

**RUNNING**  
**SLO**  
**man in**  
**50-mile**  
**race**

Thomas Reiss competes in the Tahoe Rim Trail 50K/50M today

By Eric's Sports

There's no doubting that San Luis Obispo's Thomas Reiss likes to run long distances. After winning a three-day event covering 78.6 miles last fall, Reiss, 38, is joining almost 400 other competitors in the fourth annual Tahoe Rim Trail 50K/50M. The one-day event featuring two races — 50 kilometers and 50 miles — in the mountains around Lake Tahoe starts this morning and ends with a cut-off time at 10:30 p.m.

The races are mainly held on single trails and "it is considered one of the hardest trail races in California," said Reiss, who will compete in the 50-mile event.

Reiss' point is echoed by the race slogan: "A glimpse of heaven and a taste of hell."

The "glimpse of heaven" comes when racers reach the highest point in the race at Spooner Lake State Park, an elevation of 7,000 feet.

Runners hit the low point first — at about mile 13 — and then ascend to the turn around. On their way back, the runners will take another set of trails and climb to the highest point in the race, Snow Valley Peak, which is at mile 43.

Reiss said his coach, former Olympian Linda Somers Smith of San Luis Obispo, has been guiding his training. He has

**BASEBALL | OAKLAND 15, BOSTON 3**  
**ATHLETICS SWING AT WILL**



Oakland pitcher Barry Zito allowed two runs, six hits, four walks and struck out three against Boston on Friday at Fenway Park, Boston. Red Sox second baseman Mark Loretta does not start make the play on a single by Oakland's Jay Payton in the first inning.

**BOSTON** — The Oakland Athletics scored more runs for Barry Zito in the first three innings Friday night than they did in his previous three starts combined.

Zito, 30, did it again in the fourth, and again in the sixth. And in the eighth, when the A's piled on eight more runs than the rest of the Boston Red Sox (3) and help their 15-run lead to 18 runs for the first time in almost a month.

"It was nice to be able to go out there and see them produce offense," said Zito, who got a total of six outs of support during his three-inning work. "I feel good about going along with it."

Mark Loretta homered and earned a career high with five RBIs, and Mike Barry pitched to the win with three RBIs and a career-high strikeout as the A's reached a season high in runs. Mark Koser had three of Oakland's winning hits (15 hits).

That was plenty for Zito (9-4) but the first

time at Fenway Park, allowing seven runs and eight hits, including his major league-record 27th home run. He struck out three and walked and failed to make it through six innings for the first time in his career.

"I feel good," he said. "I felt like that good (usually), that's what really gets me out there. When you feel good, it's supposed to be an easy job."

The occasion: It was local. The team ended up leading the tie that it was just local.

Photo by BARBARA, D5

**TOUR DE FRANCE**  
**Discovery's first stage win**

Armstrong's former team wins in time for his visit

By Tom Luciani

Second Place  
 Lance Armstrong drops in on the Tour de France so-called break week, but he has something to celebrate.

The Discovery Channel team, sitting at its first Tour without a victory since 1999, had its first stage win Friday in young Utschick.

Discovery's Discovery Channel team, sitting at its first Tour without a victory since 1999, had its first stage win Friday in young Utschick.

Photo by TOUR, D5

**HORSE RACING**  
**Barbaro in stable condition**

Kentucky Derby winner responding well to treatment and is 'doing much better'

By Susan Rice

Kentucky Derby winner Barbaro was in stable condition Friday and was visited by his jockey, Edgar Prado. But the colt's situation remained "treatment sensitive," his veterinarian said.

"A day after calling Barbaro's chances of survival 'a long shot,'" Dr. Owen Richardson said, Barbaro was "acceptably comfortable" and responding well to treatment.

"He's doing much better."

Photo by BARBARA, D5

# SLO man in 50-mile race

Thomas Reiss competes in the Tahoe Rim Trail 50K/50M today

By ERICK SMITH  
 sports@thetribunenews.com

There's no doubting that San Luis Obispo's Thomas Reiss likes to run long distances. After winning a three-day event covering 78.6 miles last fall, Reiss, 38, is joining almost 400 other competitors in the fourth annual Tahoe Rim Trail 50K/50M. The one-day event featuring two races — 50 kilometers and 50 miles — in the mountains around Lake Tahoe starts this morning and finishes with a cut-off time at 10:30 p.m.

The races are mainly held on single trails and "it is considered one of the hardest trail races in California," said Reiss, who will compete in the 50-mile event.

Reiss' point is echoed by the race slogan: "A glimpse of heaven and a taste of hell."

The "glimpse of heaven" comes when racers reach the highest point in the race at 9,200 feet. The lowest point — "a taste of hell" — is at the bottom of the Red House Loop at an elevation of 6,800 feet. The start and finish line is at Spooner Lake State Park, an elevation of 7,000 feet.

Runners hit the low point first — at about mile 13 — and then ascend to the turn around. On their way back, the runners will take another set of trails and climb to the highest point in the race, Snow Valley Peak, which is at mile 43.

Reiss said his coach, former Olympian Linda Somers Smith of San Luis Obispo, has been guiding his training. He has

Please see REISS, D5

---

---

## Reiss

From Page D1

been preparing for the race since January and he runs about five times a week on local trails in the hills around San Luis Obispo.

He also runs one 40-mile session about once every three to four weeks and said it is important to train in similar conditions he will face during the race.

"I often run with friends, but it is hard to find people crazy enough who are willing to run all five hours with you," Reiss said.

Reiss said he expects to finish today's race in about eight hours. The course record was set in 2001 by then 27-year-old David Melkonian at 8 hours,

6 minutes.

Reiss said he believes he can win the race.

"I'm excited and have trained for a long time. The last three months have been pretty intense," he said. "I know I'm fit enough that I have a chance to win it. I just want to go and do it. I think it's going to be cool to say I finished a 50-mile race."

Reiss' victory at the Lake Tahoe Triple Marathon, a road race comprised of three days of 26.2-mile runs, prompted him to focus on competing in more ultramarathons and trail races such as the Tahoe Rim Trail. Reiss set the Tahoe Triple's course record Oct. 6 in 8 hours, 55 minutes and 2 seconds. The previous record was Sean Meissner's 9:28:01.