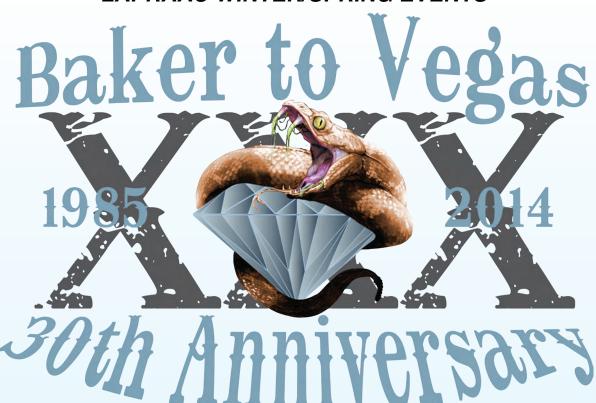


LAPRAAC

CLUB NEWS

LAPRAAC WINTER/SPRING EVENTS





Memorial Relay



Pump & Run



Top Gun

The Los Angeles Police Revolver and Athletic Club is a private club established more than 75 years ago by Los Angeles Police Officers as a training facility. LAPRAAC, located at the Los Angeles Police Elysian Park Academy, is full of Los Angeles Police Department history and is the social outlet and fitness arm of the LAPD. LAPRAAC is governed by a Board of Directors comprised of sworn police officers elected by the membership.

LAPRAAC Board of Directors

John Incontro, President	(213) 972-2436
Ruben Holguin, Vice President	(213) 486-7220
Brenda Crump, Treasurer	(213) 840-0206
Jim Katapodis, Secretary	(714) 308-7376
Pat Connelly	(818) 231-1138
Steve Estrada	(213) 972-7958
Tim Colomey	(213) 972-2420
Martee Miyakawa	(213) 847-4272
Ivan Ramos	(213) 972-2420
Danny Roman	(626) 922-5150
Jeff Bert	(213) 804-3861
Ruben Crane, General Manager	(323) 221-5222 x204

LAPRAAC operates the LAPRAAC Stores (Westchester and Elysian Park) including the Gift Shop, Gun Shop, and Uniform Shop; Café and Catering Service; and, Rock Garden & Lounge. Its athletic and recreational workout facilities are open 24-hours a day and include: weight room, swimming pool, locker rooms and showers, steam bath, tennis court, racquetball and handball courts, gymnasium and athletic field. LAPRAAC participates in 52 different sports throughout the year, including the Annual United States Police & Fire Championships and the bi-yearly World Police & Fire Games, and sponsors two annual athletic events; Baker to Vegas Challenge Cup Relay; and the Police Memorial Relay Race.

LAPRAAC Club News is published by the Los Angeles Police Revolver and Athletic Club. All rights reserved.

Email Addresses:

General Manager: rcrane@lapraac.com

Retail Operations Manager: drhoades@lapraac.com

Gift Shop: dmonroe@lapraac.com

Catering Coordinator: salas-melanie@aramark.com

Member Services Coordinator: bginn@lapraac.com

LAPRAAC Directors Committee Assignments

ADMINISTRATIVE

Ruben Holguin, Chair

MEMBERSHIP

Pat Connelly, Chair

FINANCE

Brenda Crump, Chair

ATHLETICS

Danny Roman, Co-Chair Martee Miyakawa, Co-Chair

SHOOTING ACTIVITIES

Steve Estrada, Chair

PROJECTS

Tim Colomey, Chair

BY-LAWS

Jim Katapodis, Chair

LEGAL

Jim Katapodis, Chair

FIREARMS AUDIT & COMPLIANCE

Martee Miyakawa, Chair

BAKER TO VEGAS

Ruben Holguin, Co-Chair Jim Katapodis, Co-Chair

MEMORIAL RUN

Tim Colomey, Chair

GENERAL INFORMATION

<u>Hours</u>

Gun Shop	. Mon-Fri 7:30 am - 5:00 pm
Gift & Uniform Shop	. Mon-Fri 7:30 am - 5:00 pm
Admin Office	. Mon-Fri 8:00 am - 4:00 pm
LAPRAAC West	Mon-Fri 11:00 am - 3:00 pm

