

**SUNDAY**  
Clubs/Groups

**MONDAY**  
Get Fit

**TUESDAY**  
Running

**WEDNESDAY**  
Wheels

**THURSDAY**  
Fishing

**FRIDAY**  
On the Water

**SATURDAY**  
Hiking/Nature

## OutdoorEvents

### TODAY

Hiking Moms. 2 p.m. Details: 541-4221.

### WEDNESDAY

**Adventures With Nature.** Docent-led walks. Legend: **E=easy**, 1 mile or less, mostly level. **M=moderate**, 1 to 3 miles, uneven terrain. \* indicates poison oak in area. Rain or bad weather cancels. No dogs. All times approximate. 772-2694 or morrobbay museum.org.

\* **Exploring Oceano Lagoon and Pismo Dunes.** 10 a.m. Hike along the lagoon shore to the Chumash midden and learn of the Chumash culture, then walk through pine woods to the dune trail and return along the beach. Meet at the Nature Center at the entrance to the Oceano Campground, Pismo State Beach. (\*M) 2 miles, 2 hours.

**Informal Hikes.** 5:30 p.m. Sierra Club. San Luis Obispo. 1 to 3 hours. Details or locations: 473-3694.

**EDEN.** 10:30 a.m. to noon. Explore Eso Flaco Lake. For toddlers and children in strollers. Rain cancels. Bring water, a jacket and a snack. Parking fee \$5. 343-2455 ext. 201 or dunescenter.org.

### SATURDAY

**Adventures With Nature - Gray Whale Parade.** 10 a.m. **Saturday, May 6.** Search for gray whales and learn about these creatures and their incredibly long migration. Bring binoculars. Meet at the northernmost parking lot along Moonstone Beach, located near the intersection of Highway 1 and Moonstone Beach Drive, Cambria. (E) 5 mile, 2 hours.

### SURF REPORT

Monday's 6- to 8-foot northwesterly swell with a 5- to 12-second period continues today and will develop into a 4- to 6-foot northwesterly swell with a 9- to 11-second period on Wednesday

### OCEAN TEMPERATURE

51 to 54 degrees

### TIDES

Today	Time	Feet
High	12:57 a.m.	5.1
	4:44 p.m.	3.4
Low	8:56 a.m.	-0.5
	7:53 p.m.	-0.3
<b>Wednesday</b>		
High	1:53 a.m.	4.7
	5:56 p.m.	3.5
Low	10:01 a.m.	-0.3
	9:37	3.1

### OFFSHORE

**Today:** Northerly winds 10 to 15 knots in the morning becoming variable 10 knots or less. Wind waves 2 feet or less.

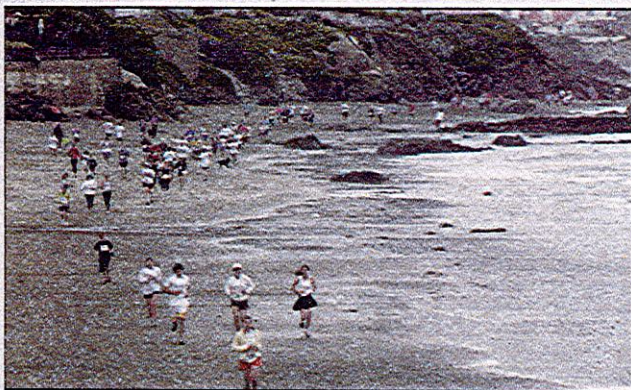
**Tonight:** Wind variable 10 knots or less. Wind waves 2 feet or less. Patchy fog after midnight.

### LAKE LEVELS

Lake	Actual level	% of capac.
Lopez	44,147	85
Nacimiento	359,185	95
S. Margarita	24,041.9	101
Whale Rock	40,721.6	100
San Antonio	338,705	97
Cachuma	197,208	96

SOURCE: ASSOCIATED PRESS, WEATHER CENTRAL AND DIABLO CANYON NUCLEAR POWER PLANT

## TODAY'S FOCUS: RUNNING



TRIBUNE PHOTO BY AARON LAMBERT

Runners race down the beach in the Morro Rock to the Cayucos Pier, a 10K walk/run to benefit the Family Care Network's Miracle Miles for Kids, on Saturday. The event featured 954 participants and its course included bridges built by Cal Poly students.

