



LAPRAAC

CLUB NEWS

SPRING 2013
www.lapraac.com

XXIX



LAPD Department Team & Women's Team Take Top Honors

SEE PAGE 4&5

BAKER



TO VEGAS

CHALLENGE CUP RELAY

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

Ruben Holguin, President.....(213) 486-7220
 John Incontro, Vice President.....(213) 972-2436
 Kathy Meek, Treasurer.....(213) 925-0933
 Brenda Crump, Secretary(213) 840-0206
 Pat Connelly(818) 231-1138
 Steve Estrada.....(213) 972-7958
 Tim Colomey(213) 972-2420
 Jim Katapodis(714) 308-7376
 Martee Miyakawa.....(213) 847-4272
 Ivan Ramos(213) 972-2420
 Danny Roman(626) 922-5150
 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.

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E-mail Addresses:

General Manager: rcrane@lapraac.com
 Retail Operations Manager: bginn@lapraac.com
 Gift Shop: dmonroe@lapraac.com
 Catering Coordinator: Garcia-Eddie@aramark.com
 Gun Store: tstuckey@lapraac.com

LAPRAAC Directors Committee Assignments

ADMINISTRATIVE

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Pat Connelly, Chair

FINANCE

Kathy Meek, Chair

ATHLETICS

Danny Roman, Chair

SHOOTING ACTIVITIES

Steve Estrada, Chair

PROJECTS

Marty Miyakawa, Chair

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Danny Roman, Chair

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BAKER TO VEGAS

Danny Roman, Chair

MEMORIAL RUN

Tim Colomey, Chair

GENERAL INFORMATION

Hours

Gun Shop Mon-Fri 7:30 am - 5:00 pm
 Gift & Uniform Shop Mon-Fri 7:30 am - 5:00 pm
 Cafe..... Mon-Fri 6:00 am - 2:00 pm
 Admin Office..... Mon-Fri 8:00 am - 4:00 pm
 LAPRAAC West Mon-Fri 11:00 am - 3:00 pm

Important Phone Numbers

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

Message from the President

Ruben Holguin



Hello to all and hope the Good Lord has Blessed you abundantly these past few months. By the time you have received this news letter, we at the Los Angeles Police Revolver and Athletic Club (LAPRAAC) would have just finished hosting the 35th Annual Police Memorial Race. The race was originally created by LAPRAAC 35 years ago to honor our brother and sister officers killed in the line of duty.

This year's race included 800 participants, and countless family and friends. (The most participants the race has had in a few years). This year's event was such a memorable one for both runners and family members. Channel 2 News Broadcaster, Josh Rubenstein, was the Master of Ceremony as well as race supporter for his daughter who participated in the children's 1K race. LAPD Chief Charlie Beck was in attendance providing his staunch support of LAPRAAC athletics as our leader, participant, and athlete. Runners, support personnel, and family members enjoyed the festivities before, during and after the race. It was great to see relatives, friends and children enjoying the static displays provided by Metropolitan Division and the Bomb Squad. Having Air Support land one of the helicopters on the center of the field and give access to LAPD family and friends for photos was priceless. The Jumpers, the rock climbing exhibit and face painting provided continuous fun for children (and some adults) in attendance. The memorial service provided by the Emerald Society and Air Support Division honoring our fallen brothers and sisters was emotional and heartwarming as usual. The catered food service provided by Eddie Garcia and his ARAMARK staff was exceptional. I have received many positive reviews by participants that the food provided was simple, tasty, and the service was efficient. A special thanks also needs to go out to the Los Angeles Dodgers Organization for allowing LAPRAAC to use a portion of their parking lot for event parking.

During this year's event a special recognition was given to the family of Steve Lawrence, an University of Southern California Police Officer who was shot and killed along with his fiancée, Monica Quan (Daughter of Retired LAPD Captain, Randy Quan) in February 2013. In attendance to specifically honor Officer Lawrence was a large group of his fellow officers and supervisors from the USC Police Department and family members, Venius (mother) and Chris (brother). It was a honor to recognize Officer Lawrence and his family and to watch his mother and brother participate in the 5K race.

We, at LAPRAAC, are happy that the event continues to bring recognition to our fallen brothers and sisters and their families as well as friendly competition amongst many runners, areas, units, divisions, and squads. Participation in the race like all the others has resulted in newfound camaraderie and friendship built amongst its runners and family members. We, at LAPRAAC, thank you. We could not have pulled off this event without the continuous support of everyone mentioned, our membership, and the hard work of your LAPRAAC staff, athletic directors, volunteers, and Memorial Race Committee members.