Important Phone Numbers

<u>Important Phone Numbers</u>	
LAPRAAC (Main)	(323) 221-5222
Gun Shop	Ext. 206
Uniform & Gift Shop	Ext. 231
Cafe	Ext. 214
Athletics	Ext. 219
Event Planning	Ext. 230
LAPRAAC Westchester (ARTC)	310-649-5459

LAPRAAC CLUB NEWS · WINTER 2014

Message from the President *John Incontro*



In our last newsletter I told all of you that it was my intent that we would maintain our operations at LAPRAAC through June when the City would begin the improvements at our Academy. I promised that the Cafe would stay open. Unfortunately, we will not be able to fulfill that promise. Effective February 1, 2014, the Cafe will close until our Academy reopens in 2016. This was not an easy decision for any of us on the Board of Directors.

With less Department personnel assigned to the Academy and fewer classes being held, our sales in the Cafe have significantly dropped. The income has not been at a level to sustain the operations. The

Board of Directors looked at all options and reached the difficult decision to close the Cafe. All of our catering operations will continue through the end of June. Please call (323) 221-5222 Ext 230 for all of your catering needs.

Please join me in thanking our dedicated Cafe employees for their outstanding service to us all. We will welcome them back once the Academy reopens. Thank you to the following Cafe staff, all of whom are part of our LAPRAAC and extended LAPD family; Sergio Dosamantes, Melanie Salas, Lorenzo Heredia, Debbie DeMond, Antonio Bonilla Jordan Davis, Lana Cabusas, Gregorio Flores, Katherine Krutka, Rafael Sanchez, Nazario Sanchez, Jose Reyes, Ryan Ordaz, Chritian Ordaz, and Dennis Munoz. We will all miss you and look forward to your return to the LAPRAAC Cafe.

With the closure of the Academy I want to remind you that the Gun Shop, and the Uniform & Gift Shop operations will continue with those operations moving to Classroom 2. The weight room will still be open and all of our athletic events will continue. I look forward to seeing all of you at the 30th anniversary Baker 2 Vegas Challenge Cup Relay March 22 and 23, 2014.

Thank you again for your continued support, suggestions, ideas and involvement in the best law enforcement athletic club in the United States. If you would like to contact me I can be reached through the LAPRAAC email at jincontro@lapraac.com

INSIDE THIS ISSUE

ATTENTION MEMBERS: Below are a few things we would like members to keep in mind.

President's Message1

General Manager's Message2

Flag Football Champs2

LOST & FOUND: If you think you might have left something behind on the Police Academy grounds we might have it! Stop by the LAPRAAC Admin office between the hours of 8:00 am to 4:00 pm

OPT-OUT FORM: If you DO NOT WISH to continue receiving the "LAPRAAC Newsletter" via hardcopy but would like to receive it electronically to your email address, please contact us at (323) 221-5222 Ext. 202 or bginn@lapraac.com

LAPD Elite B2V Team3

SWIMMING POOL, BASKETBALL GYM, RACQUETBALL COURTS AND WEIGHT ROOM: LAPRAAC members can bring up to five guests and must be present at all times!.

Lifting Sports...... 4 – 5

MEMBER SERVICES: We are here to serve you. Please feel free to contact us with any questions, comments or ideas! • (323) 221-5222 Ext. 202 or bginn@lapraac.com

LAPRAAC Annual Meeting ...7

www.lapraac.com

Page-1

LAPRAAC CLUB NEWS · WINTER 2014

Message from the General Manager *Ruben Crane*



With all the talk of construction many people think that LAPRAAC has closed their doors. This couldn't be farther from the truth, not only are all of our facilities still open, we continue to plan and execute events.