# Miracle Miles for Kids

Top 200 results from Saturday's 10K run

1	Matt Ruane	0:35:54	74	Greg Lehmann	0:50:08	147	Raul Ayala	0:54:21
2	Brent Griffiths	0:37:21	75	George McClintock	0:50:12	148	John Schutz	0:54:22
3	Paul Lee	0:38:17	76	Jeff DuRocher	0:50:13	149	Jennifer Dorn	0:54:29
4	Cristi Spahr	0:38:34	77	Gary Peterson	0:50:17	150	Yicky-Joanne Caluen	0:54:29
5	Scott Nordholm	0:39:26	78	Kristin Potterton	0:50:23	151	Jonathan Spiros	0:54:31
6	Joe Rubio	0:39:36	79	Mike Alba	0:50:27	152	Katie Blaesser	0:54:33
7	Tim Norman	0:39:41	80	Christina Cordon	0:50:29	153	Amy Sonnenburg	0:54:33
8	Frank Hutchinson	0:39:57	81	Bill Conlan	0:50:30	154	Janeen Gray	0:54:34
9	Jim Moore	0:40:03	82	Jason Zivich	0:50:31	155	Matthew Falstreu	0:54:34
10	Matt Esswein	0:40:48	83	Nancy Wong	0:50:35	156	Janeen Gray	0:54:35
11	Sandy Sachs	0:40:52	84	Grant Nixon	0:50:39	157	Gabriela Deframcisci	0:54:35
12	Lance Cowart	0:41:00	85	Isaac Reyes	0:50:51	158	Calin Anderson	0:54:36
13	Juan Roca	0:41:14	86	Michael Framberger	0:50:52	159	Ane May	0:54:40
14	Curtis Lehmann	0:41:24	87	Harris Marguerite	0:50:56	160	Pamela Tyner	0:54:42
15	Belinda Oberem	0:41:30	88	Frank Orazio	0:51:06	161	Nicole Kubinski	0:54:43
16	Wade Lawrence	0:41:51	89	Jeff Torbeck	0:51:11	162	Frankie Arias	0:54:43
17	Stephen Kroyi	0:43:01	90	Anthony Sarracino	0:51:15	163	Hugo Godoy	0:54:44
18	Gary Raymond	0:43:09	91	Jess Morris	0:51:21	164	Josue Urrutia	0:54:46
19	Todd Gailey	0:43:30	92	Epimaquio Gomez	0:51:32	165	Tracy Hessick	0:54:46
20	Todd Barnes	0:43:33	93	Tim Romano	0:51:38	166	Jared Gamm	0:54:47
21	Jeff Lehmkuhl	0:44:24	94	Jessica Williams	0:51:49	167	Chelsea Barrow	0:54:48
22	Roy Griffith	0:44:24	95	Ron Swart	0:51:51	168	Abigail Lehmkuhl	0:54:56
23	Greg Cook	0:44:42	96	Tom Spillane	0:51:52	169	April Strong	0:55:03
24	Jason Varley	0:44:49	97	Misty Hureley	0:51:53	170	Dan Levi	0:55:04
25	Alex Metcalf	0:44:54	98	Natalie Ward	0:51:56	171	Kyle Robertson	0:55:04
26	Jesse Festa	0:44:56	99	Rob Clark	0:51:57	172	Chris Lucchesi	0:55:06
27	Thomas Milder	0:45:04	100	Myrna Brown	0:51:57	173	Shawn Lager	0:55:08
28	Jeff Hackett	0:45:26	101	Mike Kle	0:51:58	174	Douglas Beyer	0:55:10
29	Brian Mahoney	0:45:30	102	Brendan Coalwell	0:52:15	175	Rick Goldman	0:55:31
30	Michael Talmadge	0:45:31	103	Tamara Wickstrom	0:52:17	176	Clayton Gardner	0:55:32
31	Gina Sarullo	0:45:34	104	Todd Tyner	0:52:20	177	Jim Billuris	0:55:32
32	Mike Collier	0:45:39	105	Suzanna Fiary	0:52:26	178	Lindsay Chang	0:55:33
33	Kristen Stevens	0:45:42	106	Melissa Woo	0:52:27	179	Christine Benetti	0:55:33
34	Matthew Shuck	0:46:01	107	Kimberly Yackzan	0:52:27	180	Samuel Moon	0:55:36
35	Timothy Cheng	0:46:03	108	Kristen Kronenbitter	0:52:29	181	Lindsay Morris	0:55:39