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

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 rcreane@lapraac.com

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

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 rcreane@lapraac.com

Message from the General Manager *Ruben Crane*



Reservation at the Academy – As we draw close to the summer months we start to see a steady increase in reservations for the picnic area, field and especially the pool barbeque grills. With the demand being what it is, please make sure to plan well in advance when making your reservation. Remember that these areas must be reserved with Debra Jordan in our Administration office before using them (djordan@lapraac.com or 323-221-5222 x202). If you do not, you risk the chance that someone else will book the space and you will have to step aside. Also, remember that you cannot book the pool area exclusively, BBQ's yes, but not the pool. The membership has open use to the pool 24hrs a day, no matter if the grills are booked or not.

To maintain the proper balance and to maximize the use of the facilities by members, please note that there is a ratio of 1 member to every 5 non-members when using the facilities. This ratio is key to allowing membership and their families' use of the facilities while not overrunning the Academy and pushing other members out.

During the summer months we also see an increase demand for Cadets to use the pool as well. Although we support the effort of the youth programs, the demand for the use of the pool and surrounding facilities is too high to accommodate most of these requests. Please submit any requests in writing to Debra Jordan at least 30 days in advance.

Our endeavor at LAPRAAC is to provide the best possible services, facilities and environment for all our members. Please help us to continue to provide a comfortable and relaxing place to visit by adhering to these policies.

Strength and Endurance on display at the inaugural LAPRAAC Pump and Run

Randy Yang



A solid showing for an athletic event that had competitor's bench press their body weight for a maximum amount of repetitions and then run a 2.5 mile course that included a 16% hill was held here at the Los Angeles Police Academy on March 15th.

The "Pump and Run" is not a very well known event but this type of activity truly tests the overall fitness ability of athletes. Taking the place of the spring bench press, Tom and I wanted to reach out to members who enjoy both lifting and running. With a fall bench press competition that will occur every October and Baker to Vegas and Memorial Run in the spring, we felt March of every year would be a great time to combine the two for a fun yet challenging workout.

The event rules were rather simple: for each successful rep completed on the bench, 30 seconds would be subtracted from your run time. Lowest time on the run wins. A max of 30 reps completed could take out 15 minutes. The run was very tough and with the hills of Academy taking out the speed it would be tough for anyone to run this in under 15 minutes.

Several athletes got very close to achieving the coveted 0 score of 30 reps and 15 minutes on the run. Amanda Kruse from Mission Division was the overall winner of the run (14:51). With a solid 20 reps on the bench she sealed a victory for the top female score. Metro SWAT Officers Tom Chinappi finished with 28 reps and a run time of 15:09 taking the 40-49 men division while Gary Koba banged out 27 reps and a 17:16 run to win the 50-59 mens' division. Captain Todd Chamberlain from Mission finished a close 2nd with 27 reps and a good run of 20:41.

Retired P-3 Rick Keller (former Hollywood Cop) is 69 years old and lives up in Oregon. He decided to stop by to compete before spending his pension check in Vegas, and compete he did as he had the most repetitions on the bench and ran the tough course in 22:01! Congratulations to Rick on his Gold medal. He is a cancer survivor and a testament that a workout program and positive attitude will overcome almost anything.

A special thanks to our volunteers including legendary P-3 Bob Burmudez and his partner Carlos Valdez from 77th Division, Brian Miyakawa (retired long time Rampart Crash/Northeast Gang Detective) and the Paintball team. Andy and Dawn Vergara along with their son Cruz and Motor Officer Paul Menchaca were vital in registration and course control. Without their help this event would not be a success.

Mission Division won the Team Competition and Foothill finished a close second. Captains Todd Chamberlain from Mission and Steve Carmona from Foothill lead by example both winning medals at this competition. Those points will go to determining the Bob Burke award for most athletic Division on the LAPD. All results including Team and Individual Awards are available on the LAPRAAC website at lapraac.com under the special events link. This event will be held annually in Feb/March so start training!

LIKE HAVING A BRANCH ON YOUR PHONE (OR TABLET!)