By the time you read this we will just be about to start or we have just finished (February 21st) our 2nd Annual Pump & Run Competition. This event got off to a quick and successful start last year with over 50 participants, sworn and civilian, battling it out in this event with a twist. Unlike the weight lifting competition it is not just how strong you are, it is also how well you can run or the best balance of the two. This is a great event for those who may not be the strongest or the fastest but can handle a little of both. It really evens the playing field

and allows everyone to have a good time while keeping competitive. For more information please contact Randy Yang at 323-221-5222 x228.

Following on the heels of the Pump & Run Competition is our annual Baker to Vegas Challenge Cup Relay. This year isn't just any year; we are celebrating 30 years of the race. An estimated 10,000 runners, supports staff and spectators are set to cross the California-Nevada desert on March 22nd - March 23rd The LVH again is the host hotel and they are rolling out the red carpet. Hopefully you did not miss the early bird special rate with the chance to win prizes with your registration, but even if you did, we still have a fantastic rate. Don't forget March Madness will fill the rooms and drives up the prices in Vegas so book soon if you have not already.

Then not long after B2V we will be hosting our annual Memorial Run Race followed by our Top Gun competition. We are only in February now, but with all these events, before you know it we will be in summer time. Don't let these and all are other great events slip past you, contact us for information on joining before they pass you by.

With the cafe closing at the end of February you may be thinking, "Where am I going to eat lunch?" Have no fear, we have arranged an exciting and fun option for you. At the Academy we will have a new and different gourmet food truck each day of the week. We already have the first two weeks scheduled starting March 3rd. Check out our website for a link or go to http://lotmom.com/laacademy to see the times and trucks.

Southwest Holds off Southeast to Capture Flag Football Championship *Randy Yang*

The Los Angeles Police Revolver and Athletic Club wrapped up the Intra Departmental Flag Football League this past November and crowned a new champion. Southeast has dominated competition recently and has won the Flag Football Championship every year since 2009. However Southwest, with a new Quarterback and experience on the line and at the receiver position, breezed though the regular season and finally had their shot at taking down the 3-peat Southeast Team in the finals for the 2013 season.

In a hard fought battle that was closer than the score indicated, Southwest Division beat the Southeast Team 20-0. A key interception by Derrick Boykins on the first play of the game set the tone early and Southeast was never able to recover despite fine play by Grant Goosby and Ricky Delgado.

Southwest quarterback Bryan Waggener was able to showcase the arm and quickness that made him a three year D-1 Quarterback as he connected with Bobby Meza and the Stovell brothers on several occasions. Congratulations to Team Captains Mark Horta and Bobby Meza of Southwest Division as well as the entire roster for an outstanding season.

The Flag Football Season is held on Sundays at Occidental College from September to December every year. LAPRAAC hosts the league and supplies flags, referees, scoreboards and schedules. If you want to start up a team at your Division please email me at ryang@lapraac.com or contact me at LAPRAAC (323) 221-5222 ext 228.

LAPRAAC CLUB NEWS · WINTER 2014

L.A.P.D. ELITE BAKER to VEGAS RELAY TEAM SETS SIGHTS ON A THREE-PEAT By Team Coach and L.A.P.R.A.A.C. Director Pat Connelly

As the saying goes, "The chips are down and the cards are on the table". The LAPD Elite BtoV Relay team is preparing to go for three straight championships.

The BtoV Open Division is the most competitive category over the past 29 years. This March a three-peat during the 30th Anniversary BtoV Race would be a coveted championship.

To win over such an outstanding field of teams takes the tremendous talent, commitment, desire and spirit of each team member. All twenty team members have to be prepared mentally and physically on March 22/23 to perform at a maximum, any less will mean 2nd place. For Chief Charlie Beck and the pride of the LAPD, 2nd might as will be last.

