



KENNEDY LAW RACING NEWSLETTER



**APRIL
2025**

**CATCH THE
GREEN WAVE**



AWARDS AND TEAM JACKETS

MAIN AWARDS

LIFE TIME ACHIEVEMENT AWARD
- JILL AND DOUGAN WALKER

ATHLETE OF YEAR - JERRY MAGLIULO
MALE TRIATHLETE - PAUL GRAY
FEMALE TRIATHLETE - GAIL NORMAN
MALE RUNNER OF THE YEAR - RYAN KAELEN
FEMALE RUNNER OF THE YEAR - LAURA DRAKE COLE
YOUTH TRIATHLETE - BELLA FREEMAN
ROOKIE OF THE YEAR - LEO BUDO

"JILL AND DOUGIN" BEST KLR COUPLE
- KAREN AND RUSS WESTERMAN

FEMALE PERFORMANCE OF THE YEAR
- LISA PAGE MCFADDEN

MALE PERFORMANCE OF THE YEAR - BRUCE HAUSE
FEMALE SWIMMER OF THE YEAR - NATALIE MAGE
MALE SWIMMER OF THE YEAR - DAVE WRASSMANN

SPECIAL RECOGNITIONS

IRONMAN LEGACY - STAN FIVECOAT

BEST SWIMMING RELAY PERFORMANCE
- NATALIE, PETI, JUDY

BEST CYCLING RELAY PERFORMANCE - THE BIKE LAB
FEMALE ULTRA RUNNER OF THE YEAR - STEPHANIE MILLER
MALE ULTRA RUNNER OF THE YEAR - TIM SALT SHACK
VOLUNTEER - CLEVER TRAINING
SPIRIT AWARD - SAMANTHA NORTHROP

TEAM JACKETS

KAREN WESTERMAN
RUSS WESTERMAN

KLR ANNUAL PARTY A CELEBRATION FOR ALL

By Samantha Northrop
KLR Party was a huge success! It was amazing to see everyone come together to support and honor all that KLR has accomplished in 2024. Individual accomplishments, world accomplishments, and most importantly; what KLR has meant to us as a group and a community! HOB Brewing had a great venue for us and refreshing beer and Ubuntu served up delicious food! We want to thank Tom Kennedy for giving all of KLR members the opportunity to compete, support and grow as a community!



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GULF COAST 70.3 MAY 10TH

Coming up QUICK- The 3rd of the Big 6 Race Challenge and our first Ironman supported event of the season in beautiful Panama City Beach. We will be there in full support and look forward to cheering all our KLR teammates on. In addition, we'll of course be having our team happy hour on Thursday evening and our "SHERPA" Celebration on Friday. If you are interested in volunteering for this event and representing KLR, please reach out and let us know!

ST. ANTHONY'S TRIATHLON APRIL 25-27TH

With Clash Miami in our rearview we are looking forward to our 2nd Big 6 Race Challenge and our 1st of The 4 Locals Challenge. St. Anthony's is not only an incredible race to participate in but also a staple of the Tampa Bay multisport community which relies on you as a volunteer. If you are not racing it this year, we highly recommend getting out there and giving back to the multisport community you love so much. KLR will be out in full support for our athletes, cheer squad and anyone who volunteers for this incredible event!





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CHATTANOOGA 70.3 🏊 FOR YOU 🏊

By: Al Jordan

I heard you. And I'm going to deliver. Because I love you guys. I will be there with the KLR van in full support of all who race Chatty 70.3 on May 18th, 2025. We'll have our happy hour on Friday evening, and I will secure our amazing location right before the chute. Looking forward to being there for you all!

You may be asking though, "Well what about Dunedin Triathlon on May 18th?"

And the answer is... We will pull off something never done before! Our incredible KLR Assistant Samantha Northrop will be at our 2nd 4 Locals Challenge in Dunedin in full support of all of those amazing KLR athletes as well. 2 supported races on the same day hundreds of miles apart! That's the the future we want to deliver y'all! So no excuses for not racing May 18th! Got it? Sam and I want to cheer you 🏊 on!!!



VERY IMPORTANT INFORMATION BELOW PLEASE READ IN FULL

Beginning on May 1st we will be rolling out a NEW Membership platform for Kennedy Law Racing and Master's Team through RunSignUp! We will no longer be using PayPal. Those members that are currently on a monthly payment to swim will need to cancel autopay before May 1, so that your first payment will cover membership for May via RunSignUp. In merging into this system we are certain this will help KLR Management "streamline" our current members along with properly welcoming our new members to the team. Memberships will be paid via credit card, just as you do when you sign up for a race through RunSignUp, which most of us all have accounts already, providing you with a 1-stop shop! RunSignUp provides KLR Management with monthly data for easy access to management that will help answer your membership questions when they arise. While we understand the hesitation some may have during this change, your KLR Management will be available to help with the transition and answer any questions. In this rollout we will be offering a couple of NEW membership levels and to get every KLR Member on a calendar year, some perks of moving to the system. Once everything is finalized there will be emails sent out, along with information posting to the website before May 1st!

