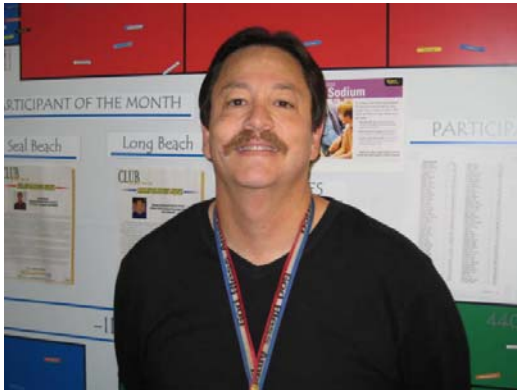


January 2010 Participant of the Month Tom Spurgeon



“Acknowledge the Lord in all your ways and he will direct your paths.” Those are words that Tom Spurgeon follows.

Tom Spurgeon has been working for the Boeing Company for nearly twenty-years. Before Boeing, Tom worked for Ford Aerospace from 1985-1990 and, was later employed at McDonnell Douglas in March of 1990. On his current program Tom began as a Software Lead and is currently the Configuration Management

Lead at the Boeing Seal Beach site.

Born in Los Angeles, Tom grew up in Los Alamitos and presently lives in the neighboring city of Cypress. He received his Associates Degree at Fullerton College and is in progress of finishing his Bachelors of Arts Degree in Management at the University of Phoenix. In addition to his educational background, Tom holds a Configuration Management/Data Management (CM/DM) Certification from West Coast University.

Tom is an active user of the Seal Beach Fitness Center since 2003. His routine alternates from chest and back one day to shoulders and arms the next day. He finishes his workout with thirty-minutes of cardio on the treadmill or summit trainer. Tom trains five to six days a week for one to two hours each session. On Thursdays, Tom plays basketball. Whether it's two-on-two or five-on-five, Tom is ready to play. Aside from playing basketball, Tom enjoys softball. He partakes on the Boeing Co-ed Softball League during the spring and summer season. Playing third base and outfield for the “Take Outs,” Tom was part of the Spring 2008 and Summer 2009 championship run.

Among his notable accomplishment was his weight loss. Tom has brought his weight down from 245 LBS to 215 LBS (+/- 3LBS). His objective for 2010 is to maintain his weight and continue to stay active so he can keep up with his three boys: Tommy 23, Joey 20, and Danno 16.

Outside of work, Tom enjoys fishing, hiking, and being active in church. He has gone fishing in places such as Mammoth Lake, Lake Ellery (Tioga Pass), and Lake Gregory. The biggest fish he's caught was a three-pound male native rainbow trout. As for hiking, Tom has hiked Silverado Canyon in our local hills and many trails in the Bishop and Mammoth Lakes areas. His hikes average between five to ten miles. Lastly, Tom is involved in church where he occasionally teaches at retreats in the mountains.

The Seal Beach Fitness Center is pleased to have Tom Spurgeon as the January 2010 Participant of the Month. Congratulations!