As coach of the team and team leaders (Metro's Ivan Ramos, Tim Colomey and Lou Reyes) it is our job to put the array of talent that is spread across most every division in the City on the right leg. Also, preparing a training program that will peak on race day where each athlete is confident and ready for the challenge, is no small task.

Having coached at U.C.L.A. and U.S.C., I can honestly say their training regimen is just as demanding and difficult of what was asked of my collegiate athletes. The elite team trains a minimum of six days per week, running up to 50 miles weekly. Daily training that includes weights, core exercises, long slow distance (10-13 miles), fartlek, track interval, tempo repeats, running up Angeles Crest and 10k time trials at the Rose Bowl.

Two of the outstanding members of the team (on a team of great athletes) are Metro Division **Officer Brian Dameworth** and Mission Area **Officer Amanda Kruse**.

Amanda came to the L.A.P.D. after completing her studies at Cal State Northridge where she was a cross country, 1500 and 5,000 meter runner. Her love for running began after asking her dad (LAPD retired) to train with him for a BtoV relay race when she was in the 6th grade. Getting hired onto the Department renewed her love for running, training hard and setting competitive times and goals. Under the coaching of Chuck Foote (LAPD retired & BtoV Coordinator), she blossomed into an more outstanding runner, a notch above her peers in the state, national and international Police & Fire Games.

In 2013, the L.A. County Sheriff team was only a minute back when Amanda took the baton on leg ten. When they saw Amanda in the exchange zone, they got excited stating, "Here we go, take the lead against a female on the L.A.P.D". As the LASD leaders took the mile interval splits, during Amanda's leg they were shocked when they realized the distance behind the LAPD was widening. The L.A.P.D. went on to defeat an outstanding LASD team.

Brian Dameworth is no stranger if you have followed outstanding runners in Los Angeles running circles over the years. Brian was a prep sensation at Agoura High School. Brian won three Division 1 California State Cross Country titles and set a school record, recording a 8:54 2-mile time. Before Brian joined the Los Angeles Police Department he attended the University of Wisconsin on a track scholarship. Now a master runner, he can still clip off a sub 35 minute 10k and make it look easy. His valued insights, keen leadership and experience lends greatly to the success of the team.

Rounding out the team that has taken on the three-peat challenge are:

Jim Erwin, 33017, (77th); Chaves Villatoro, 40406, Central; Mike Sequin, 25835 (C.T.B); Hector Nunez, 37974 (Dev); Kevin Moore, 40492 (Foothill); Arturo Urrutia, 36065 (Harbor); Elis Aguayo, 39380 (Hollywood); John Kornbacker, 39224 (Hollywood); Eric Esturbon, 36080, (Metro); Joh Pultz, 34942 (Metro); Tim Smith, 39785, (Mission); Jeff Bert, 33112 (NE); Scott Langford, 40641 (NE), Roberto Ruiz, 38154 (NE); Alex Zamora, 41281 (NE); Victor Serrano (NE); Anson Bustamante, 40641 (Olympic; Ismael Conteras, 36808 (Olympic); Eric Hernandez, 37868 (Olympic); Jason Kim, (Olympic); Alex Zamora, 41281, (Olympic); Gregely Boras, 40438 (Pacific); Jose Pedroza, 40454 (Pacific); John Walker, 38023 (SW); Rodger Forest, 32939 (Training) and Ibrahim Khamis, 37966 (WTD).

See you somewhere on the road between Baker and Las Vegas...Happy training and good luck.

LIFTING SPORTS

Letter Written by Bob Burke, LAPD & LAPRAAC Athletic Director (Retired); Western States Polic

Powerlifting, Bench Press & Push-Pull – How It all Started In the Los Angeles Police Revolver & Athletic Club

I would like to give you some background and history of how Powerlifting, Bench Press and the Push-Pull came to be, as clearly as I can remember, within the ranks of the Los Angeles Police Revolver & Athletic Club (LAPRAAC) and the California Police Olympics (now renamed the Western States Police and Fire Games) and the World Police and Fire Games.

