

# GO

SUNDAY Clubs & Groups	MONDAY Get Fit	TUESDAY Running	WEDNESDAY Wheels	THURSDAY Fishing	FRIDAY On the Water	SATURDAY Hiking & Nature
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TODAY'S FOCUS: RUNNING

## Reiss shatters record

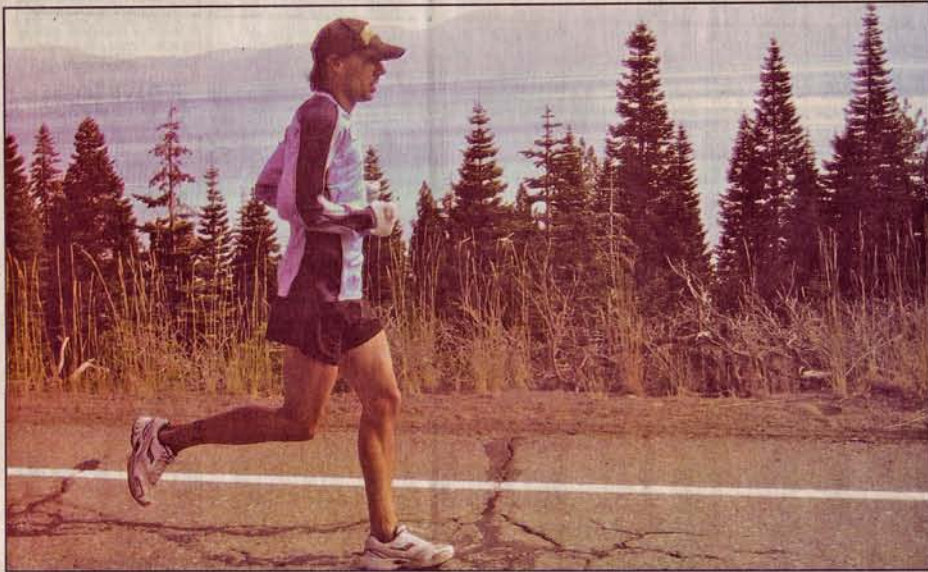


PHOTO COURTESY OF THOMAS REISS

Thomas Reiss passes mile 68 during the three-day Lake Tahoe Triple Marathon, which took place in Nevada early in the fall.

### San Luis Obispo-based runner Thomas Reiss wins the Lake Tahoe Triple Marathon

By TRISTAN AIRD  
THE TRIBUNE

In the early morning hours of Oct. 6, San Luis Obispo's Thomas Reiss stood in 34-degree weather at Lake Tahoe confident but full of anxiety.

He was about to begin a three-day journey in which he would exceed his own expectations by shattering a course record.

Among 91 runners, Reiss won the Lake Tahoe Triple Marathon in early October in 8 hours, 55 minutes and 2 seconds. That mark eclipsed the standard of 9:28:01 set by four-time defending champion Sean Meissner, who finished fourth.

"I thought I could run around 9:30 or 9:15," Reiss said. "My coach thought I could run under

nine hours and I thought she was crazy."

Reiss said his coach, former Olympian Linda Somers-Smith of San Luis Obispo, helped him train under the kinds of conditions he was likely to face at Lake Tahoe.

"I thought it would be in the low- to mid-40s," Reiss said of the temperature. "You kind of just have to run through it. In the first 10 minutes it felt like I was running in high heels or something. As your muscles warm up it gets easier."

Reiss warmed up enough to not only break the overall course record but also the records for each of the three-day 26.2-mile runs. He ran from Emerald Bay to Spooner Lake on the first day

in 2:57:16, from Spooner Lake to Tahoe City on the second day in 2:54:55 and from Tahoe City to Pope Beach on the third day in 3:02:51.

Reiss was the only runner in the 11-year history of the event to come in under 3 hours on each of the first two days.

"I was really focused," Reiss said. "My training and timing was perfect. A lot of people do different races throughout the year, but my whole training was geared toward this race."

