

# Cops run to cure disease aggravated by stress

Put on your running shoes and compete in the 10th annual “Lupus Race for Life”

by Christina Kelly and Mike Parker

**A** local 24-year-old peace officer risks his life daily, but makes a sacrifice other officers don't endure. He has Lupus. Stress is the number one cause of Lupus flareups, and although he looks healthy, Lupus can rob him of his wellbeing.

Researchers find that Lupus is more prevalent among professions that are stressful.

For law enforcement officers, stress is a daily part of life. Many officers successfully overcome the challenges of Lupus, but it can be tough.

Stress, exposure to the sun, and separation from one's family all increase a peace officer's chances of Lupus flare-ups and pain.

At its worst, Lupus kills people in the prime of their lives. Those of African American, Asian and Latino descent are eight times more likely to be diagnosed with the illness than other ethnic groups and sixty percent of

those are at risk for kidney failure.

Make a difference by putting on your running shoes and joining a great group of people including a lot of cops at the 10th Anniversary Lupus Race for Life at La Mirada Regional Park in La Mirada, Los Angeles County, California on Sunday, October 4, 2009

There is a 5K run/walk, a one-mile timed run for kids, and an open one-mile fun run/walk. Ninety cents of every dollar raised goes directly to fund education, support and awareness about Lupus.

For all you Baker to Vegas runners, you can set the record straight by winning the annual Lupus race—you'll have 16 chances among the law enforcement individual and team categories to win.

Trophies will be presented to 1st, 2nd, and 3rd place male/female finishers. Medals will be awarded in five-year age increments.

Last year, over 3,000 participants joined LA County Sheriff Lee Baca, LAPD Chief Bill Bratton, Orange County Sheriff Sandra Hutchens, California Highway Patrol Southern Division Chief Warren Stanley, LA County Fire Chief P. Michael Freeman, Orange County Fire Chief Chip Prather and LA County Supervisor Don Knabe for the race.



Above, enthusiastic recruits from the Orange County Sheriff's Department in California run for the gold. At right Officer Wall of the California Highway Patrol cheers on a young runner who won her age division at last year's event.



Remember, 2.8 million Americans need your help, including your fellow officers, kids of all ages, and maybe your friends or family members.

To get involved, logon to [www.lupusinternational.org](http://www.lupusinternational.org) or call 866-RUN-4-SLE. To

get started—run, walk, write a check, or sponsor. All participants will receive a runners bag, pancake breakfast, and T-Shirt.

Proceeds benefit Lupus International, a 501©3 non-profit foundation, dedicated to helping Lupus patients

and their families for more than 26 years.

*Christina Kelly is the executive director for Lupus International. Mike Parker is a captain with the Los Angeles County Sheriff's Department ([www.lasd.org](http://www.lasd.org))*

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