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TUESDAY, OCTOBER 4, 2005

THE TRIBUNE

SUNDAY Clubs & Groups MONDAY Get Fit TUESDAY Running WEDNESDAY Wheels THURSDAY Fishing FRIDAY On the Water SATURDAY Hiking & Nature

OutdoorEvents

WEDNESDAY

Adventures With Nature. Decent-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 point oak in area. Rain or bad weather cancels outdoor activities. No dogs. All times approximate. 772-2694 or www.morrobaymuseum.org.

- **White's Point Vistas.** 2 p.m. Meet at the Museum of Natural History by the outdoor Chumash garden. (E) 5 miles, .5 hours.

THURSDAY

Dunes Center, 1055 Guadalupe St., Guadalupe. Rain cancels walks. All hikes leave from the Oso Flaco Lake parking lot, unless stated. Bring water, a jacket and a snack. 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. Judy Alkire will lead hike to spot and identify wildlife on the causeway and bridge.

SATURDAY

CreekFest 2005: A Community Watershed Festival. 9 a.m. to 3 p.m. **Saturday and Sunday.** Activities include creek cleanup, a community education fair, watershed workshops, volunteer appreciation barbecue and an overnight camp. Presented by Central Coast Salmon Enhancement, The Land Conservancy of San Luis Obispo, ECOSLO, Camp Arroyo Grande and the Central Coast Exploration Station. Camp Arroyo Grande, Wesley St., Arroyo Grande. 473-8221.

Paso Robles Pioneer Day. 7:30 a.m. Antique and classic car show, children's pet show, little cowboy/cowgirl contest, parade, bean feed, whiskerino beard contest, concert, horseshoe pitching contest and old gas engine show. Paso Robles City Park, 11th and Spring streets, Paso Robles. Free. 238-4663.

Saturday at the Garden. 10 a.m. to 4 p.m. San Luis Obispo Botanical Garden, El Chorro Regional Park, Highway 1, San Luis Obispo. \$2 parking. 546-3501.

- **Plant Sale and Garden Gift Shop.** 10 a.m. to 4 p.m. All plants come with care and feeding instructions.
- **Master Gardeners Workshop.** 11 a.m. to noon.
- **Decent Led Tour.** 1 p.m. Ron King will lead tour and talk about Mediterranean plants.

- **Crosses, Hybrids and Cultivars.** 2 p.m. Learn how international horticulture company produces new plants.

How do I submit?

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

TODAY'S FOCUS: RUNNING



San Luis Obispo's Thomas Reiss will compete against 150 runners during the three-day, 78.6-mile marathon held at Lake Tahoe.

San Luis Obispo man gunning for the top 5

Thomas Reiss will compete in 78.6-mile marathon at Lake Tahoe

BY TRISTAN AIRD
THE TRIBUNE

San Luis Obispo's Thomas Reiss hasn't competed in a serious running event in four years.

But later this week, Reiss will run in a marathon spanning three days and 78.6 miles — the 10th annual Lake Tahoe Marathon beginning Thursday and ending Saturday.

"I used to be a competitive runner, but my business was growing and we had kids," the 37-year-old Reiss said. "I've been to two or three races (since) but just for the fun of it."

Now Reiss, who signed up for the event in March, will be competing with 150 runners each tackling a 26.2-mile course for three consecutive days.

"My goal is to finish in the top five," Reiss said. "I have a fair chance to get in the top three. If I do get the chance to win it, I'll go for it."

Reiss' coach, San Luis Obispo's Linda Somers-Smith, is a former Olympian. Reiss said he has increased the distance of his routine practice runs to prepare for Tahoe.

"I have been doing a lot of long runs between 16 and 20 miles, plus some runs as a test up to full marathon distance," Reiss said. "My training compared to the other races I have done (lasts) longer."

Reiss said he runs a combined 80 miles per week during a series of five workouts.

"The workouts are intense," he said. "I feel like I'm fit enough."

Reiss said returning his

competitive running background to the forefront has left him wondering what kind of challenges this week's marathon will present.

"It's more unknown," Reiss said. "I think it's more adventurous (than other races). I always wanted to run one of those crazy distance races, especially a stage race."

A native of Germany, Reiss moved to San Luis Obispo eight years ago. He and his wife, Valerie, have two kids — 5-year-old Luke and 2-year-old Dylan. Reiss owns and operates a San Luis Obispo-based design agency.

"I'm excited because I've always wanted to run a race like this," he said. "I don't want to get there and get 80th place. I'm just too competitive for that."

LOCAL WEATHER

MORE INFORMATION: SanLuisObispo.com National Weather Service: Road conditions 1-800-427-7623 (ROAD) http://www.nwsia.noaa.gov

5-DAY FORECAST FOR SAN LUIS OBISPO COUNTY

TODAY'S FORECAST AND HIGHS/LOWS BY REGION

75/48 Coast Sunny skies and warm temperatures today. Clear skies tonight.	80/46 Inland Sunny and warm conditions today. Clear skies tonight.	80/39 North County Sunny and warm conditions today. Clear skies tonight.
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WEDNESDAY Sunny and warm. **THURSDAY** Sunny and warm. **FRIDAY** Morning fog near the coast; otherwise, sunny. **SATURDAY** Morning fog near the coast; otherwise, sunny.