Reiss, a 37-year-old native of Germany, was competing in his first serious marathon in four years.

Reiss operates a San Luis Obispo-based design agency. He and his wife, Valerie, have two

children — 5-year-old Luke and 2-year-old Dylan.

After winning \$500 in prize money for his win at Lake Tahoe, Reiss was extended an invitation and free entry into all future Lake Tahoe Triple Marathons.

Because of his success, Reiss is contemplating whether to invest more time in the sport.

"I talked to a guy who had been running this race for the past few years," Reiss said. "He said, 'you should really start doing this seriously.' It seems like I have a certain talent."

"They want me to come back. I may do it again next year. Maybe I'll do some other distance race like a 100K."

## Outdoor Events

**WEDNESDAY**  
**Adventures With Nature.** Docent-led walks. Legend: **E=**easy, 1 mile or less, mostly level. **M=**moderate, 1 to 3 miles, uneven terrain. **A=**active. Any distance, difficult terrain. **S=**strenuous. Long distance, difficult terrain, high degree of fitness required. **H=hike.** Active to strenuous, no interpretation. **T=talk.** Talk or lecture. \* indicates poi-

son oak in area. **No dogs.** All times approximate. 772-2694 or www.morrobaymuseum.org.

- **Montaña de Oro Bluff Nature Walk.** 9 a.m. Hike along the Bluff Trail for views and likely looks at a variety of birds, plants and sea life. Binoculars helpful. Meet at Bluff Trailhead, 200 yards south of Visitor Center at Montaña de Oro State Park. (\*A)

**THURSDAY**  
**Dunes Center,** 1055 Guadalupe St., Guadalupe. Rain cancels walks. All hikes leave from the Oso Flaco Lake parking lot, **unless stated.** Parking fee at the parking lot per car is \$5. Hours: 10 a.m. to 4 p.m. Tuesdays through Sundays. Free. 343-2455 or www.dunescenter.org.

- **Spotting Wildlife.** 11 a.m. to 1 p.m. Spot and identify wildlife on the cause-

way and bridge at Oso Flaco Lake Natural Area.

**How do I submit?**

Send your event news addressed to "Outdoors Activities" via e-mail at calendar@tribunenews.com, via fax at 805-781-7905 or to The Tribune, P.O. Box 112, San Luis Obispo, CA 93406.

## LOCAL WEATHER

MORE INFORMATION: San Luis Obispo.com National Weather Service: Road conditions 1-800-427-7623 (ROAD) http://www.nwsla.noaa.gov

### 5-DAY FORECAST FOR SAN LUIS OBISPO COUNTY

**TODAY'S FORECAST AND HIGHS/LOWS BY REGION**

<b>80/52</b> Coast Sunny skies today. Clear to partly cloudy with patchy fog developing tonight.	<b>85/48</b> Inland Sunny and warm today. Clear to partly cloudy skies tonight.	<b>84/45</b> North County Sunny and warm today. Clear to partly cloudy skies tonight.
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**WEDNESDAY** Partly cloudy and cooler.

**THURSDAY** Morning fog, then mostly sunny.

**FRIDAY** Mostly sunny.

**SATURDAY** Mostly sunny.

Coast, 65/50 Inland, 69/45 N. County, 75/38  
Coast, 65/47 Inland, 67/45 N. County, 72/38  
Coast, 65/49 Inland, 67/47 N. County, 72/40  
Coast, 68/49 Inland, 70/47 N. County, 74/42

### TODAY'S FORECAST AND TEMPERATURES

**TODAY'S UV INDEX**

Safe time in the sun 10 min. Nootime intensity 10 very high 7-9 high 5-6 moderate 3-4 low 0-2 minimal

60 min. The higher the number, the greater the need for eye and skin protection.