I joined the Los Angeles Police Department in January 1956. I soon found out that there was an intra-departmental sports program within the PD run by the Los Angeles Police Revolver & Athletic Club. They had sports other than just shooting and yet no lifting program for the officers was being offered. The medical staff for the Department did not care for weightlifters at that time (The Muscle Bound Theory of Dr. Vance). Today, the Department has divisional gyms hoping that all officers will use the equipment to stay in shape (Big Change in the Department Thinking).

In the 50's, if you were a police or fire person and a novice Odd Lifter or Weightlifter and wanted to enter a small Bench Press or Odd Lift meet just for police or fire lifters, you would be hard pressed to find one in California or even the United States.

If you wished to compete in a given weight class in an open or seniors division in Weightlifting, Odd Lifting or Bench Press you could find a meet at Vic Tanny's gym on Wilshire Boulevard in Los Angeles. Other locations were Burt Goodriche's gym on Hollywood Boulevard where the Big Boys worked out, such as George Eiferman and Steve Reeves, both Mr. Americas, along with other great body builders and lifters. Then once in a while, the Los Angeles Athletic Club in downtown Los Angeles on 8th Street would hold a meet and, of course, the Downtown Y.M.C.A. (known for Weightlifting events) and Muscle Beach in Santa Monica. These locations were open to the public and not just for the police and fire community.

Odd Lifting to Powerlifting

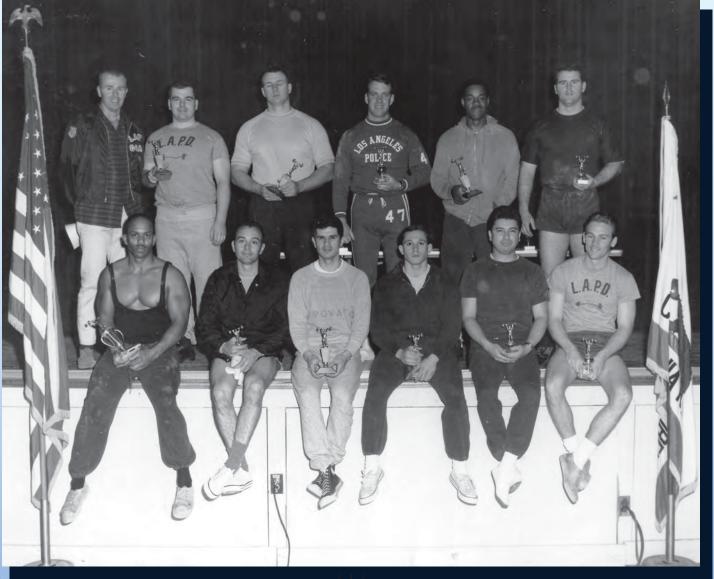
Odd Lifting was a weight sporting event made up of numerous lifts such as the Bench Press (off the floor not from a bench), Clean Curl, Deadlift Pullover,

Squat, Clean & Jerk, Dips with a weight belt and plates attached and many other lifts that could have been chosen for a two or three lift meet. The sporting event was replaced by what is now called Powerlifting, a three lift sport, (Bench Press, Squat, and Deadlift). The sport changes came about in 1965.

Around 1965, LAPRAAC formed a very small Powerlifting Team and, I believe, it was a first for any department in the United States. LAPRAAC hosted its first Powerlifting meet at the Los Angeles Police Academy involving departments from Pomona PD, Honolulu PD, LA County Sheriffs Department, Long Beach PD, and San Francisco PD. It was for police only. In 1967, the LAPRAAC Team would travel to local meets and compete in the open competition.

Police Powerlifting began to grow. In 1967, Captain Duke Nyhus of the San Diego Police Department, founded the California Police Olympics where Powerlifting was one of the many sporting events. The Los Angeles Police Revolver and Athletic Club was ready with a very large team of lifters that would set the tone for things to come in the field of police and fire Games.

