



LAPRAAC

CLUB NEWS

FALL 2018
www.lapraac.com

**64TH ANNUAL
SPORTS AWARDS
HALL OF FAME
HONOREE
ED PALMER**

*SEE ALL OF THE 2018
SPORTS AWARDS RECIPIENTS
PAGES 6-8*



The Los Angeles Police Revolver and Athletic Club is a private club established more than 80 years ago by Los Angeles Police Officers as a training facility. LAPRAAC, is located at the Los Angeles Police Academy in Elysian Park and is full of Los Angeles Police Department history. It 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

Rick Santos, President.....	714.313.0048
Martee Miyakawa, Vice President.....	323.561.3321
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Ivan Ramos, Secretary.....	213.305.4682
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Tim Colomey.....	213.305.4528
Ruben Gonzalez	424.219.2326
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Raymond Maltez.....	213.9245824
Vic Su'apa'ia.....	805.368.6659
Chris Yamate.....	626.624.3444
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 major 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.

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LAPRAAC Directors Committee Assignments

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FINANCE & AUDIT

Kathy Meek, Chair

ATHLETICS

Jeff Bert, Chair

SHOOTING ACTIVITIES

Chris Yamate, Chair

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Jeff Bert, Chair

LEGAL

Kathy Meek, Chair

BY-LAWS

Vic Su'apa'ia, Chair

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Tim Colomey, Chair

BAKER TO VEGAS

Ruben Gonzalez, Chair

ELECTION

Raymond Maltez, Chair

MEMORIAL RUN

Ivan Ramos, Chair

GENERAL INFORMATION

Los Angeles Police Revolver & Athletic Club, Inc.
 P.O. Box 861148, Los Angeles, CA 90086-1148

Hours

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-Thu - 8:00 am - 3:30 pm
	Fri 7:30 am - 12:00 noon
Cafe & Coffee Bar.....	Mon-Fri 6:00 am - 2:00 pm

Important Phone Numbers

LAPRAAC (Main)	323.221.5222
Gun Shop	Ext. 206
Uniform & Gift Shop.....	Ext. 231
Athletics	Ext. 219 or 228
Academy Cafe	Ext. 224
Academy Catering.....	Ext. 226
Cafe Office.....	Ext. 227
LAPRAAC Westchester (ARTC)	310.649.5459



MESSAGE FROM THE PRESIDENT

By Rick Santos

2018 continues to fly by it is important to reflect on how great a year it has been.

The Annual Top-Gun event was a huge success; Director Yamate and his team did a fabulous job, and a big CONGRATULATIONS to Olympic Area which took first place in the patrol division category.

October 17 saw our first Baker to Vegas Team Captains Meeting. It was great to see so many dedicated runners in attendance. Sure the race is not until March 2019, but preparation starts now!

Basketball season is in full swing as Pacific Area will defend its titles in the "A", "B" and "C" Leagues.

The Fall Bench Press competition took place the beginning

of November and was a tremendous success thanks to the leadership of our Assistant Athletic Director Alex Barragan, Patty Brendlle, and Suzie Gras. See the article by Alex Barragan in this issue for the event highlights and competition champions.

Our annual Sports Awards Banquet was held on November 15, 2018. The banquet was held in the gymnasium at the Elysian Park Academy (the original police academy). Many of your peers and friends received much deserved recognition for their athletic achievements (see pages 6-8 of this issue for photos of all of this year's award winners). Congratulations go to this year's "Hall of Fame" inductee, Ed Palmer.

In conclusion I would be remiss if I did not take this opportunity

to personally thank each and every one of you. Whenever I am at EP I see so many members utilizing our facility in pursuit of health and wellness.

Every day I see our members in the gym shooting hoops, running the storied hills, swinging kettle bells, lifting weights, swimming laps and much, much more in an effort to truly embrace the importance of officer wellness.

Remember, I'm just an email away, and I sincerely encourage you to send me your thoughts, suggestions, or just say "hi" at rick.santos32900@icloud.com.

Until next time, thank you for your service and stay safe!

