

Participant of the Month February 2009



“Citius, Altius, and Fortius” – Swifter, Higher, and Stronger! These are the words Richard Terrell lives by encouraging one to give their best to strive for personal excellence. Richard has been working for the Boeing Company as a Project Management Specialist for 27 years. Before his current position, he began his employment in Downey, California where he worked in the Space Systems Division (Shuttle Program) for 15 years.

A native of Southern California, Richard attended California State University Dominguez Hills where he earned his Bachelors of Science Degree in Business in 1983. In 1988, Richard received his Masters of Science Degree in Systems Management at USC.

An active user of the Seal Beach Fitness Center for twelve years, Richard trains five days a week for 30-60 minutes a day. One of Richard's main focuses is his endurance. He runs approximately four miles, 3-4 times a week, with longer runs on the weekend. In addition, Richard cycles to work as many days as possible. His routes vary depending on his schedule. However, his daily roundtrip commute from home to work is about 4 miles each way. He also does occasional full body workouts during the week with an emphasis on the core region.

Outside of the Seal Beach Fitness Center, Richard has participated in numerous half marathons (13 to date), 6 full marathons, numerous 10Ks, and Nelson's 5K held the second Monday of each month. Richard has completed 75 Nelson's 5Ks with a personal best of 19:33. For the last 10 years, Richard has participated in the Seal Beach 10K. In the future, he plans on participating in century bike rides and triathlons.

Among his notable goals are attending the Olympics. As a spectator, Richard has been to four Olympics – Montreal in 1976, Los Angeles in 1984, Athens in 2004, and Beijing in 2008. Of the four Olympics, he loved Athens since it's the birthplace of the games. From swimming to gymnastics, Richard enjoyed the track and field events the most.

Aside from work, Richard volunteers for the United States Coast Guard Auxiliary. During the past 10 years, Richard has been a boat crew team member on numerous patrols of the Long Beach ports. His yearly goal is to participate once a month in the U.S.C.G. Auxiliary activities. Not only does he volunteer, Richard is active in martial arts. He has practiced the art of Kung Fu San Soo for ten years. With his years of training and dedication, Richard earned his black belt degree three years ago.

The Seal Beach Fitness Center is honored to have Richard Terrell for his outstanding achievements and commitment to fitness. Congratulations.