In 1972, California firefighters followed suit and held the first Fire Olympics, where Tom Eldridge, a firefighter, introduced Powerlifting into



the Fire Games.

Just prior to the 1967 Police Olympics a dilemma arose, where were we going to get enough qualified officials for the Powerlifting events that were on-going for the LAPRAAC and new events such as the Police Olympics? The first step forward was Don & Fran Haley and Bud Mucci. Don & Fran went on to become my mentors and that of many other lifters and judges throughout California and the world.

Don Haley began to build a team of some of the best and most highly regarded officials in the United States. Their names are hard to forget and many are now in the California & US Powerlifting Hall of Fame; Don & Fran Haley, Bob Packard, Tom Eldridge (LACFD), Bill Hartmann (LAPD), Tommy Harris (LACSD) and Bill Ennis (owner of Weightlifters Warehouse). Other outstanding officials on Don's team are Roger & Ester Bolton and Chris Kostas. Without these dedicated officials the LAPRAAC Powerlifting, Bench Press, and Push-Pull programs would have been just another Garage Meet!

Don gave us one more gift. In 1975 he donated over 2,000 lbs. of Powerlifting equipment (plates and bars), that have been used in all LAPRAAC lifting events and are now stored under the stage at the Old Police Academy.

Don Haley was asked to take on one more task; write the rules for Police & Fire Powerlifting, Bench Press and Push-Pull in a Raw format (no equipment may be used in support of your body except official weight belt). Raw Rules are the on-going rules used for the Los Angeles Police Revolver and Athletic Club Intra-Department Bench Press contest, the Western States Police and Fire Games and the World Police and Fire Games Bench Press and Push-Pull events.

In 1994 Powerlifting started to decline in numbers at the State and World Police & Fire events. Eventually we changed to a Push-Pull and Bench Press format for the Games.

The Los Angeles Police Revolver and Athletic Club Powerlifting events have evolved into the LAPRAAC Intra-Department Bench Press contest where each police division can send a team for bragging rights. Some 300 to 400 lifters now attend. This event was built upon by two LAPD & LAPRAAC Athletic Directors; Larry Moore and Tony Adler, who made it the event it is today.

Barbara, the Los Angeles Police Revolver and Athletic Club sports program could not have been accomplished without you (old friend) and that of the other office staff over the last 40 years.

I have rambled on much too long and as you may know, after 40 years there are now many lifting meets other than the Western States Police and Fire Games and the World Police and Fire Games that now allow police officers and firefighters to have their own category at an open event. This was due to the foundation being laid by the Los Angeles Police Revolver and Athletic Club in the mid 60's for police and fire lifters throughout the United States and the World to follow, and they did.

I am honored to have been a part of the Los Angeles Police Revolver and Athletic Club in the growing stages and to have been associated with you and the many LAPRAAC Board members, friends, and officials, for without them there would be NO SPORTS PROGRAM.

Page-4 www.lapraac.com Page-5

FREE YOURSELF WITH MOBILE-ABILITY!

Mobile-Ability [mo-bill-uh-bil-i-tee] noun



Π

p

- 1. Free mobile banking
- 2. Deposits using your smart phone camera
- 3. Free app, mobile site or text/SMS banking
- 4. Transfers between accounts, text alerts and more

Mobile-Ability Synonyms:

Convenience, ease-of-use, user-friendly, fast

Stay on top of your spending wherever you are thanks to **Los Angeles Police Federal Credit Union's** FREE mobile banking solutions.

On Your Phone or Tablet

Banking with your phone is easy once you download our free app* for Apple, Android and Kindle Fire devices.



Experience Mobile-Ability with LAPFCU! Download the app today!

Call 877-MY-LAPFCU if you have any questions.























