

Rigel G. Arcayan
A Life Well Engineered

Health • Family • Freedom • Learning • Contribution

Discipline Systems Learning Health Investing Technology Freedom Family Build Explore

"Same mindset. More life."
Calm • Focused • Grateful
What's next? Keep going.

LIFE TIMELINE
1966 Born - September 9, 1966
1990 Moved to United States
1992 - 1996 US Army
1996 - 1998 AMD
1998 - 2021 Samsung Austin
2008 Stent #1 (LAD)
2010 Stent #2 (LAD)
2017 Started FTEC (single ETF)
2021 Retired - July 21, 2021
2021 Moved to Cebu, Philippines
2026 Turned 60 - September 9, 2026

HEALTH & FITNESS
Move Today. More Tomorrows.
Cycling 81,337 miles
Swimming 3,051 miles
Weight Training
Heart Health
Daily Push-ups Sit-ups
Active Lifestyle

FAMILY
My Greatest Achievement
Married 35 years
Daughter - RN
Son - MD
Extended Family

FINANCES
Simple. Disciplined. Long Term.
Net Worth (60) \$2,566,014
Single ETF Strategy
\$1.5M 401(k)
\$175k Technology ETF (Additional)
Paid-off Home
Marco Polo Condo
Mandani Bay (Preselling)

CAREER & SERVICE
Work Hard. Learn. Move Forward.
US Army (1992 - 1996)
AMD (1996 - 1998)
Samsung Austin (1998 - 2021)
Retired (July 21, 2021)



RESIDENCES & VEHICLES
Places to Live. Tools to Explore.
Round Rock, Texas Paid-off
Marco Polo, Cebu
Mandani Bay
Mercedes GLE300 (Cash)
Ford Ranger Raptor 2024 (Cash)
2009 Chevy Colorado

TECH & PROJECTS
Buld. Automate. Keep Learning.
Home Lab / DockerLab
Google Cloud Platform
Domain & Access
Skills & Tools

DAILY ROUTINE
Small Habits. Big Results.
Gravel Cycling
Swim Training
Weight Training
Daily Push-ups & Sit-ups
Read / Listen to Books
Daily Sudoku

GOALS & NEXT CHAPTER
Keep Going.
Survive 365 days (Age 60)
Ultra Gravel Race Training
Maintain swim routine
Grow investments (FTEC)
Google Cloud Admin (Daily)
Read more books
No travel plans for now
Stoic. Content. Audience-free living.

WHAT I VALUE MOST
A Life Without Regrets.
Health Family Financial Security Learning Building Systems
Technology Adventure (Outdoor) Freedom Purpose Peace of Mind

60 YEARS IN NUMBERS
60 Years 21,916 Days 525,984 Hours 31,559,040 Minutes 81,337 Cycling Miles 3,051 Swimming Miles 84,388 Total Endurance Miles \$2,566,014 Net Worth (Age 60) 2 Stents (2008, 2010) 35 Years Married 2 Amazing Kids (RN 2020, MD 2026)