Greetings everyone –

Have you noticed that the early mornings are now accompanied with a slight chill in the air? As you look around the vibrant neighborhoods of Los Angeles you will see the leaves making their way off the trees and onto the ground. And, of course, Baker to Vegas conversations are starting to take place. Finally, the dog days of summer are behind us and fall has arrived! As

"Through These Doors Pass The World's Finest Police Officers" Sign Turns 50 By Retired Officer Sam Theodora, 13961



L to R: Officer Dave Standgren, Captain Vernon Hoy (accepting for the Department), Officer Sam Theodora, and Officer David Nye (Class President).

Fifty years ago, on August 9, 1968, the Class of 4-68 presented the Department with the sign, **"Through These Doors Pass the World's Finest Police Officers"** upon their graduation.

The class held a contest to decide what to give back to the Department for the terrific, and sometime grueling, recruit training. It was a unanimous class vote to accept my suggestion for the sign.

The sign was hung over the double doors leading out of the Academy, by what was at the time the Training Division

PT Staff office, and the sign is still there 50 years later.

So many things have changed in the past 50 years at the Academy, but the inspirational saying remains strong to this day.

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MESSAGE FROM THE GENERAL MANAGER

By Ruben Crane

Tax Preparation - This time of year I like to remind everyone that before you know it the year will be over and we will be thinking about filing our taxes. Why would I want to bring this up? Well as a LAPRAAC Member, we

can give you a little help. Preparing for our taxes is never a fun task, but at LAPRAAC we can make it a bit easier. For all Members, we are able to easily pull all your purchases you made at any of our stores throughout the year. You will receive a clean and itemized list of purchases to provide to your tax preparer for their review. So make it easy on yourself, don't just try to find all those little receipts from throughout the year, have the confidence and security knowing that all of your LAPRAAC purchases are accounted for. This is just one more benefit of being a LAPRAAC Member.

Please note that tax laws have changed and many items that you could previously deduct are not necessarily deductible anymore. Make sure to check with your tax advisor.

If you would like to receive your itemized purchases, please contact Marie Hernandez in the LAPRAAC Administrative offices for a printout. She can be reached at 323-221-5222 x223 or by e-mail at mhernandez@lapraac.com.

Not a LAPRAAC member? It is not too late to sign up. We will start keeping track of all future purchases for you as well. All

active duty LAPD officers are eligible. Please contact Barbara Ginn at 323-221-5222 x202 or bginn@lapraac.com.

B2V - Just about everyone knows that next years Baker to Vegas Challenge Cup Relay will take place March 23rd & 24th 2019 and are looking forward to the race and the race merchandise. The anticipated new design that will mark the year's race is always in high demand, particularly for the collectors who have souvenirs dating back one, two, or even three decades. Shirts will be on sale as early as December.

LAPRAAC WINTER INVITATIONAL RETURNS TO MAMMOTH

By Mike Braun

February 2018 was the introduction of the LAPRAAC Police and Fire Winter Invitational at Mammoth Mountain and was a huge success. After the cancellation of both the World Police and Fire Winter Games and North American Police Ski Championships, the LAPRAAC Winter Invitational appears to be the only game in town for 2019.

This year's event will be bigger than last year's, with the addition of a Dual Race and Super-G Race for both skiers and snowboarders, making this a three-day event. The dates for this season's Winter Invitational are February 24 – 27, 2019, at Mammoth Mountain. LAPRAAC members who join the Ski or Snowboard Teams for 2019 can enjoy this three-day event and will be reimbursed through either the Ski Team or Snowboard Team budget. This year's event will include

a GS, Slalom, Dual and Super-G race for both skiers and snowboarders. We will also offer a Nordic 4K Classic and 8K Skate race for those who want to test their cardio skills. The Alpine Races will take place on Mammoth Mountain, and the Nordic races will be held just around the corner at the Tamarack Cross Country Center. Inexpensive rentals for the Nordic Race will be available at Tamarack on race day.

The event starts on Sunday night with mandatory check-in at the Mammoth Brewing Company, and the races begin Monday morning through Wednesday at noon. Dis-

counted "Racer" lift tickets will be available beginning on Saturday February 23rd – Thursday February 28th for those who want to extend their stay in Mammoth. If you have an IKON Pass, then you are good to go and don't need to purchase daily lift tickets.

