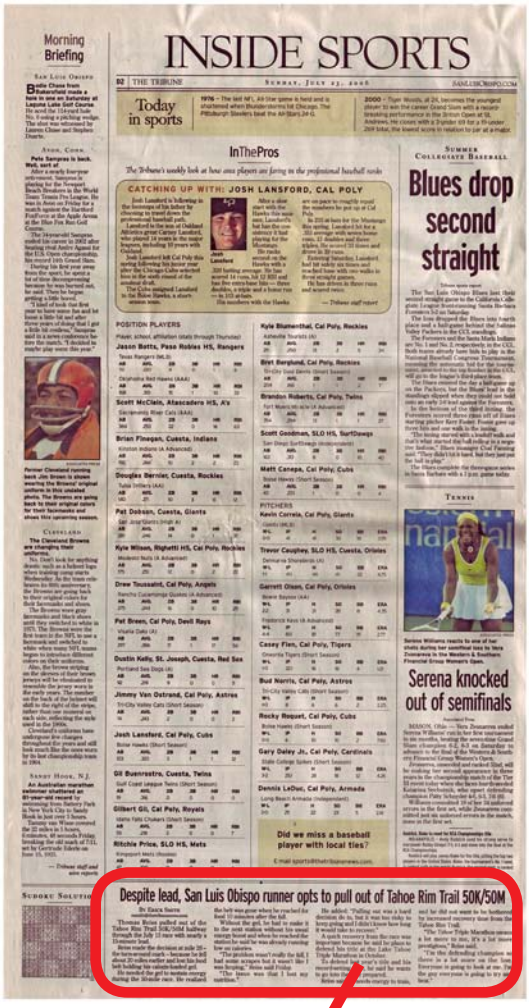

INSIDE SPORTS

Despite lead, San Luis Obispo runner opts to pull out of Tahoe Rim Trail 50K/50M

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By Erick Smith
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Thomas Reiss pulled out of the Tahoe Rim Trail 50K/50M halfway through the July 15 race with nearly a 15-minute lead.

Reiss made the decision at mile 26 – the turn-around mark – because he fell about 20 miles earlier and lost his food belt holding his calorie-loaded gel.

He needed the gel to sustain energy during the 50-mile race. He realized the belt was gone when he reached for food 10 minutes after the fall.

Without the gel, he had to make it to the next station without his usual energy boost and when he reached the station he said he was already running low on calories.

"The problem wasn't really the fall, I had some scrapes but it wasn't like I was limping," Reiss said Friday.

"The issue was that I lost my nutrition."

He added: "Pulling out was a hard decision do to, but it was too risky to keep going and I didn't know how long it would take to recover."

A quick recovery from the race was important because he said he plans to defend his title at the Lake Tahoe Triple Marathon in October.

To defend last year's title and his record-setting time, he said he wants to go into the race prepared.

Reiss said he needs energy to train, and he did not want to be bothered by increased recovery time from the Tahoe Rim Trail.

"The Tahoe Triple Marathon means a lot more to me, it's a lot more prestigious," Reiss said.

"I'm the defending champion so there is a lot more on the line. Everyone is going to look at me. I'm the guy everyone is going to try and beat."