

LAPRA Fitness Challenge 2023

This year, the Los Angeles Police Relief Association (LAPRA) Fitness Challenge celebrated its 15th year of encouraging sworn and civilian employees across the county to move more for fitness. For the first time since the event’s inception, LAPRA discontinued the traditional Weight Loss Challenge, bringing back the virtual walking, running and cycling Activity Challenges introduced in 2022. The Activity Challenges encourage participants to focus on physical fitness rather than weight loss and reward exercise with about \$100,000 in total awards to top teams and individuals in walking, running and cycling.

The 2023 Fitness Challenge began April 2 and ran through June 24; distances were tracked and reported using fitness apps, wearables or manually. More than 1,000 participants covered over 340,000 miles during the four three-week segments; prizes were awarded for each segment, with final individual prizes awarded for the most miles accumulated during the entire 12 weeks. Team rankings were determined by the highest average miles over all segments.

On August 3, approximately 230 people attended the annual Fitness Challenge Awards Luncheon. LAPRA Board Vice President Luq Watkins served as emcee and



Police Chief Michael Moore congratulates all Fitness Challenge participants

2023 Fitness Challenge Key Stats

Participants:	1,007
Teams:	37
Divisions:	29
Total miles traveled:	342,187
Miles walked:	173,597
Miles ran:	27,2167
Miles cycled:	141,374

Total prizes awarded:

Team prizes:	\$85,500
Individual prizes::	\$14,450
Total prizes:	\$99,950

Chief Michael Moore addressed the participants; other board members in attendance included Jules Sohn, John Shah and Gerald Woodyard.

“This year’s LAPRA challenge was epic! We had a greater number of participants and winners, and the message to just be active is proven effective,” says Watkins. “LAPRA member empowerment for organizational change is our way forward to promote health and well-being.”

Congratulations to all who helped make the 2023 Fitness Challenge a success! ■



ITB Pixels Team Wins Fitness Challenge

First-place team honors in the 2023 LAPRA Fitness Challenge went to the ITB Pixels Team. The team's 29 members racked up a total of 21,032 miles of walking, running and cycling, with an average segment total of 725. Jennifer An, who co-captained the team with Boris Quintanilla, says the captains and team members kept each other motivated throughout the challenge.

"We kept telling them we want to be number one, we want to win," An says. "We created a chat group where we all challenged each other. Someone would post they were going to do 30 miles that day and ask who else was in. We had a friendly competition within our team, and huge support from our bureau chief."



Team ITB Pixels - 2nd place winner of the Cycling Challenge and 2023 overall winner

An, who has participated in the Fitness Challenge for the past five years, prefers the Activity Challenges format to the Weight Loss Challenges of previous years because she feels it puts more of a focus on getting healthier.

Because so many of the ITB Pixels' team members travel frequently for work, time management was often a challenge. The co-captains worked to keep members on track and focused on the goal of winning. ■



Team RMLAD 1st place winner of the Walking Challenge



Team South Traffic - 2nd place winner of the Running Challenge



Team Red Rum - 1st place winner of the Running Challenge



Team IAD - 2nd place winner of the Walking Challenge



Team West Valley - 3rd place winner of the Running Challenge



Team Olympic - 3rd place winner of the Cycling Challenge



Team ITB Firewall - 3rd place winner of the Walking Challenge

Mission Team Takes Second in Close Competition

The Mission Team, a newcomer to the 2023 Fitness Challenge, took second place overall with an average segment total of 723 miles and a total of 21,700 miles. Team co-captains Brittany Marotta and Paul Perales kept their team motivated with internal cycling challenges that promoted fun, friendly competition.

“We did bike rides weekly within the group, competing against each other to see who could log more miles,” says Marotta. “These smaller team challenges helped us all stay motivated to win.”

While no prizes were awarded for these mini-competitions within the team, part of their Fitness

Challenge winnings will go toward celebrating their victory, which also motivated them to win. In addition to the group cycling events, team members logged miles walking and running on their own. ■

Activity Challenge Individual Winners

Tim Shumaker: Walking Away with a Win

The winner of the 2022 Walking Activity Challenge again walked his way to victory this year. Tim Shumaker of the ASB TRB team won the individual overall walking challenge with a grand total of 1,756 miles—about 400 more than last year.