36	Chris Gilbert	0:46:20	109	Trinity Baubits	0:52:29	182	Michael King	0:55:47
37	Erika E	0:46:21	110	Teresa McClish	0:52:30	183	John Siebenlist	0:55:49
38	John Petersen	0:46:22	111	Scott Hayes	0:52:31	184	Norman Pillsbury	0:55:49
39	Matt Correa	0:46:22	112	Claire Tuohy-Mote	0:52:32	185	Tiffany Yuen	0:55:51
40	Unknown		113	Cara O'Hagan	0:52:33	186	Melissa Froehner	0:55:56
41	Julie Ballard	0:46:34	114	Kelsey Carroll	0:52:37	187	Hilary Lahey	0:55:58
42	Joelle Bianchi	0:46:37	115	Meggie O'Hagan	0:52:43	188	Bonnie Calhoun	0:55:58
43	John Patchett	0:46:58	116	David Tuohy-Mote	0:52:44	189	Shelley DeClue	0:55:59
44	Samantha Cox	0:46:59	117	Alli Tramel	0:52:48	190	Katie Geiger	0:55:59
45	Christopher Wagner	0:47:10	118	Anne Sobiersalski	0:52:49	191	Lindsay Gross	0:56:12
46	Ross Dover	0:47:17	119	Rachel Menough	0:52:50	192	Daniel Buliver	0:56:13
47	Jacob Howell	0:47:27	120	Dustin Nelson	0:52:51	193	Karie Barnett	0:56:15
48	Jason Lijima	0:47:45	121	Brian Baker	0:52:58	194	Christy Pelton	0:56:21
49	Susie Lerner	0:47:50	122	Jim Jensen	0:53:03	195	Sid Jacquez	0:56:22
50	Nikias Barreto	0:47:50	123	Julius DuRocher	0:53:06	196	Keston Giudici	0:56:22
51	David Jeffrey	0:47:55	124	Carlin Dooley	0:53:13	197	Carolina Velasco	0:56:24
52	Scott Johnson	0:47:58	125	Chris Call	0:53:28	198	Paul Benedix	0:56:29
53	Jonathan Law	0:48:01	126	Thomas Miller	0:53:30	199	Unknown	
54	Ted Rapley	0:48:07	127	Rachel Beress	0:53:34	200	Tim Williams	0:56:36
55	Sandi Adams	0:48:12	128	BobbieScott	0:53:38			
56	Chris Haggie	0:48:36	129	Carissa Nepstead	0:53:49			
57	Josh Miller	0:48:37	130	James Aproberis	0:53:50			
58	Matthew Neal	0:48:45	131	Dylan Moore	0:53:50			
59	Craig Wong	0:48:49	132	Navid Mostatabi	0:53:51			
60	Michelle Bernal	0:48:49	133	Allie Haskins	0:53:51			
61	Sandra Miller	0:48:51	134	Philippie Mickelson	0:53:53			
62	Antonio Diaz-Sanchez	0:48:52	135	Brian Rose	0:53:53			
63	Rob Gordon	0:49:08	136	Paul Taylor	0:53:54			
64	Johnna Cummins	0:49:18	137	Kurt Shipcott	0:53:54			
65	Johnson Chang	0:49:19	138	Janai Wallace	0:53:54			
66	Urilando Rodriguez	0:49:26	139	Matthew Bett	0:53:55			
67	Bruce Nehadal	0:49:29	140	Laura Anastasia	0:53:55			
68	Sarah Bishop	0:49:35	141	Anna Ward	0:53:55			
69	Kristie Paulitck	0:49:41	142	Kelly Resnick	0:53:56			
70	Unknown		143	Kelsey Klein	0:53:56			
71	Dane Jones	0:50:00	144	Rafael Mancera	0:54:07			
72	Matt Goyn	0:50:01	145	Raul Estrada	0:54:08			
73	Hilary Rothrock	0:50:06	146	Unknown				

### ASK THE COACH

#### RETURNS NEXT WEEK

HAVE RUNNING, SWIMMING OR BICYCLING QUESTIONS?

SUBMIT QUESTIONS

AT THE SLO ROADRUNNERS

WEB SITE: WWW.TRISLO.COM

OR E-MAIL:

COACHWTRISLO@AOL.COM

PLEASE PROVIDE YOUR NAME AND CITY OF RESIDENCE, WHICH WILL BE PUBLISHED WITH YOUR QUESTION.