ranch, 2.5 miles and 4 miles

Jan. 28: Clover Creek, 3K and 6K

Feb. 4: Fleet Feet Store, 2 miles and 5.5 miles

Feb. 11: LEMA Ranch, 2.5 miles and 4 miles

Feb. 18: Clover Creek, 3K and 6K

Feb. 25: Lake Redding Park, 2 miles and 4.3 miles

March 3: NorCal John Frank Memorial



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