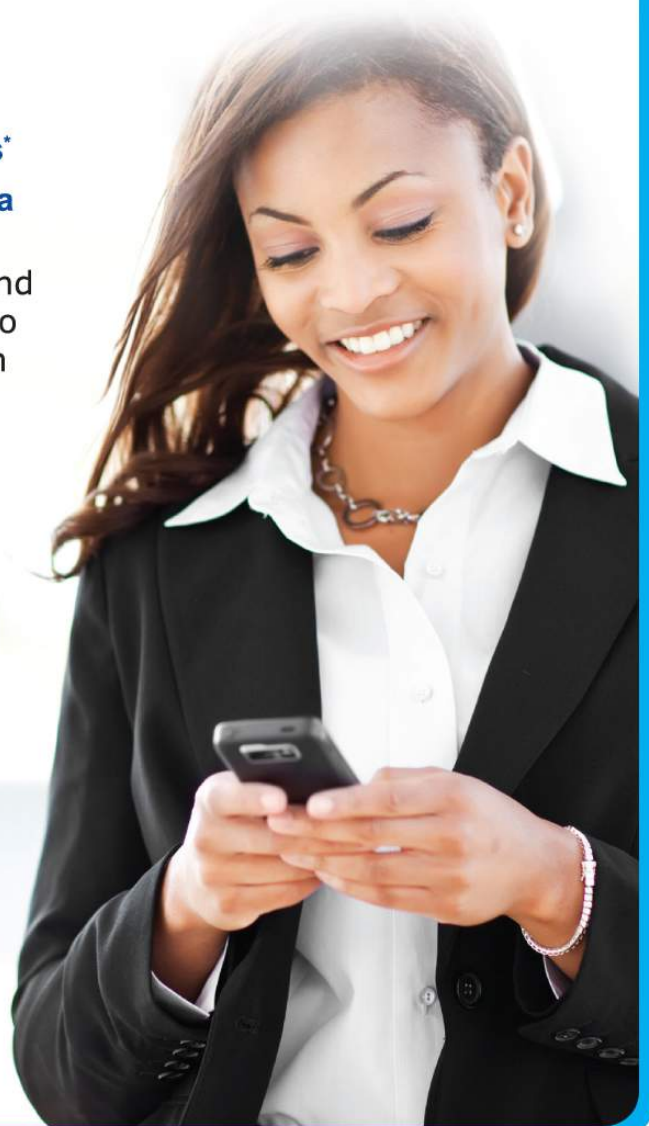
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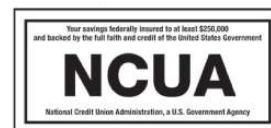
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29th Annual Baker To Vegas Challenge Cup Relay

LAPD's Department & Women's Team Take 1st Place.



Baker to Vegas Record Number of Teams

Just a note from the Race Director for the past 7 years who spent 27 hours on the race course without sleep like most of you. My partner Chuck Foote was awake longer but still managed to run the first leg of the race in 104 degree weather.

After talking to many of the teams' Captains, support people, and over 800 volunteers, I realized that I was just one of many that worked a 27 hour shift. I am sure now we can all say that it was all well worth it because this is the world's largest law enforcement relay and I love it. There were 259 teams at the start and 258 teams that finished the race.

I want to take this time to thank all the team Captains and support personnel who have helped their team be successful throughout the race. The weather cooperated this year with a low temperature of 82 degrees and a high of 105 degrees. The nights were a cool 56 degrees and lower. The great part is that the 105 degrees lasted only from about 2:00pm until about 4:30pm unless of course you were scheduled to run during that time then you had to manage through the heat.