ATHLETES SHOUT OUTS

Dougin Walker, Jill Walker, Paul Gray, Jiri Novak, Mandy Zipf, Melanie Walters, Bethany Walter, Ron Haney, David Wrassmann, Leo Bedo, Katrina Gallardo, Anna Lopez, Lewie Langford, Deb Turner, Karen Westerman, Russ Westerman, Paul Zagami, Barry Guild, Claudia McCoy, Tom Dhans, Michael Gardner, Gary Holland, Brooke Bennett, Al Jordan.

As you can see...
Kennedy Law Racing
was out in full force!
Athletes proudly
representing the Green
and Black in
races near and far!
Congrats to you all
on a phenomenal job!



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CLASH MIAMI WEEKEND REDLINE RELAY

What an incredible weekend at Clash Edurance-Miami to kick off the season the first of the BIG 6!!

11 athletes; covering 5 different events: Red Line Relay (8 person team 3rd place podium), Miami Distance, Sprint Tri, Duathlon, and 1-mile Swim. 6 podiums. Claudia, Brooke, Mandy, Jill, Dougin, Michael.

The energy was electric, the course had its challenges but the grit was “rockstar” status by ALL in green and black—>Stan, Tom, Gary, Leo, and Al! To top off the competition...We are coming home with the 1st ever Team Challenge Award!

In addition we gave back to the triathlon community with an top notch aid station on the Collegiate Athletes course.

Huge Congratulations to all who attended, participated, cheered and volunteered! Was an amazing experience for the team.



CLASH MIAMI WEEKEND REDLINE RELAY

TESTIMONIAL BY MICHAEL GARDNER

THIS PAST WEEKEND I JOINED KLR AT CLASH IN MIAMI AND COMPETED IN THE REDLINE RELAY WITH 7 OTHER KLR MEMBERS WHICH WAS SO FUN AND EXCITING. OUR TEAM TOOK 3RD PLACE IN THE REDLINE RELAY AND TO TOP IT OFF ON SUNDAY AT THE AWARDS CEREMONY, KLR WAS AWARDED THE “TEAM CHALLENGE AWARD” FOR THE 1ST TIME THANKS TO THE SMART STRATEGIC PLANNING OF OUR 2 DIRECTORS – AL JORDAN & BROOKE BENNETT, ALONG WITH THE HARD WORK AND DEDICATION OF ALL KLR MEMBERS THAT TOOK PART IN ANY AND ALL OF THE EVENTS AT CLASH MIAMI.

BEING THE FIRST EVENT, I HAVE ATTENDED WITH KLR, I WAS AMAZED AT THE DEDICATION AND COMMITMENT OF THE OTHER KLR MEMBERS. ALL KLR MEMBERS WERE EXTREMELY NICE, HAPPY AND PROFESSIONAL AT ALL TIMES. I AM VERY HAPPY TO BE A PART OF THE KLR FAMILY.





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GRAN FONDO FLORIDA

BY STAN FIVECOAT

Gran Fondo Dade City Race Recap

Date: 3/23/2025

Distance: Piccolo, 35 miles

Results: 1 timed section - 5.7 miles, 19:01, 19th OA, 6th

I've done several Grand Fondos over the years - 55-mile Medio in 2015, 18, 19, 21, 22 - but hadn't planned on doing it in 2025. KLR's generosity and my front row visibility at the kickoff party had other plans ;).

Raceday, Pregame

I drove to San Antonio, luckily a bit early.. to find out the race start has moved, DOHH!

I called my tri buddy, Tom Connolly, and we figured out we needed to go 6 miles East to Dade City.

I headed over to the start area and saw more KLR - Claudia McCoy, Barry Guild, Leo Budo and Jeremy Richardson. Temps are nice and cool, the energy is buzzing, everyone's feeling good! There are a bunch of riders heading out in waves (starting at 8AM); our 1st group leaves at 10:00AM, the rest of us at 10:10.

The Race!

Claudia, Tom, Barry and myself set out for a nice 4 mile warmup that went by in snap. It's time to sprint 5.7 miles, which is quite a bit (almost double!) more than previous GF timed sections and a bit of elevation to deal with. A nice downhill start, great riding weather and adrenaline to get the party started! My main recollection after the timed section, at the 1st Aid Station, was that the nasty looking climb never really seemed all that bad. I kept expecting a grueling, slow climb but happily saw the downhill approach to the slight uphill finish and knew it was finally time to empty the tank! Ohhhh, Tom and I did get "lost", 1 block from the finish, lol. We saw the trail and signs/cones from the beginning of the day and turned left instead of just coasting in for the "win". After a couple extra miles on the trail we knew we'd exceeded the 35 miles. We stopped, figured it out and reversed course to join our KLR teammates at the finish for happy hour!!