Coast, 77/50 Inland, 82/46 N. County, 89/40	Coast, 78/52 Inland, 82/48 N. County, 91/47	Coast, 73/49 Inland, 78/49 N. County, 87/47	Coast, 73/49 Inland, 80/49 N. County, 89/47
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TODAY'S FORECAST AND TEMPERATURES

Cambria 68/51	Templeton 79/40	Morro Bay 69/49	Avila Beach 78/48
Paso Robles 80/39	Atascadero 80/41	Los Osos 74/49	Pismo Beach 75/48
Creston 80/42	Santa Margarita 80/43	Grover Beach 76/48	Nipomo 78/46
Arroyo Grande 78/47	San Luis Obispo 80/46	Oceano 74/49	

TODAY'S UV INDEX
Safe time in the sun: 10 min. Noontime intensity: 7 (10 very high, 7-9 high, 5-6 moderate, 3-4 low, 0-2 minimal).
The higher the number, the greater the need for eye and skin protection.

TODAY'S ASTRONOMY
The sun: Sunrise 7:00 a.m., Sunset 6:42 p.m.
Moon phase: First: Oct 10, Full: Oct 17, Last: Oct 24, New: Nov 1.
In tonight's sky: Can you see Jupiter & Mercury close together and very low in the west after sunset, only 7 degrees to the right of the moon. They may be washed from view by the sun's glow.
MORRISON PLANETARIUM

YESTERDAY'S WEATHER AND THE QUAKE REPORT

YESTERDAY IN SAN LUIS OBISPO

Temperature	Yesterday*	Normal	Record
High	75	81	105 (9800)
Low	51	51	43 (2002)

Precipitation Yesterday* to date

Normal	0.02"	0.06"	0.61"
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*24 hours ending 5 p.m.

YESTERDAY AROUND SLO COUNTY

*correction	High	Low	Precip.	Season Total
Arroyo Grande	75	52	0.00"	0.03"
Atascadero	77	42	0.00"	0.04"
Avila Beach	74	53	0.00"	0.00"
Cambria	61	49	0.80"	0.28"
Cayucos	70	52	0.00"	0.00"
Creston	72	48	0.00"	0.00"
Grover Beach	N/A	N/A	N/A	0.02"
Los Osos	62	53	0.00"	trace
Morro Bay	65	51	0.00"	0.00"
Nipomo	75	52	0.00"	0.04"
Oceano	77	52	0.00"	0.00"
Paso Robles	74	42	0.00"	0.09"
Pismo Beach	73	53	0.00"	0.00"
Santa Margarita	73	43	0.00"	0.02"
Shandon	N/A	N/A	N/A	0.00"
Templeton	77	45	0.00"	0.10"

YESTERDAY'S QUAKES
Ending 5 p.m., yesterday

1. San Simeon; 10/3; 9:41 a.m.; 1.7
2. San Simeon; 10/2; 10:39 p.m.; 1.9

Faults: San Andreas, Huasteca, Rinconada, Others. USG

TODAY'S FORECAST FOR CALIFORNIA

WEST COAST AT 4 P.M. YESTERDAY
Low pressure was spreading some clouds into the Pacific Northwest. A stronger system was proving cloudy skies from the interior Northwest into the northern Rockies. A few clouds were spreading into portions of the Southwest.

City	Yesterday HI/La/Pcp	Today HI/La/Sky	City	Yesterday HI/La/Pcp	Today HI/La/Sk
Alturas	50/35 0.27	63/25 s	Redding	70/44 0.01	80/49
Bakersfield	73/52 -	79/53 s	Sacramento	73/44 -	81/47
Barstow	84/63 -	86/53 s	Salinas	69/46 -	73/46
Bishop	76/48 -	74/35 s	San Diego	72/63 -	76/63
Eureka	60/47 0.21	60/45 s	San Gabriel	77/58 -	88/58
Fresno	74/56 -	78/51 s	San Francisco	64/53 -	70/52
Long Beach	75/62 -	84/59 s	San Jose	68/54 -	75/50
Los Angeles	72/57 -	78/58 s	Santa Barbara	76/45 -	75/45
Marysville	73/45 -	80/45 s	Santa Cruz	70/47 -	74/48
Monterey	63/49 -	67/47 s	Santa Maria	73/47 -	76/46
Needles	99/79 -	95/68 s	Santa Rosa	71/44 -	79/42
Oakland	67/55 -	72/50 s	Stockton	75/50 -	79/46
Oxnard	74/53 -	75/54 s	Torrance	71/55 -	84/58
Palm Springs	95/65 -	102/70 s	Yosemite	66/41 -	76/39
Red Bluff	70/46 tr	81/48 s	Yreka	61/31 0.02	67/31

TODAY'S FORECAST FOR THE NATION AND WORLD
Today's noontime positions of weather systems and precipitation. Temperature bands are highs for the day.