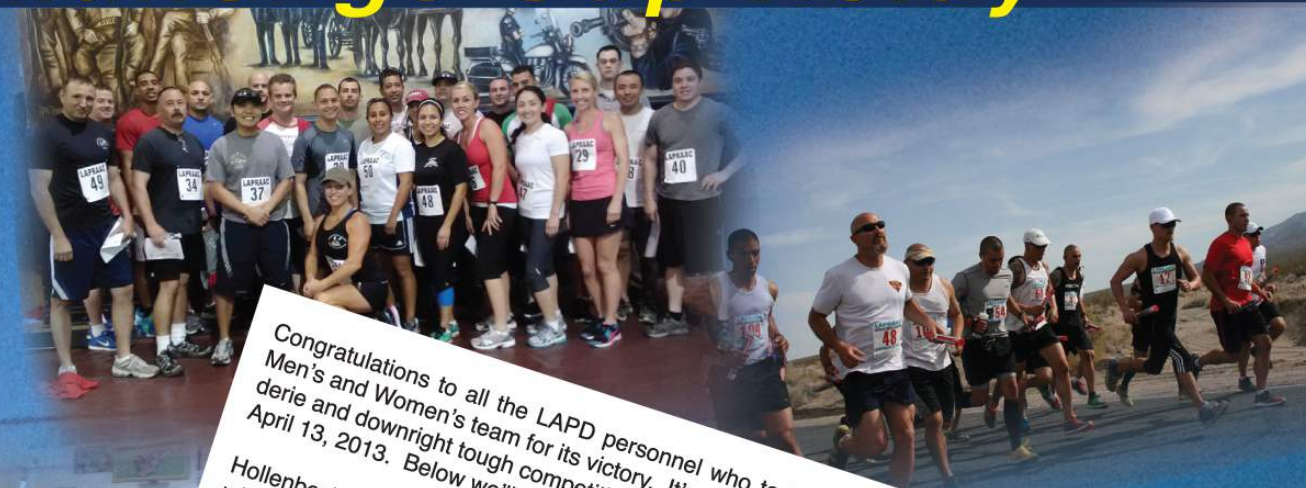
We had access to a more sophisticated Medical Base this year, thanks to the efforts and generosity of ICEMA, CALIMA, CHP and the San Bernardino Sheriff's Department. We actually had an air-conditioned tent for runners who needed to cool off and get an IV and it worked really well. We had a record low of runners treated at Med Base -- approximately 20 runners. Ten of those runners were transported to the hospital by air or ground, and were released the same day. I visited all ten runners in the hospital and most went down due to illness or other contributing factors. Thanks to all the Captains of the teams that reiterated the need to drink plenty of fluids.

Congratulations to the LAPD women's team who won by a whopping hour over the second place LASD team!

This year was particularly special -- LAPD won the "Elite Team Category" for the second year in a row. Hats off to Coach Pat Connelly, Ivan Ramos, Tim Colomey and of course, the runners!

Thanks to everyone for a safe race. Fewer penalties were given this time around than in previous years. A big thank you to everyone for ensuring that their teams followed the rules. As always if you have any questions, ideas, or concerns, feel free to call my cell phone listed below anytime. See you on March 22, 2014!

Jim Katapodis
Race Director,
Baker to Vegas
(714) 308-7376 cell



Congratulations to all the LAPD personnel who took part in this last race and especially to the Men's and Women's team for its victory. It's partially gratifying to see so much teamwork, camaraderie and downright tough competition displayed by the 33 department teams that toed the line on April 13, 2013. Below we'll highlight a few stations that had a great performance.

Hollenbeck entered the Invitational Station category and came out the winner in a close contest with Foothill, which finished second. The race has been in existence so long there was a father to son handoff by the Hollenbeck team Jonathan Sanchez (probationer) to Rick Sanchez, father and soon to be retired. Great support is a necessary part to all successful teams and Hollenbeck has everyone at the station helping out.

Southeast won the Station Category in what Larry Moore termed the "blue collar" category. They improved from 49th overall in 2012 to 23rd this year. They worked hard and it shows... fine job kudos to Roberto Yanez and George Chavez.

Anytime a team can improve its overall finish it's a sign of true dedication to training and organization. Olympic finished as the highest overall team besides the Department team with a 10th place in the Open Category and 20th overall. This should be no surprise as the team captain has made a winner out of the two past Divisions he's worked. Sgt Edmund Russell did the same when he worked Hollywood and has made Olympic a carbon copy.

To those who have been out on the course you see the magnitude of the organization and the volunteers who come out to help us run. One particular family, Ray and Janet Best, has been a part of this event for over 20 years. They coordinate the RV Support team. This event means so much to them they began to involve their entire extended family, all in all that's 25 volunteers.

Next year will mark the 30th year of the race... it has been going on so long that probationers who ran in 1985 have now retired. I hope you can join me in celebrating such a milestone.