**TODAY'S ASTRONOMY**

The sun Moon phase  
Sunrise 6:24 a.m. New: Nov 1  
Sunset 5:08 p.m. Full: Nov 8  
Last: Nov 23

**In tonight's sky**  
Venus blazes in the southwest after sunset. As the sky darkens, the Summer Triangle and the Great Square of Pegasus can both be seen straight overhead. MORRISON PLANETARIUM

### YESTERDAY'S WEATHER AND THE QUAKE REPORT

**YESTERDAY IN SAN LUIS OBISPO**

Temperature Yesterday*	Normal	Record
High	95	76 94 (1966)
Low	57	48 33 (1971)

**Precipitation Yesterday\*** to date to date

Month	Season
0.00"	0.30"
0.05"	0.99"
	1.54"

\*24 hours ending 5 p.m.

**YESTERDAY AROUND SLO COUNTY**

*correction	High	Low	Precip.	Season Total
Arroyo Grande	80	62	0.00"	0.62"
Atascadero	81	44	0.00"	0.14"
Avila Beach	83	59	0.00"	0.47"
Cambria	72	53	0.00"	0.29"
Cayucos	83	59	0.00"	0.13"
Creston	79	51	0.00"	0.01"
Grover Beach	82	55	0.00"	0.75"
Los Osos	72	43	0.00"	0.15"
Morro Bay	88	61	0.00"	0.25"
Nipomo	85	62	0.00"	0.72"
Oceano	N/A	N/A	N/A	2.00"
Paso Robles	81	38	0.00"	0.17"
Pismo Beach	76	59	0.00"	0.07"
Santa Margarita	80	39	0.00"	0.02"
Shandon	N/A	N/A	N/A	0.00"
Templeton	78	42	0.00"	0.20"

**YESTERDAY'S QUAKES**

Ending 5 p.m. yesterday

There were no earthquakes during the past 48 hour period. Earthquake magnitude is a logarithmic measure of earthquake size. In simple terms, this means that at the same distance from the earthquake, the shaking will be 10 times as large during a magnitude 5 earthquake as during a magnitude 4 earthquake.

San Andreas  
Hussina  
Rinconada  
Others

### TODAY'S FORECAST FOR CALIFORNIA

**WEST COAST AT 4 P.M. YESTERDAY**

Clouds were spreading across the Northwest and into the northern Rockies. Mostly clear skies were in place from California into the Southwest.

City	Yesterday HI/Lo/Pcp	Today HI/Lo/Sky	City	Yesterday HI/Lo/Pcp	Today HI/Lo/Sky
Alturas	67/26-	56/33 c	Redding	78/42	69/48 c
Bakersfield	73/48-	79/53 s	Sacramento	74/42-	73/51 pc
Barstow	80/47-	81/52 s	Salinas	82/43-	74/52 pc
Bishop	75/30-	74/36 s	San Diego	84/56-	80/59 s
Eureka	69/38-	63/46 sh	San Gabriel	69/53-	92/57 s
Fresno	75/49-	78/52 s	San Francisco	76/53-	70/54 c
Long Beach	81/63-	87/57 s	San Jose	74/47-	73/55 pc
Los Angeles	87/57-	83/58 s	Santa Barbara	86/43-	79/50 s
Marysville	73/40-	74/51 pc	Santa Cruz	76/44-	71/50 pc
Monterey	69/45-	68/52 pc	Santa Maria	86/45-	81/48 s
Needles	85/64-	86/60 s	Santa Rosa	77/40-	71/48 s
Oakland	73/49-	70/55 c	Stockton	77/42-	75/51 pc
Orland	92/56-	89/57 s	Torrance	85/51-	86/57 s
Palm Springs	90/62-	90/60 s	Yosemite	70/36-	69/43 pc
Red Bluff	78/43-	70/49 c	Yreka	57/33-	63/38 sh

**TODAY'S FORECAST FOR THE NATION AND WORLD**

Today's noontime positions of weather systems and precipitation. Temperature bands are highs for the day.