Working in partnership with the LAPD Ski and Snowboard Teams, LAPRAAC will also host three "Learn to Race" training days this winter. The purpose of these training days is to introduce racing to inexperienced skiers and snowboarders who are members of LAPRAAC. The training on these days is FREE for all

LAPRAAC members. All other Law Enforcement and Firefighters are welcome to join the "Learn to Race" days for a small fee, so please invite your friends from other agencies. Daily lift tickets are \$59 for adults and \$50 for Seniors (65-79 years) for all participants for the three training days and during the Winter Invitational. You do not have to have any race experience, just be a strong intermediate skier or snowboarder that is looking to have a great time up in Mammoth and enjoy the camaraderie with other first responders.

The options this year for interested skiers and snowboarders is as follows:

- Free "Learn to Race" training days for skiers and on snowboarders
- Monday 12/17/18, Mammoth Mountain
- Monday 1/14/19, Mammoth Mountain
- Monday 2/4/19, Mammoth Mountain
- LAPRAAC Police and Fire Winter Invitational, Feb. 24–27, 2019, at Mammoth Mountain.
- You must RSVP for these days and the event, and no drop ins allowed.

For more information on the Ski or Snowboard Team contact Mike Braun at (661) 857-9346 or lapdski@verizon.net.



LAPRAAC
ATHLETICS

Presents



2019 Winter Invitational

Entry Fee: \$85 / \$59 Daily Lift Tickets

Sunday, February 24th

Hours of Check-In 17:30 - 20:00 Mammoth Brewing Company

Monday Feb 25th

1000 HOURS: GS Race (Skiers and Snowboarders) Mammoth Mountain

1400 HOURS: Nordic Race (4K Classic and 8K Skate) Tamarack Cross Country Center

1730 HOURS: Awards at Mammoth Brewing Company

Tuesday Feb 26th

1000 HOURS: Slalom Race (Skiers and Snowboarders) Mammoth Mountain

1300 HOURS: Rick Conrado Memorial Dual GS for top 16 Skiers and Top 8 Snowboarders

1730 HOURS: Awards Party at Mammoth Rock 'n' Bowl

Wednesday Feb 27th

1000 HOURS: Super-G Race (Skiers and Snowboarders) Mammoth Mountain

1200 HOURS: Super-G Awards and closing remarks in front of Mammoth Race Department

For Registration go to: <https://lapraac.org/event-calendar/>

For Info contact Mike Braun: Lapdski@verizon.net

Discounted lodging available at the Mammoth Inn (call 1 800-Mammoth)

Or GO TO: <https://www.themammothmountaininn.com>

Reference LAPRAAC Police and Fire Winter Invitational, Booking ID #27233

Entry Registration Closes Feb 17th

**OPEN TO
ALL
POLICE
& FIRE
Agencies**



**SCAN
TO
REGISTER**



*Michael Quezada
Food Service Director*

MESSAGE FROM OUR CAFE & CATERING

month of October we had the honor of hosting the prestigious Eagle and Badge Gala at the Police Academy.

Our team of professionals transformed our venue into a beautiful white and gold gala. With the support of a seasoned team of professionals for entertainment, photography, floral design, and high-end technology, it was possible to make this event a success.

We are really proud of the relationship we have with the Los Angeles Police Protective

League and to host their most elite guests, other philanthropic and corporate organizations.

But, no matter what the occasion or event, our team of Catering and Managers will work with you to guide you through every step of the planning and execution of the event. We can provide, technology, décor, production, support and event management to assure success. Our Event Managers allow you to focus on your mission and provide everything you need to help you reach your goals.

**Graduations
Weddings
Promotion Parties
Retirements
and more . . .**

**Contact Maida for all of
your Event Planning at
323.221.5222 Ext. 226.**



GET YOUR HOLIDAY STOCKING STUFFERS AT LAPRAAC!



