



## Terms and Conditions

### Challenge Timeline

Date	Time	Description
Tuesday, January 9, 2024	12:00 PM	Informational Zoom Meeting
Thursday, January 11, 2024	5:00 PM	Informational Zoom Meeting
Tuesday, January 16, 2024	9:00 AM	Informational Zoom Meeting
Tuesday, January 16, 2024	4:00 PM	Informational Zoom Meeting
Thursday, January 25, 2024	10:00 AM	Informational Zoom Meeting
Friday, January 12, 2024	12:01 AM	Team sign up begins
Wednesday, January 31, 2024	11:59 PM	Team sign up ends
Sunday, February 4, 2024	12:01 AM	MVM opens for device sync testing
Sunday, February 11, 2024	12:01 AM	Challenge begins - Week = Sunday through Saturday
Saturday, May 4, 2024	11:59 PM	Challenge Ends - Week = Sunday through Saturday

### Zoom Information

<https://us06web.zoom.us/j/89289444294?pwd=sOWArxys1dtCj3fx5RsY4fCwT4sahA.1>

Meeting ID: 892 8944 4294

Passcode: 301144

### Eligibility

- All participants must be active LAPD sworn officers or LAPD civilian employees. Each team must have a minimum of 20 sworn officers participating.
- Each team may have a minimum of 20 members and a maximum of 30 members. Teams can be made up of members from various divisions.
- Each team must designate a Team Captain and Co-Captain.
- A 2024 Fitness Challenge Application must be completed in full and submitted to LAPRA by the end of day on Wednesday, January 31, 2024. Applications must be emailed to [fitnesschallenge@lapra.org](mailto:fitnesschallenge@lapra.org), in the Excel format provided by LAPRA.
- All team members will be registered on the [MyVirtualMission.com](https://MyVirtualMission.com) (“MVM”) website or mobile app using their email address. Team members who have never registered with MVM will receive an email from MVM with instructions on how to log on to the MVM website and/or mobile app.

- If you need assistance logging into or using the MVM website or mobile app, access the [MVM Help Page](#) or send an email to [mvmsupport@myvirtualmission.com](mailto:mvmsupport@myvirtualmission.com).
- Each team must designate one “Station Fund” to receive any awarded team prizes.
- Participants must be actively at work during the duration of the 2024 Fitness Challenge.
- Once the Mission begins, no changes to teams will be accepted.
- All activity submissions are subject to review. LAPRA shall make the final determination of the winning teams and individuals.
- Team logos must be in a 250x250 dimension image file and emailed to [fitnesschallenge@lapra.org](mailto:fitnesschallenge@lapra.org) so it can be posted on MVM.

## Activities

The challenge focuses on earning miles by walking, running, and cycling whether its outdoors, indoors, or daily steps.

- Participants must use the MyVirtualMission.com (MVM) mobile app to report the number of miles completed walking, running, or cycling each day during the dates shown in the table below for each segment of the Fitness Challenge. In order to get credit for miles completed, participants must use a compatible device or mobile app to sync their information automatically on the MVM website. Participants can send distances completed to the MVM website from apps or wearables such as Apple Health, Adidas Running, Runkeeper, Strava, Fitbit, UnderArmour Connected Fitness, and Map My Run/Ride/Walk/Fitness.
- It may take up to 24 hours for devices to sync with MVM.
- Manual entries will not be accepted.
- The Mission on MVM will open on Sunday, February 4, 2024 which is prior to the beginning of the Challenge on Sunday February 11, 2024. The purpose of opening the Mission early is for participants to test their devices to ensure that they are syncing with MVM. However, any miles completed prior to the beginning of the Challenge on February 11, 2024 will appear on the MVM leader board but will not count toward prizes.
- Participants may only use one device per activity per day. For example, if you are running outside, you cannot use a Fitbit and a Garmin. If this happens, the activity with the most miles will be kept and the other(s) will be deleted.

## How Miles Are Calculated by Exercise Type

LAPRA uses a third-party vendor to tabulate all miles completed by individual participants and teams to determine the winners.

The data used to determine the winners may not match the MVM leaderboard. This is because duplicate exercise types using more than one device per day per participant and miles incurred before and/or after the official Fitness Challenge start/end date, cannot be deleted from MVM. Each entry will be evaluated, and ineligible miles will be deleted from the data that is used to tabulate miles.

## Segment Prizes

- The Challenge has 4 segments with each segment running 3 weeks. Participants can walk, run and/or cycle to accumulate miles during each segment of the Fitness Challenge.
- Challenge segment prizes are awarded to the top teams with the highest average miles and top individuals with the highest total miles in each 3-week segment walking, running, or cycling as shown in the tables on pages 4 and 5.
- Miles completed for the individual competition are added together for each activity within each segment. The top 3 individuals with the highest total miles walking, running, or cycling in each segment will win a prize.
- For the team competition, the top 3 teams with the highest average miles running, walking, or cycling within each segment will win a cash prize. Average miles completed for the team competition are calculated taking the total miles completed **by all participants on a team** in each activity (running, walking, or cycling) within a segment and dividing by the total number of members on the team. \* See page 3 for an example.

