

**This article is a tribute to Mary Scott King who passed away in January due to a tragic snowboarding accident.  
We will miss your smiling face at the Seal Beach Fitness Center.**

“Live well, laugh often and love unconditionally”, that’s the motto Mary Scott King lived by.



### **Live well**

“Just say, ‘yes!’”, remarked her sister Helenisle about what Mary Scott King would always say. Her life was full of adventure, excitement and living life to the fullest.

Mary Scott was very competitive in in-line speed skating for a number of years. In 1990 she started skating on the beach in Belmont Shore. She quickly found competitive skaters training and she joined them in training at El Dorado Park in Long Beach. She started competing with outdoor races at 5k, 10k, 20k and 42K (26.2 miles) distances. Mary Scott later transitioned into indoor races because they are more technical and challenging. The indoor races are shorter but faster. She competed in 500 meters individuals, 2000 meters mixed, 3000 meters individuals and 5000 meters team relays. Mary Scott won the Regional title in her individual distances along with a mixed relay in 1994 and earned the right to go to the 1994 Nationals, where she placed in her Individual division. She stopped competitive skating in 1998 but continued to skate for recreation and fitness.

Mary Scott ran the Rock-and-Roll Marathon in Portland, OR with her father and sister. She eventually had to give up running due to persistent knee problems. Ten years ago she began snowboarding. She had boarded many different mountains. Her favorite spot was Mammoth Mountain in California. She had a condo near the mountain because she liked to board several times a month during the winter. June Mountain and Salt Lake City were a few other sites she visited. Mary Scott alternated between eight different sites in Utah since they were all so close to each other. She would join her sister Margaret and sons, in California, to board and travel to Colorado to be with sister KC and family and enjoy more snow time activities. During non-snowboarding season she would cross train (cardio and weight) to keep in shape and prepare for the season.

Mary Scott enjoyed hiking and backpacking and shared a love of the outdoors, particularly of the Grand Canyon, like her mother. Two years ago, Mary Scott, Carlo (boyfriend) and sister Helenisle and husband Rick backpacked the Grand Canyon. They did it again Thanksgiving 2009. Mary Scott was planning to make it an annual trek.

Mary Scott loved adventure and the outdoors. In 2006, Mary Scott, Helenlisle, and their father spent three weeks in Peru. There they hiked a very remote part of the Andes and the Amazon Jungle where they explored the region with a tour guide. She also had a few hiking spots closer to home that she frequented, (Crystal Cove, CA and Sedona, AZ).

In 2009, Mary Scott spent three weeks white water rafting down the Grand Canyon. The guides were amazed that she used a "Ducky" (inflatable kayak) instead of a raft to go down the rapids.

### **Laugh often**

Playful, positive and effervescent is how Helenlisle would describe Mary Scott's personality. She either had a smile on her face or put one on someone else's face.

"I can picture her as a kid reading and eating peanut butter out of a jar with a spoon", reminisced her sister.

Helen Roe recalls when Mary Scott threw her a party for her 50<sup>th</sup> birthday. "I received a gag gift, a bra with 'We've fallen and we can get up' printed on it. I put it on over my t-shirt and next thing I knew, I turned around to see Mary Scott wearing her bra over her shirt. We all had a great laugh over it. She was such a great sport and fortunately, I have our 'what happens at Mary Scott's, stays at Mary Scott's' moment recorded on film." This shows her sense of humor and how she put a smile on everyone else's face.

### **Love unconditionally**

Mary Scott was very family oriented. She would make the effort to visit family annually, sometimes twice per year. She would keep in touch with everyone and call her sisters frequently to chat. Once a year, they shared "sista" days, in surf, snow or the great scenic outdoors – like Yosemite.

She also liked to inspire and mentor people. Mary Scott was active in the Employee Community Fund at Boeing. This organization works with the communities to obtain charitable donations to invest in communities - and other efforts such as providing relief for the victims in the Haiti quake.

Outside of work, she has volunteered at the Special Olympics, Daffodil Days with the American Cancer Society, Seal Beach Endangered Species Habitat and a few Skid Row projects. She also worked mentoring girls at Ocean View High School for over ten years. During these years she grew close to a number of the girls and the relationships that were forged during mentorship remained strong. In December of 2009, Mary Scott helped one of the high school girls plan her wedding and bought her a wedding gown.

Mary Scott accepts people unconditionally and loves people for who they are.

Mary Scott was born in Richmond, VA and later moved to Huntington, WV where she graduated from Barboursville High School. She then moved to Lauringburg, NC where she obtained her Bachelor's Degree in Political Science from St. Andrews College.

In 1983, Mary Scott met a particular Californian while hiking in the Grand Canyon and six months later she moved to California. There she met Helen Roe, her first life-long friend in California.

Mary Scott worked at Rockwell and Boeing a combined total of 20 years. The last 12 years she has worked as a Benefits Specialist for Boeing Benefit Operations. Her duties were diversified and her talents were many but her focus was customer service. She valued supporting and educating employees.

Mary Scott regularly used the Seal Beach Fitness Center as long as she worked at Boeing. Her fitness goal was to be healthy, mentally and physically. While at the gym most recently, she participated in the spin classes and frequently would be on the elliptical. She always was active because she believed that fitness is paramount.

You will always be remembered.

*Thanks to Helenlisle King, Helen Roe, Renee Bidwell, Toby Taylor and a few others for their contributions. If you would like to read more about Mary Scott King or submit comments or pictures, please visit the [maryscottking.com](http://maryscottking.com) website.*