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DK WALLETS (FAMILY)
(AVAILABLE ALSO IN WIFE, BROTHER,
SISTER, DAUGHTER, SON, MOTHER,
FATHER & HUSBAND)



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LINX BRACELET(DAUGHTER)
(AVAILABLE ALSO IN
MOM & WIFE)



 **\$8.99**

HOLIDAY PEN LIGHT SET



 **\$14.95**

K9 DOG



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CARDS



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BLUE LIVES BRACELET (WIFE)
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DAUGHTER)



 **\$14.99**

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SWAT, ST. MICHAEL, BLUE LIVES HERO)



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TECH TRIO PORTABLE
BATTERY CHARGER



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POLICE BEAR

OTHER GREAT ITEMS AVAILABLE IN STORE AND ONLINE!



CONGRATULATIONS TO THE 2018 SPORTS AWARDS WINNERS



HALL OF FAME INDUCTEE
ED PALMER



BRASS AWARD
JON PETERS



BARRY GREENBERG AWARD
BRIEN POGUE



CHIEF'S AWARD
JOE CIRRITO



LAPRAAC TROPHY
B2V LAPD RUNNING TEAM



SPORTSPERSON OF THE YEAR
JAHNA RINALDI



BOB BURKE TROPHY
PACIFIC AREA



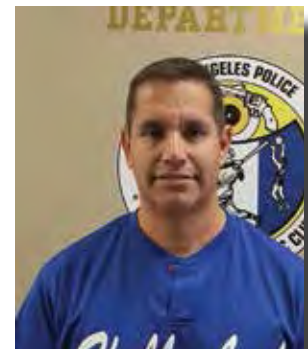
CITIZEN OF THE YEAR
CHUCK FOOTE



BOB PULLARD TROPHY
LESLEE ROGERS



CHUCK FOOTE AWARD
SOUTHEAST B2V RUNNING TEAM



ID COACH OF THE YEAR
RUDY CHAVEZ



GRANDMASTER ATH/YEAR
SCOTT DeWITT



GRANDMASTER ATH/YEAR
MARTEE MIYAKAWA



MASTER ATH/YEAR
ALEX MEDEL



MASTER ATH/YEAR
ANGELA LUNA

CONGRATULATIONS TO THE 2018 SPORTS AWARDS WINNERS



SENIOR ATH/YEAR
JEFFREY TIFFIN



SENIOR ATH/YEAR
TRISH BERTIERI



OPEN ATH/YEAR
JAMES DOUGLAS



OPEN ATH/YEAR
SONIA COLAVITA



LARRY MOORE
"B" FLIGHT SOFTBALL CO-CHAMPIONS
NEWTON



LARRY MOORE
"B" FLIGHT SOFTBALL CO-CHAMPIONS
FOOTHILL



RED DAVIS
"A" FLIGHT SOFTBALL CHAMPIONS
HOLLENBECK



ID Basketball "D" BASKETBALL CHAMPIONS
WILSHIRE



ID Basketball "C" BASKETBALL CHAMPIONS
PACIFIC



ID Basketball "B" BASKETBALL CHAMPIONS
PACIFIC



ID Basketball "A" BASKETBALL CHAMPIONS
PACIFIC

CONGRATULATIONS TO THE 2018 SPORTS AWARDS WINNERS



GOLF CLUB CHAMPION
TREVOR SCHULTZ



GOLF CLUB "A" FLIGHT CHAMP
ESTEVAN ESTRADA



GOLF CLUB "B" FLIGHT CHAMP
BRIAN GILMAN



GOLF CLUB TEAM GROSS CHAMPIONS
FID



GOLF CLUB "C" FLIGHT CHAMP
KYLE REMOLINO



GOLF CLUB TEAM NET CHAMPIONS
WEST VALLEY



GOLF CLUB "D" FLIGHT CHAMP
BENJAMIN LLAMAS

WELLNESS CORNER - WINNING BREAKFAST SOLUTIONS, BY CARA ROSENBLOOM, RD

If you start your day with a doughnut or toaster pastry, you're not giving your body the fuel it needs for optimal performance. A sugar rush provides a quick boost, but not sustained energy.

For a morning with better concentration and no rumbling stomach, use this checklist.