## Final Prizes

- Final prizes are awarded to the top teams and individuals across all 4 segments. Miles completed for the individual competition are added together for each activity across all 4 segments.
- The top 10 individuals with the highest total miles running, walking, or cycling across all 4 segments will win a cash prize.
- For the team competition, the top 10 teams with the highest average miles running, walking, or cycling across all 4 segments will win a cash prize. Average miles completed is calculated taking the total miles completed by all participants on a team in each activity across all 4 segments and dividing by the total number of members on the team. \* See below for an example.

## Example of Average Miles for Team

Team 1 has 24 team members. At the end of the first Segment, Team 1 cycled 2927 miles. Even though only 20 team members actually cycled, the average is calculated by dividing 2927 miles by 24 which is the total number of team members. The average miles for the first Segment is 121.96 miles.

**Prizes will be paid upon completion of the Fitness Challenge.**

<b>Prizes per Segment</b>				
<b>Team</b>	<b>Running</b>	<b>Walking</b>	<b>Cycling</b>	<b>Total</b>
Week 1 to 3 - 1st Prize	\$1,000	\$1,000	\$1,000	\$3,000
Week 1 to 3 - 2nd Prize	\$750	\$750	\$750	\$2,250
Week 1 to 3 - 3rd Prize	\$500	\$500	\$500	\$1,500
Week 4 to 6 - 1st Prize	\$1,000	\$1,000	\$1,000	\$3,000
Week 4 to 6 - 2nd Prize	\$750	\$750	\$750	\$2,250
Week 4 to 6 - 3rd Prize	\$500	\$500	\$500	\$1,500
Week 7 to 9 - 1st Prize	\$1,000	\$1,000	\$1,000	\$3,000
Week 7 to 9 - 2nd Prize	\$750	\$750	\$750	\$2,250
Week 7 to 9 - 3rd Prize	\$500	\$500	\$500	\$1,500
Week 10 to 12 - 1st Prize	\$1,000	\$1,000	\$1,000	\$3,000
Week 10 to 12 - 2nd Prize	\$750	\$750	\$750	\$2,250
Week 10 to 12 - 3rd Prize	\$500	\$500	\$500	\$1,500
<b>Individual</b>	<b>Running</b>	<b>Walking</b>	<b>Cycling</b>	<b>Total</b>
Week 1 to 3 - 1st Prize	\$250	\$250	\$250	\$750
Week 1 to 3 - 2nd Prize	\$100	\$100	\$100	\$300
Week 1 to 3 - 3rd Prize	\$50	\$50	\$50	\$150
Week 4 to 6 - 1st Prize	\$250	\$250	\$250	\$750
Week 4 to 6 - 2nd Prize	\$100	\$100	\$100	\$300
Week 4 to 6 - 3rd Prize	\$50	\$50	\$50	\$150
Week 7 to 9 - 1st Prize	\$250	\$250	\$250	\$750
Week 7 to 9 - 2nd Prize	\$100	\$100	\$100	\$300
Week 7 to 9 - 3rd Prize	\$50	\$50	\$50	\$150
Week 10 to 12 - 1st Prize	\$250	\$250	\$250	\$750
Week 10 to 12 - 2nd Prize	\$100	\$100	\$100	\$300
Week 10 to 12 - 3rd Prize	\$50	\$50	\$50	\$150

**Prizes will be paid upon completion of the Fitness Challenge.**

<b>Final Prizes Cumulative Segments</b>				
<b>Team</b>	<b>Running</b>	<b>Walking</b>	<b>Cycling</b>	<b>Total</b>
1st Prize	\$6,500	\$6,500	\$6,500	\$19,500
2nd Prize	\$5,000	\$5,000	\$5,000	\$15,000
3rd Prize	\$3,000	\$3,000	\$3,000	\$9,000
4th Prize	\$1,500	\$1,500	\$1,500	\$4,500
5th Prize	\$1,000	\$1,000	\$1,000	\$3,000
6th Prize	\$500	\$500	\$500	\$1,500
7th Prize	\$500	\$500	\$500	\$1,500
8th Prize	\$500	\$500	\$500	\$1,500
9th Prize	\$500	\$500	\$500	\$1,500
10th Prize	\$500	\$500	\$500	\$1,500
<b>Individual</b>	<b>Running</b>	<b>Walking</b>	<b>Cycling</b>	<b>Total</b>
1st Prize	\$750	\$750	\$750	\$2,250
2nd Prize	\$650	\$650	\$650	\$1,950
3rd Prize	\$550	\$550	\$550	\$1,650
4th Prize	\$450	\$450	\$450	\$1,350
5th Prize	\$350	\$350	\$350	\$1,050
6th Prize	\$100	\$100	\$100	\$300
7th Prize	\$100	\$100	\$100	\$300
8th Prize	\$100	\$100	\$100	\$300
9th Prize	\$100	\$100	\$100	\$300
10th Prize	\$100	\$100	\$100	\$300