Despite his high mileage, Shumaker didn't stray far from home. He repeated his winning strategy of walking fast in place at home while watching television and taking minimal rest breaks. "I stepped it up a little more this year and covered more ground, but otherwise it was pretty much the same as last year," he says.

Shumaker, who won \$750, set a daily distance goal and used an app to track his progress and stay ahead of the competition. He credits his family with giving him the support, encouragement and time to complete his walks every day.

Jeff Booker and Eric Mollinedo: Cycling Champs

Jeff Booker is not a competitive cyclist, but he was determined to win the 2023 Cycling Activity Challenge. In fact, he rode right down to the final minutes of the competition.

"I was on my bike until 11:59 pm on the last day of the challenge," says Booker, who cycled just over 5,650 miles to take the first-place prize of

\$750. "Your body can do amazing things when you really set your mind to it. I just get into my groove."

Booker, who rode for the West Traffic Team, had only planned to compete in the first three-week segment. However, when others questioned his winning results, he set out to prove that he could keep up the pace, and started doing six-hour, 100-mile rides on his two Peloton bikes, riding even when his body was in pain.

Second-place winner Eric Mollinedo of the Olympic Mind Over Matter team won the second and third segments, and the two were in close competition throughout the challenge. Mollinedo, who is captain of the LAPD Cycling Team and has competed in the US Police and Fire Championships and World Police and Fire Games, rode a total of 5,327 miles, including over 2,200 miles outdoors and 3,300 miles indoors.

"This was my first year of doing the challenge, and I rode as much as I could before and after work and on my days off. I was riding 60 miles a day on average toward the end," says Mollinedo, who won \$650. "I had really supportive team members and we encouraged each other on and off the platform."



Jason Kim: Running for Wellness and Camaraderie

Jason Kim repeated his 2022 first-place win in the running challenge

in this year's competition, covering 1,193 miles and earning \$750. While Kim has been a daily runner for 10 years, he joined the challenge to have a daily goal and considers the challenge a great event that motivates a lot of people to make activity part of their daily routine.

"This time around, I ran with the South Traffic Division, who assembled a Baker-to-Vegas team of their own for the first time in over a decade," Kim says. "This motivated the whole division, myself included. And since the Fitness Challenge commenced on the day of Baker-to-Vegas, we carried the momentum and just ran with it—pun intended."

Kim, who ran in his neighborhood around 2 or 3 am depending on his work schedule, had one goal: run as much as he possibly could. He admits he might have overdone it; after the challenge, he took a three-week break from running.



Kim was impressed by the motivation from his teammates, who were all determined to win the running challenge even though some had not run in years.

"They came together and sacrificed time from their personal lives for the success of the team. This is what truly motivated me, the fact that guys were committed to something that was good for the team and their wellness," he says. "The Fitness Challenge brought camaraderie, purpose, and a goal to our department as a whole and being part of it was very rewarding." ■

2023 Fitness Challenge Top Teams

Visit LAPRA.org for all team winner results.

Top 3 Teams Cycling

Place	Team
1st	Mission
2nd	ITB Pixels
3rd	Olympic Mind Over Miles

Top 3 Teams Running

Place	Team
1st	Red Rum
2nd	South Traffic
3rd	West Valley

Top 3 Teams Walking

Place	Team
1st	RMLAD
2nd	IAD 1
3rd	ITB Firewall



2023 Fitness Challenge Top Individuals

Visit LAPRA.org for all individual winner results.

Top 3 Individuals Cycling

Place	Name	Team
1st	Jeff Booker	West Traffic
2nd	Eric Mollinedo	Olympic Mind Over Miles
3rd	Joseph Pelayo	Olympic Mind Over Miles

Top 3 Individuals Running

Place	Name	Team
1st	Jason Kim	South Traffic
2nd	Scott Lankford	Foothill
3rd	Mark Lormans	Red Rum

Top 3 Individuals Walking

Place	Name	Team
1st	Timothy Shumaker	ASB TRB
2nd	Rezi Montes	MCD 2
3rd	Tim Grabe	FID 1





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Happy Holidays

LAPPL / LAPRA

Holiday Open House



Date/Time: December 13, 2023, from 11:00 am - 2:00 pm

Location: 1308 W 8th St, Los Angeles, CA 90017

Join us for lunch, raffles and music!

