

Participant of the Month December 2007



James D. Allan was hired by Rockwell Seal Beach in 1985 for the Satellite System Division; from there he moved on to Long Beach and worked for McDonnell Douglas on the MD80 project and the C-17 program. James is currently working in Seal Beach as a Financial Analyst Intel Property Management.

James was born in Pennsylvania then moved to California with his family in 1962 and has never looked back.

For five years, James has been a faithful user of the Seal Beach Fitness Center. His dedication to health and fitness began 13 years ago. At 35 years old and 25 pounds over weight James decided to make some healthy changes to his lifestyle. He started jogging 10 minutes a day, 4 days per week, no matter what, in the rain, after a long day at work, or even during the twilight hours. James set goals and was determined to stick to them. Running became a religion for Jim and after a year it became second nature for him. During his runs James paced himself because his goal was to complete the run, time not being a factor. He recalls that during the beginning stages of his training he was pass by speed walkers, but that did not discourage him. After five years of steadily increasing his miles (his longest run was nine miles) James had an urge to run the Huntington Beach half marathon in 2000. Signing up on the day of the race, without the proper shoes, apparel, or training, James completed the run in 1:57:00. During the run he paced himself and treated it as if it was his daily running routine. The next year he signed up for the full marathon and clocked in at 3:55:00. To date, he has completed six marathon and nine half marathon. His best time is 3:37:00 in 2005 at the Huntington Beach Marathon. By starting off with 10 minute runs, James set himself up to reach his goals. He also decided to run because, "it requires minimal equipment, it's cheap, it feels natural, and it's comfortable." Realizing that he needs to improve his upper body strength, James incorporated strength training into his daily routine. For five days per week, he alternates between upper body and lower body. Starting off with a warm up set lifting light then works up to two good sets of 8 to 12 repetitions with moderate to heavy weights to failure. On Saturday he cross trains at the Santa Monica stairs, or runs through the sand dunes in Manhattan Beach, or goes hiking. He also runs ten miles on Sunday. James current fitness goals are to keep himself in shape for one marathon per year, increase his upper body strength to avoid injuries, and to stay healthy.

Aside from running James also enjoys ceramics, a hobby that began eight years ago. James enjoyment of ceramics began after enrolling in a class at City College and took one class every semester for eight years. His oldest ceramics piece is 25 years old and is boxed in his garage along with the piles of other ceramics. James enjoys ceramics because it allows him to be creative. Although he has been offered money for his work, he rejects the offer because it takes away his artistic freedom.

James has been selected as the December's Participant of the Month for his achievement in his health and fitness as well as his commitment to his goals. His wonderful personality and sense of humor radiates through out the gym adding to the stress-free atmosphere of the gym. James believe that you "gotta start somewhere" and you should "forgive yourself, move on, do it tomorrow", but most importantly you have to "laugh a bit, have some fun" because you are "doing it for yourself". Congratulations James for earning the title of the December's Participant of the Month at the Seal Beach Fitness Center.