

Seth Long

Senior Security Engineer | Penetration Tester | AppSec Leader

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Application Security Engineer with an offensive mindset and a software engineering background. I help secure sensitive financial systems by performing code-level reviews, leading threat modeling, and collaborating closely with developers. I bring 10+ years in AppSec and red teaming, built on 14 years of hands-on software development experience.

EXPERIENCE

Upgrade, SF, CA —Sr. Application Security Engineer

AUGUST 2023 - JULY 2025

- Led the Application Security team for a major fintech platform with millions of users.
- Executed full-scope manual penetration tests on web and mobile applications.
- Performed secure code and design reviews across microservices and APIs.
- Collaborated with developers to implement secure coding practices.

Credit Karma (Intuit), SF, CA —Sr. Application Security Engineer / Penetration Tester

MAY 2014 - AUGUST 2023

- Performed manual penetration testing and vulnerability discovery automation.
- Led code reviews and design audits to secure high-traffic consumer platforms.
- Founded and ran the Security Champions program
- Partnered with engineering to embed security into CI/CD pipelines.

California State Guard, Task Force Cyber —Warrant Officer, Cyber Training Officer

JANUARY 2021 - PRESENT

- Conduct red teaming exercises and provide cyber operations training for military units.
- Perform security assessments for state-level government systems and critical infrastructure
- Developed curriculum for cyber defense and offensive security education.

KEY ACHIEVEMENTS

US Dept of Defense - One of 80 elite hackers the Pentagon used to help pen test sensitive government systems.

CA National Guard - Cyber Dawn 2023 MVP; commended by Deputy Adjutant General.

Singapore Ministry of Defense - Invited to test and secure Internet-facing systems.

HackerOne - Top bug bounty recipient (Uber, Slack, Ubiquiti).

CVE-2017-12614 - Discovered XSS vulnerability in Apache Airflow.

Synack, Mountain View, CA — Security Researcher

OCTOBER 2016 - JANUARY 2018

- Conducted freelance web, mobile, and infrastructure penetration tests for high-profile clients.
- Delivered detailed exploit writeups and remediation plans.

Earlier Career in Software Engineering (2000–2014)

Elite Meetings Intl., CBS Interactive, Match.com (SpeedDate), Selling Source, AtOnce Software, Clashing Rocks

- Built scalable SaaS platforms, ecommerce engines, and high-performance web applications.
- Held roles from Web Developer to Lead Software Engineer.
- Transitioned into security from a strong engineering foundation—enabling code-level vulnerability identification and developer empathy.

EDUCATION

Colorado Tech. University — BS Software Engineering

Univ. of Nevada at Las Vegas — Computer Engineering

CERTIFICATES

Offensive Security Certified Professional (OSCP)

AUGUST 2016

CISA - Industrial Control Systems Cybersecurity

MARCH 2024

SpecterOps - Adversary Tactics: Detection

JUNE 2021