Parking is limited. Carpooling is encouraged.

Hosted by:
Los Angeles Police Relief Association
Los Angeles Police Protective League



LAPRA 2022 Annual Report

by Darius Trugman, Treasurer

It was a challenging year for the stock market, and the turnaround in equity prices that occurred in October and November were not enough to mitigate the decline of the S & P 500 of -18.1% for the year. This was the worst decline of the S & P 500 since 2008. Key reasons for the down market were Russia's invasion of Ukraine, snarled supply chains, and another year of Covid. China, the world's second-largest economy, periodically shut down entire cities to contain the pandemic. Inflation, which briefly rose above 9% in the United States — a 40-year high — hurt economic growth even as consumers continued to spend, and for the most part damaged corporate profits. Although energy supplies were cut off, recession fears sent demand falling in the second half of the year. There were few safe places for investors to park their money. While stocks had a miserable year, the returns on bonds were also negative as the U.S. Aggregate Bond Index, the benchmark for bonds used by the Association, was a negative 13%. Inflation, massive rate hikes, and a super-strong dollar left bonds unattractive to investors.

The Association's return of -15.6%, although negative, was not down as much as the market due to its conservative asset allocation policy of 45% equities, 40% bonds, 10% alternatives, and 5% cash. The Association reviews the asset allocation policy annually to ensure that its long-term goals and objectives are achieved. Total assets of the Association on December 31, 2022 were \$79,847,255 which was down from the \$94 million at the end of 2021. However, with the markets recovering through June 30, 2023, the value is now over \$86 million. ■

Los Angeles Police Relief Association, Inc.

Summary of Financial Statement Statement of Net Assets Available for Benefits and Benefit Obligations December 31, 2022

NET ASSETS AVAILABLE FOR BENEFITS	Self-Insured and Insured Plans	Emergency Relief Fund	Total
ASSETS			
Investments, at Fair Value			
• Money Market Funds	\$ 3,740,288	-	\$ 3,740,288
• Mutual Funds	75,450,043	-	75,450,043
• Cash in Interest Bearing Accounts	<u>12,202,000</u>	-	<u>12,202,000</u>
TOTAL INVESTMENTS	<u>91,210,331</u>	-	<u>91,210,331</u>
Receivables	<u>332,488</u>	<u>\$ 59,530</u>	<u>392,018</u>
Prepaid Expenses and Deposits	122,187	-	122,187
Obligation Reserves	121,378,410	-	121,378,410
Cash	355,330	-	355,330
Net Property and Equipment	<u>7,135,979</u>	<u> </u>	<u>7,135,979</u>
TOTAL ASSETS	<u>220,534,725</u>	<u>59,530</u>	<u>220,594,255</u>
LIABILITIES			
Accounts Payable and Accrued Expenses	309,833	-	309,833
Advanced Contributions and Deferred Income	10,170,936	-	10,170,936
Police Charity Plan	89,402	-	89,402
Pension Plan Liability	<u>1,742,390</u>	-	<u>1,742,390</u>
TOTAL LIABILITIES	<u>12,312,561</u>	<u> </u>	<u>12,312,561</u>
NET ASSETS AVAILABLE FOR BENEFITS	<u>208,222,164</u>	<u>59,530</u>	<u>208,281,694</u>
BENEFIT OBLIGATIONS			
Amounts Currently Payable for Participants	903,988	-	903,988
Amounts Due to Insurance Companies	17,626,077	-	17,626,077
Dental Claims Liability	900,000	-	900,000
Paid-Up Life Insurance for Participants	1,389,499	-	1,389,499
Estimated Future Death, Policy Surrender and Sick Benefits	<u>33,671,868</u>	-	<u>33,671,868</u>
TOTAL BENEFIT OBLIGATIONS	<u>54,491,432</u>	-	<u>54,491,432</u>
EXCESS OF NET ASSETS AVAILABLE FOR BENEFITS OVER BENEFIT OBLIGATIONS	<u>\$ 153,730,732</u>	<u>\$ 59,530</u>	<u>\$ 153,790,262</u>