

## Peter Lew is October's Participant of the month



In September, 2008, Peter ran his 101st consecutive monthly 5K race at the Seal Beach Boeing facility. Peter is currently tied for the most consecutive number of races with Nelson Slagle. He is also one of 19 runners currently inducted in the Seal Beach Runner's Hall of Fame. The Seal Beach monthly 5K typically attracts about 30 runners from the 4 local Boeing facilities and every December, a new runner is inducted into the Seal Beach Runner's Hall of Fame. Besides his "iron man" longevity streak, Peter ran a personal best time of 21:01 in April, 2001. His current 5K time is 22:15 but every once in a while, he'll break the 22 minute barrier.

Peter was born and raised in Los Angeles and lived in the South Bay from 1985 until 2003. Peter now resides in Laguna Hills with his wife and 4 children.

Peter graduated in 1982 with a Bachelor of Science degree in Math-Computer Science from UCLA (University of California at Los Angeles). Out of college, he worked for a small software engineering company for 2 years and then worked as a software engineer from 1984 to 1997 at Hughes Aircraft Company. Peter joined Boeing in 1997 and is currently employed as a systems/software engineer.

Peter has been an avid user of the Boeing Seal Beach and Huntington Beach Fitness Centers since 1997. Some of his fitness related accomplishments are running a 10K race in 43 minutes and 30 seconds and running a ½ marathon in 1:44.01 at the age of 47. Peter has also conquered Half Dome which is one of Yosemite's most challenging hikes. Peter's primary sports are tennis and running. He's been playing tennis for 35 years. Peter took up running while in college for weight control. While living in the dorms in college, he weighed 195 lbs. Peter now tries to maintain his weight around 165 lbs.

Peter's weekly exercise routine is as follows:

- 3 days of running (4-10 miles/ day)
- 3 days of tennis (1-2 hours/day)
- An occasional pick up game of basketball

Peter's daily exercise routine is:

- 50 push ups
- 50 sit ups
- Pull ups and light weight workout

In addition to his primary workout, Peter is also a grade 8 USSF soccer referee and officiate fifty youth matches per year. He's learning how to manage the players, coaches

and sidelines under pressure. By refereeing, Peter is trying to develop a thicker skin and not let criticism bother him as much. He is proud of the fact that he has yet to issue a red card to any player or eject any spectator.

While not working out, Peter follows UCLA basketball and football. Unfortunately, the past few years, he's been taking abuse from his fellow co-workers who are USC alumnus. Peter also enjoys reading about American and Chinese-American history. He also likes to travel and has been to Washington DC, Alaska, Canada and China.

Peter's Fitness Quote: "Get in shape and stay in shape"

Congratulations to Peter Lew for being October's participant of the month!