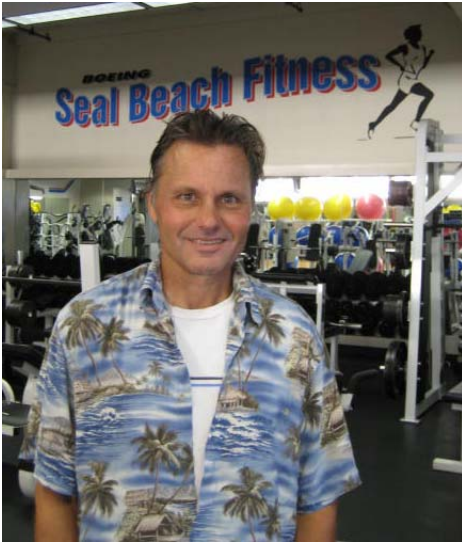


## Troy Belme is October's Participant of the Month



Troy Belme has been working for Boeing for twenty five years. Troy works in Oracle as a Data Base Administrator. Before working for Boeing, Troy attended umpire school and was working his way toward becoming an umpire in the major leagues. For three years, Troy officiated hundreds of games from little league to semi pro. To make it big as a major league umpire and officiate at a professional level you need to put in many years of experience. Unfortunately, umpiring wasn't paying the bills so Troy looked into other options and was able to get a job at Rockwell (Boeing).

Troy currently resides in Huntington Beach. He was born and raised in Inglewood. He once lived in Ewa Beach, Oahu, Hawaii for a short time while he was in high school.

Troy is an avid user of the fitness center and started using the gym in the early 90's. His training regime consists of running 35 to 45 miles per week, five to ten miles per day, and six to seven days per week. He also includes light weight training and stretching after his run. He prefers running outdoors but will use the cardio equipment when the weather is bad.

Troy has completed six marathons with a personal best of 3 hours and 4 minutes, eight half marathon with a personal best of 1 hour and 21 minutes. His personal best for a 5K is 18 minutes 30 seconds. His personal best for a 10K is 38 minutes 20 seconds. In October of 1993, Troy was a minute shy of beating his personal best in the Chicago marathon. The weather impacted his finishing time greatly. He had to endure running through the snow and thirty degree weather, then battle the wind for two miles. Troy is currently training with his thirteen year old son to run local 5K's and the LA half marathon.

Aside from running, Troy spends a lot of time practicing martial arts. He is currently focusing on Kempo Karate but has had experience with boxing, Muay Thai Kicking Boxing, Jeet Kune Do and Filipino Kali, or stick fighting. Troy has been practicing martial arts off and on for the past twenty years. He has been focusing on Kempo Karate for the past four years. He trains with his son three to four times per week. He currently has a green belt with brown strip and will be testing for his brown belt later this year. Troy trains with the following quotes in

mind. "Our attitude determines our behavior" and "Our behavior describes our actions".

Troy also has experience with skydiving and bungee jumping. He enrolled in an eight hour skydiving course which qualifies him to jump out of a plane solo. His first solo jump didn't go too well. His chute tangled in the air and he fought to untangle it. During the struggle his decent shifted straight toward the power lines. Thanks to the guidance of the ground crew through a one way radio, Troy avoided disaster. After he avoided the power lines, Troy landed, hard! When comparing bungee jumping to sky diving, Troy will definitely agree that sky diving is a lot easier (to make the jump) because when you are high in the sky you can't really judge the distance below. When you are standing on the platform for bungee jumping you can see all the rocks below.

Congratulations to Troy Belme for being selected as the October 2009 Participant of the Month. Keep up all the hard work and good luck with obtaining your brown belt.