



LORI LUHNOW

VOLLEYBALL / CYCLING

Lori retired from the San Diego Police Department at the Rank of Captain after 27 years. Lori served as the Chief at Santa Barbara Police Department for 5 years.

Lori was a 3 - time NCAA National Champion in Volleyball at UC San Diego. After joining San Diego PD, Lori fit right in to the Police and Fire Games competing in 15 editions of the Games collecting 23 Golds, 7 Silver and 4 Bronze Medals. Lori competed in 11 World Games collecting 19 Gold, 4 Silver and 1 Bronze.

Lori has been recognized with numerous awards throughout her career.

Lori was part of the Bid Team to bring the World Games to San Diego and sat on the Board of the Police Athletic Federation for San Diego PD. Lori was the Sport Coordinator for the first two "Fitness Throwdowns" at the 2014 and 2015 USPFC.