- Foods with at least 4 grams of naturally occurring fiber, to help you feel full for longer.
- Some carbohydrates, for immediate energy.
- At least 10 grams of protein, for sustained energy.
- A source of healthful fat, to slow digestion.
- Fluids to maintain hydration

Choose whole grains, fruit, nuts, and legumes to supply fiber and carbohydrates on your breakfast plate. Bran cereals are particularly high in fiber; some have 12 grams per serving. Your best protein choices include eggs, nut butter, hummus, Greek yogurt, kefir (dairy beverage), low- or nonfat milk, fortified soy beverage and cheese.

The easiest way to add some healthful fat to breakfast is with crunchy nuts and seeds, which are great with cereal, yogurt or granola. Try these great breakfast combinations:

- Muesli (whole-grain flakes, nuts, dried fruit) with Greek yogurt.
- Scrambled eggs with whole-grain toast and avocado.
- Oat-based granola or oatmeal with chia and flax, soy beverages and berries.
- Peanut butter and a banana rolled into a whole-grain tortilla.
- Tuna on toast with tomato.

Round out breakfast with a glass of water or caffeine-free tea, and your day will be off to a great start. Be sure not to drink your calories at breakfast with beverages such as juice, soft drinks or smoothies. Liquid foods are not as filling or satisfying as a real food-based breakfast.

Source: Edgewood Partners Insurance Center

PADDLING PIGS COLLECT 5 MEDALS IN BACK TO BACK WEEKEND

By Steven Rodriguez

A lot of Officers are not aware but LAPD has a Dragon Boat Team. The LAPD Paddling Pigs Dragon Boat Team has been competing since August of 2017. Dragon Boat racing consists of 10 and 20 person boats that race in 200m, 250m, 500m, and even 1000m or 2000m races.

On October 6th, the Paddling Pigs competed in the 6th Annual L.A. County Dragon Boat Festival. This was the second straight year the team has competed in this festival. This year the team was entered in two categories, Public Service and Competitive divisions. The Paddling Pigs paddled hard and put up good enough times to earn a spot in the Competitive category finals against some of the best teams in Southern California. The Pigs stuck with the best and ended up taking third with less than a second separating the four teams.

In the second final of the day, the Paddling Pigs raced in the Public Service category and considered one of the favorites

Instagram to compete against Las Vegas Metro PD and Henderson PD in a 911 race at the 10th Annual Rose Regatta in

Pigs showed no mercy destroying LV Metro PD and Henderson PD in a one and done race cruising to the gold medal.



Finishing second in the top club category earned the team a spot in the 125 meter Knockout Race. The Knockout race consists of the top four teams racing 125 meters back to back to back with the last team of every heat getting knocked out. Great coaching and veteran presence helped the Pigs take out all the competition earning the Knockout Trophy.

It's been a long season for the Paddling Pigs competing in 7 events that has taken us all over North America and for a select few Europe. The season has winded down as we prepare for the World Games in China next year. We are looking for some more dedicated people to join the team. Check out our Instagram page at Paddling Pigs LA to see what we are all about. You can email Steven Rodriguez #37607 for any questions about the sport and joining the team.

among the 15 teams. The team made it look easy to earn a spot in the finals and like a repeat of last year would come down to just fractions of a second. The Paddling Pigs ended up finishing second behind the Dam Dragons (lifeguards) again to earn bragging rights for another year. We'll get them next year.

On October 13, the Paddling Pigs were triple dog dared on

Henderson Nevada. The Pigs were up for challenge and even entered in the club division too. The team put up the fastest times in the Club Division in the first two heats to earn a spot in the finals. Like most finals it would come down to fractions of a second. The Paddling Pigs battled to the finish line and came in second by .12 seconds. Great job Pigs.

In the 911 race, the Paddling





NEWS FROM THE SHOOTING COMMITTEE

By Chris Yamate

Hello LAPRAAC Members,

We have had a busy summer. Our 9th Annual Top Gun Competition was held on September 29th. This year the top patrol team was Olympic GED. The top open team and overall match win-

ner was Metro Team "G". Congratulations to our shooters! We had a great prize table with many guns graciously donated by our sponsors.