LOS ANGELES POLICE REVOLVER AND ATHLETIC CLUB

PO BOX 861148, Los Angeles, CA 90086-1148 Telephone 323-221-5222 • Fax 323-222-5949

John Incontro

President

February 14, 2014

Ruben Holguin Vice President

TO:

All LAPRAAC Members

Brenda Crump Treasurer FROM:

Secretary, Board of Directors

Los Angeles Police Revolver and Athletic Club

SUBJECT:

ANNUAL MEETING AND NOMINATION OF CANDIDATES

FOR BOARD OF DIRECTORS, LOS ANGELES POLICE

REVOLVER AND ATHLETIC CLUB

Jeff Bert

Jim Katapodis

Director

Secretary

Tim Colomey Director

Director

Pat Connelly Director

Steve Estrada Director

Martee Miyakawa Director

Ivan Ramos Director The Annual Meeting for the Los Angeles Police Revolver and Athletic Club will be held on Thursday, April 24, 2014, at 1100 hours, in the Daryl F. Gates Lounge & Dining Center at the Los Angeles Police Academy, Elysian Park. The Board of Directors will update the membership of last year's operation and nominations will be accepted for four expiring positions.

LAPRAAC members seeking to run for office and wish to be nominated **must be** present at the Annual Meeting. If he or she is not able to attend the meeting, then **prior to** the Annual Meeting, the prospective member who wishes to run can provide an absentee nomination petition with his or her name on it and signed by three active LAPRAAC members.

Once nominated, a computer graphic photograph of the nominee, and a written description of the nominee's objectives and qualifications, not to exceed 200 words, shall be submitted to the Election Committee no later than 3:00 pm, Thursday, May 1, 2014.

For more information contact Barbara Ginn at 323-221-5222 ext. 202.

Danny Roman Director

JIM KATAPODIS, Secretar Board of Directors

Board of Director LAPRAAC

HOURS: **MONDAY - FRIDAY** 7:30 AM TO 5:00 PM 323.221.5222 X-231



GIFT & FORM SHOP



LAPD Baseball Jacket (UPC 045171182889)

\$54.95



Handgun Ice Trays

(UPC FREEZE)

\$9.95

LAPD Hoodie Grey w/ Pink Letters

(UPC 045171878775)

\$42.99



Fisticup Mug (UPC FIST)

\$15.95





LAPD Vapor Grev T

(UPC 045171877860)

\$22.99

Chocolate 50 cal. **Bullets**

(UPC 180657001008)

\$15.95





LAPD

T-shirt/hat Combo

(UPC 04517657714 & RASLAPDWS)

\$27.99

LAPD Divot Tool

Comes in PO, Sgt. & Det.

\$9.95



Blue Camp Mug (UPC 1209BLUE)

\$8.99





LAPD Badge Garment Bag

(UPC IPWCB)

\$29.99

To Participate In The LAPRAAC Quarterly Drawing Fill Out This Coupon, Bring It To Any One Of The LAPRAAC Retail Stores (Gun Shop, Gift/Uniform Shop or LAPRAAC West) And Give It To One Of Our Friendly Staff Members. (Must Be A LAPRAAC Member To Win—One Coupon Per Member)

Enter

LAPRAAC'S

Drawing

SEE BELOW FOR

DETAILS

Name:	Phone:	Email:

GIFT SHOP - UNIFORM SHOP - TAILOR

Gift Cards Available

GUN STORE

HOURS: MONDAY - FRIDAY 7:30 AM TO 5:00 PM 323,221,5222 X-208



LAPRAAC

1880 NORTH ACADEMY DRIVE LOS ANGELES, CA 90012

LOCATED INSIDE THE ELYSIAN
PARK TRAINING FACILITY











Spetzgear G/L 17/22

\$74.99

LOW UARANTEE PRICE*



600 Lumens (UPC 080926880443)

\$79.99





Recon (UPC 7611382571731)

\$475.00

swissomade of any Luminox Watch



GPS 02 (UPC 855877010023)

\$149.99



SUREFIRE.

R1 Lawman (UPC 084871317436)

\$349.99









LOW PRICE GUARANTEE FOR LAPRAAC MEMBERS*