Good running,
Chuck Foote



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Team Results By Category

				Memorial Run '13
TeamName	Category	Place	Best Runner Finish	Finish Order
Metro-Colomey	Open - Team	1	4	37
NorthEast-Bert	Open - Team	2	2	46
Hollenbeck-Mungal	Open - Team	3	13	81
77thStreet-Estrada	Open - Team	4	17	85
Training-Zamora	Open - Team	5	10	106
HOBK-Garcia	Open - Team	6	88	366

Category Count 6

GND-Saragueta	Mixed - Team	1	35	205
Media Relations Sectio	Mixed - Team	2	67	278

Category Count 2

Metro-Morrison	Masters - Team	1	21	105
Wilshire-Diaz	Masters - Team	2	18	138

Category Count 2

USC Non-Sworn	Dept/Guest Team	1	42	174
Communications-Yang	Dept/Guest Team	2	53	223
Communications-Coro	Dept/Guest Team	3	55	306

Category Count 3 Total Team Count 13

Individual Results by Category

						Memorial Run '13
Category	Gender	RunnerLast	RunnerFirst	Category Place	Bib#	Overall Place
13 - 17 Individual						
	F	Piesik	Rebecca	1	5	82
		Soto	Lucia	2	12	115
	M	Soto	Gilberto	1	11	3
		Sexton	Brad	2	7	5
		Zasueta	Justin	3	133	48
		Colomey	T.J.	4	97	50
		Lozano	Isaias	5	10	51
		Montes	Jonathan	6	8	52
		Torres	Arthur	7	3	61
		McMullen	Josh	8	6	63
		Pastrano	Joel	* 9	100	65*
		Jovel	Jesse	* 10	4	83 *
		Escalante	Roy	* 11	94	111 *
		Crane	River	12	2	117
		Crane	Clay	13	1	118
18 - 29 Individual						
	F	Gonzalez	Laura	1	122	28
		Grover	Lisa	* 2	135	41 *
		Soto	Gabreila	3	20	58
		Chavez	Jessica	4	93	73
		Blozis	Tracy	5	132	74
		Cota	Elise	6	13	87
		Chinchilla	Andrea	7	18	92
		Euge	Lauren	8	14	108
		Peterson	Amanda	9	128	109

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Individual Results by Category

Category	Gender	RunnerLast	RunnerFirst	Category Place	Bib#	Overall Place	
	M	Cervantes	Alexander	1	19	37	
		Ceja	Edgar	2	22	57	
		Ortiz	Daniel	3	21	99	
		Chavez	Chance	4	23	113	
		30 - 39 Individual					
	F	Kruse	Amanda	1	136	9	
		Lopez	Elodia	2	121	75	
		Peery	Bonni	3	138	96	
		Montes	Marisela	4	99	103	
		Sanchez	Vanessa	5	31	112	
	M	Gonzalez	Phillip	1	30	1	
		Gaiser	Marco	2	140	15	
		Parra	Jesus	3	125	16	
		Ronquillo	Alex	4	127	32	
		Menesez	Daniel	5	29	80	
40 - 49 Individual							
	F	Freiling	Erika	1	124	59	
		Ugan	Berta	2	46	66	
		Lynch	Jennifer	3	35	76	
		Garcia	Martha	4	36	78	
		Peterson	Tina	5	129	79	
		Birken	Dylan	6	41	89	
		Gonzales	Sandra	7	95	97	
		Vasquez	Jennie	8	33	100	
		Kirkpatrick	Kelly	9	37	105	
		Sexton	Diana	10	45	106	
	M	Pedroza	Jose	1	139	11	
		Holst	Darren	2	101	40	
		Zasqueta	Ernie	3	134	62	
		Wyma	Demian	4	34	64	
		Marshall	John	5	123	81	
		Jovel	Raul	6	43	84	
		Torres	Luis	7	40	85	
		Randolph	Dan	8	50	101	
		Inabu	Paul	9	49	102	
		McComas	Michael	10	106	104	
		Sexton	William	11	44	107	
		Kirkpatrick	Timothy	12	38	110	
		Birken	Harris	13	42	114	
	50 - 59 Individual						
		F	McMullen	Eileen	1	54	69
		M	Keyser	Steve	1	130	39
Cota			Al	2	52	90	
60 + Individual							
	M	Connelly	Pat	1	131	116	

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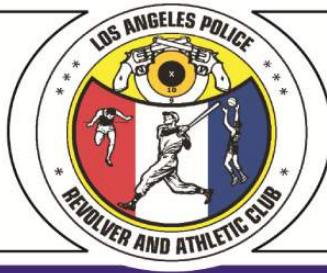


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