Coming up early next year is the Southern California Striker-fire Police Match. Open to all active law enforcement this match is an individual competition that will pit the best SO-CAL cops against each other to take home the honor of naming the top polymer striker-fire company in the West. If you are a fan of Glock, Smith and Wesson, or Sig Sauer bring your favorite firearm. The top shooter in each company category will walk home with a pistol from that companies line

up. The top shooter overall will have their picture posted up in our hallway. Awards will be given for top female shooter, top agency and top classification categories. The match will consist of 4 action pistol stages and two match specific classifiers. Scoring and rules will follow USPSA production rules however only polymer striker fire pistols will be allowed. Here is your chance to prove you are the top shooter against other agencies.

Inside the store you are going to find a lot of surprises in the next months. We are doing our best to provide special **members only** sales events

with our top vendors. These are special event pricing on some of our best items and will only be offered at those prices during limited times so make sure you *Like* us on Facebook, *Follow Us* on Twitter, or keep track of LAPRAAC news online. I guarantee you don't want to miss out on what we have planned.

SHOT Show 2019 is around the corner and we are getting ready to launch a series of videos via Facebook and YouTube to keep track of all the latest gear being released. Until then keep shooting and stay safe.



***1st Place - Open Division
Metro "G"***



***2nd Place - Open Division
Metro CIT***



***3rd Place - Open Division
Metro Mixed***



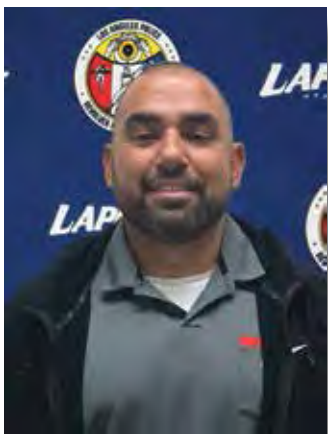
***1st Place - Patrol Division
Olympic GED.***



***2nd Place - Patrol Division
Southeast GED***



***3rd Place - Patrol Division
Newton Gangs***



2018 FALL BENCH PRESS CONTEST

By Alex Barragan, Assistant Athletic Director

On November 2, 2018, the atmosphere and environment was electric at our fall bench press competition.

With well over 80 participants from mostly Rampart,

Foothill, 77th and Metro, it wasn't going to be easy for any division to take home team bragging rights. Some of the individual mind boggling lifts of the day were Andrew Rea (Metro) as the overall strongest competitor with a lift of 450 lbs., Joe Goosby (Metro) with a lift of 400 lbs., Anthony Lopez (Foothill) with a lift of 410 lbs., and concluding the "Big Dogs" was Robert Johnson (77th) with a lift of 390 lbs.

The women were also well represented with strong individual performances from Patricia Braendle (Rampart) with a lift of 180 lbs., Maricela Corral (Metro) with a lift of 175 lbs., and Shannon Paulson (77th) with a lift of 155 lbs.

In the overall team results Rampart was the overall team winner with 202 points, Foothill (131), 77th (105), and Metro (66).

The event would've been a success without the collaborative effort of Shot Callers (Softball), Patricia Braendle, Susie Gras and the entire LAPRAAC power lifting team that judged and ran

the head table with the scoring. Also special thanks to all the health and wellness vendors that came out and provided raffle prizes, resources, and free giveaways. Thanks to all the LAPRAAC participants for coming out and continuing to be involved and engaging in our events.

Please feel free to contact me with any suggestions or ideas for our Spring 2019 bench press competition to make it bigger, better, and stronger.



GUN STORE

HOURS:
MONDAY - FRIDAY
7:30 AM TO 5:00 PM
323.221.5222 X-206



LAPRAAC
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RUGER

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Life Depends on Light

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M&P 15-22 SPORT PROMOTION

MP15 22 w-optic

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RUGER

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CHILDREN

**GET YOUR
HOLIDAY
GIFTS FOR
ALL MEMBERS
OF THE
FAMILY!**



LAPRAAC News

Los Angeles Police Revolver & Athletic Club, Inc.

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