Post race celebration

The Gran Fondo post race has always been excellent. Food, beverages, epic stories, catching up with old and new friends, raffles and awards! Seems Tom and I weren't the only ones to go off course :O. We helped others track down their friends/teammates/loved ones and all gathered up for some well deserved RnR. In summary, Gran Fondo is a unique, exciting event that I'd recommend to everyone at least once - who knows, a Piccolo one year, a Medio/Gran the next.. but always an epic adventure!! #KLRNation



MONDAY NIGHT INTERVAL RUNNING GROUP

We are back at Eagle Lake Park at 6:30 pm for our classic yet dynamic time based speed work. 6 pm for Stretches with Sam most weeks. Check out Facebook page to confirm. We'll be moving to 7pm towards the end of April and beginning of May. We hope to see you all there! Hydration provided and fun for everyone.

CYCLING NEWS AND UPCOMING EVENTS

Join Kennedy Law Racing Teammates on their local rides. We have a significant network of teammates looking to grow local meetups. As well as our partners and the Best Bike shop around. The Bike Lab! Who is growing their grow ride program and always looking to not only ride with new athletes but foster safe community riding and provide expert knowledge on all your cycling needs. Look to Facebook for more details. Get out there and RIDE!

SATURDAY SWIM RUN MEETUPS

IS BACK! TEMPS HAVE BEEN IN THE MID 60S, WHICH IS GREAT FOR TESTING THAT WETSUIT. AND WE'VE ADDED A "FUN" BRIDGE INTERVAL 5K TO THE MIX! IF YOU WANT TO SWIM FURTHER JUST MAKE SURE YOU HAVE A BUDDY!





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HIGHLIGHTS FROM BOB'S BEACH MEET & BEYOND

By Bethany Walter

In our KLR swimming world, March was an AWESOME month full of so much accomplishment!! All you swimmers ROCK !! Our Bob's Beach swim meet was a success for everyone. David was on a PR role !! He had personal records in 500 Freestyle, 200 Breaststroke, 100 Backstroke AND 50 Breaststroke. Our 50 Yard Queen Del swam strong! We

are going to miss her until she gets back in town next year. Niki and Natalie both DEMOLISHED the 1650 yard swim and continued on to both PR in the 100 Breaststroke and 50 Backstroke.

Petie raced hard on Saturday and then showed up on Sunday to cheer and show off her video skills!! Karen swam TWELVE events in that meet after swimming six events in a Tallahassee meet earlier in the week. She broke 6 meet records in Tallahassee and ended with a bang by getting the high point award in St. Pete. She also was able to walk home with a pretty impressive 200 Backstroke time! We are so lucky to have such talented swimmers catching the green wave!! Aside from racing news, it has been wonderful to see so many dedicated swimmers in the water at practices. A swim really is the best way to start the day! It is not a bad way to end the day either.



CLEARWATER AQUATIC MASTERS UPCOMING EVENTS!

**USMS OPENWATER NATIONAL
CHAMPIONSHIP: NATHAN BENDERSON
PARK, SARASOTA. APRIL 4-5,
FRIDAY 1-MILE RACE, SATURDAY
5K RACE. CAM COACHES BRIAN,
BROOKE, AND KONRAD WILL BE
RACING THE 5K. SIGNUP TODAY AND
JOIN THEM!**

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LIST OF UPCOMING EVENTS THAT KENNEDY LAW RACING WILL BE AT!!!!

APRIL 4TH-5TH: USMS OPEN WATER NATIONALS, SARASOTA

APRIL 27TH: ST. ANTHONY'S TRIATHLON, ST. PETERSBURG

MAY 4TH: CLEARWATER FIRE & RESCUE BEACH LIFEGUARD OCEAN MILE SWIM, CLEARWATER BEACH

MAY 11TH: GULF COAST 70.3, PANAMA CITY

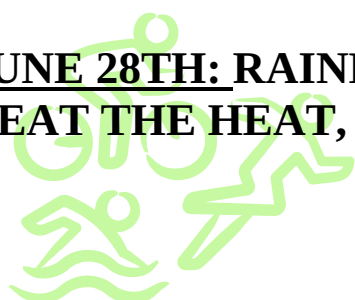
MAY 18TH: CHATTY 70.3, CHATTANOOGA TN

MAY 18TH: DUNEDIN TRIATHLON

JUNE 7TH: SPLASH & DASH CHARITY SWIM

JUNE 22ND: BABES TRIATHLON, FT. DESOTO

JUNE 28TH: RAINBOW RIVER SWIM BEAT THE HEAT, DUNELLON



KLR VOLUNTEERING AT CLASH MIAMI





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SPONSORS AND PARTNERSHIP



We are proud to have The bike Lab as our members go to cycling shop! Check them out for group rides and KLR member exclusive discounts!

On Running Shoes and accessories is not just an incredible company with amazing products, but also KLRs proud sponsor!



Neurosomatic specialists are a proud sponsor of Kennedy Law Racing!

Got Pain?
Neurosomatic Specialists fix pain and health issues by correcting structural imbalances from head to toe with analysis, targeted massage therapy and corrective exercises.

Whether from injury, overuse, or failed surgery we can help you!

MORE PHOTOS OF KLR AT EVENTS

