

KENNEDY LAW RACING

APRIL

2026

NEWSLETTER

CATCH THE GREEN WAVE

ST ANTHONY'S WEEKEND FAST APPROACHING

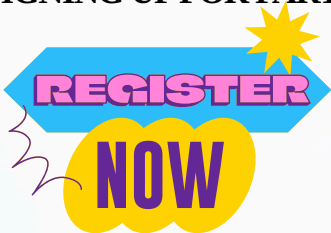


WE ARE SO EXCITED TO BE DOWN AT ST. ANTHONY'S TRIATHLON ON APRIL 25TH AND 26TH. WE WILL BE VOLUNTEERING AT THE MEEK AND MIGHTY BODY MARKING STATION ON THE 25TH!!



WE'LL BE OUT IN FULL FORCE ON THE 26TH! ALL THE NORMAL FULLY SUPPORTED RACE AMENITIES! AND ALL THE GREEN AND BLACK CHEERING WE CAN POUR OUT!

IF YOU HAVEN'T ALREADY SIGNED UP... CATCH THE GREEN WAVE BY SIGNING UP FOR KLR ON RUNSIGNUP AND RECEIVE YOUR DISCOUNT CODES FOR RACES AUTOMATICALLY WHEN SIGNING UP FOR PARTICIPATING RACES!



2nd annual Clearwater Beach

proceeds benefit



CRISIS CENTER OF TAMPA BAY
Help. Hope. Healing.



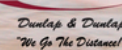
Sunday, May 3, 2026
Tower 7

Registration -- 7 a.m.
Swim Start -- 7:45 a.m.

Paid Parking at 4 Rockaway St.
Post Swim Brunch -- 10:00 a.m.
at Hogg Daddy's



deboer



44 DAYS!!!!



KENNEDY LAW RACING NEWSLETTER



CLASH ENDURANCE- GULFPORT MISSISSIPPI



INCREDIBLE WEEKEND OF RACING FOR OUR FIRST RACE OF THE 2026 BIG 6 RACE CHALLENGE! WE LOOK FORWARD TO BEING BACK NEXT YEAR FOR MORE COLLEGIATE CLUB VOLUNTEERING AND THE AWESOME VENUE! WE ALSO, LOOK FORWARD TO TAKING BACK OUR TEAM CHAMPIONSHIP TROPHY AT DAYTONA IN DECEMBER!

CONGRATULATIONS TO PATTI SPENCE, JOANNA RANSLEY, ELIZABETH UNDERWOOD FOR THEIR PODIUM PERFORMANCES! AND THANK YOU FOR PROUDLY REPRESENTING THE GREEN AND BLACK!

SUNSHINE SWIM SERIES PASS-A-GRILL NEARLY 100 SWIMMERS!



ST PETE MASTERS BOB BEACH SCY CHAMPIONSHIPS

HUGE CONGRATULATIONS TO OUR KLR AQUATIC MASTERS SWIMMERS WHO REPRESENTED AT THE BOBS BEACH SWIM MEET! DAVID WRASSMANN, DELYTH CUNNAH, PETIE STONE, AND CASUAL KEITH! KLR SUPERSTARS!



COFFEE & RUN RECAP!

Thank you St. Pete Running Co and Coffee for hosting KLR and allowing Jenn Hutichson to prep us for Florida heat!



KENNEDY LAW RACING NEWSLETTER



SPRING WORKOUT CHALLENGE

KENNEDY LAW RACING
PRESENTS

SPRING Fling WORKOUT challenge

18TH-20TH | APRIL | 2026

- 18TH - OPW SWIM CLINIC - SAND KEY AT 7:33AM
- 19TH - FUN RIDE AND BIKE CLINIC - THE BIKE LAB AT 8:30AM
- 20TH - TIMED HALF MILE - EAGLE LAKE PARK AT 6:30PM

SWIM, BIKE, RUN AND FUN. FREE FOR THE COMMUNITY. KLR MEMBERS COMPLETE ALL 3 AND RECEIVE A 2026 KLR TOUR SHIRT

THE BIKE LAB

MONDAY NIGHT
Tropical Running Group

SHIMANO GETS FINE OF \$11M OVER BIKE PARTS

Law360 (March 16, 2026, 6:02 PM EDT) -- The U.S. Consumer Product Safety Commission on Monday said bicycle parts company Shimano has agreed to pay an \$11.5 million civil penalty over failing to report defective cranksets that were recalled after six injuries, including bone fractures.

The CPSC said Shimano knew about the defect in the cranksets but failed to report them immediately, even after thousands of consumer complaints. The 11-speed bonded Hollowtech II cranksets were recalled in September 2023, after Shimano North America Bicycle Inc. received at least 4,519 reports of the cranksets separating.

Before the recall, the Japanese bike parts company had received thousands of warranty claims between 2013 and 2022 about the cranksets and dozens of complaints from consumers around the world who were injured from falls, according to the CPSC.

During that period, Shimano made nine changes to the design and manufacture of the cranksets, resulting in 25 changes to the cranksets so they would be less likely to come apart and break according to the CPSC announcement.

"Despite possessing information that reasonably supported the conclusion that the bicycle cranksets contained a defect which could create a substantial product hazard or created an unreasonable risk of serious injury or death, Shimano did not immediately report to the commission," the agency said.

The recall comprised about 680,000 cranksets, according to the CPSC.

Shimano also agreed to maintain and improve its compliance with the Consumer Product Safety Act, according to the CPSC. Shimano will submit to the CPSC yearly reports about its compliance program, internal controls and policies.

Representatives for Shimano didn't immediately respond to request for comment Monday.



KENNEDY LAW RACING NEWSLETTER



PLAN EARLY FOR A GREAT TEAM OUTING IN BEAUTIFUL COOL WATER



Rainbow River Swim



water temp 72
Saturday, June 27th

7:00-7:45AM arrive at Swampy's Restaurant - 19773 E. Pennsylvania Ave Dunnellon (2+ hr drive)

\$5 parking fee

*if parking at KP Hole arrive not later than 7:15AM & make reservation with park beforehand

Starting at 7:45AM shuttles up to KP Hole

8:00AM Park Opens-**EVERYONE PAY \$7**

*Prepare for your swim- suit, cap, goggles, wetsuit, swim safety buoy, fins

8:40AM GROUP PHOTO & Safety Briefing with Leo

8:45AM Swim Stark: 5k Downriver



Finish at the GIANT Duck *Don't go under the bridge

*Starting at 10:30a shuttle to KP Hole for those who parked there

11:00AM Swampy's Opens for Lunch

those interested in staying

*If you are interested in a ride from Clearwater & back email:

kennedylawracing@gmail.com
445am at Longcenter/plan to return after lunch!

DONATE ❤️

Water Safety & Event Safety



SWIM SCHEDULE



WE ARE WORKING TO FINALIZE A NEW SWIM SCHEDULE. THIS SCHEDULE WILL BEGIN MONDAY, MAY 4TH AND CARRY US UNTIL THE LONCENTER REOPENS *JULY 2026*

ONCE THE SCHEDULE HAS BEEN APPROVED, WE WILL SHARE THROUGH FRIDAY EMAILS AND SOCIAL MEDIA.

IF YOU HAVE ANY QUESTIONS, CONTACT US
KENNEDYLAWRACING@GMAIL.COM



FEATURED ON THE NEWS IN GULFPORT, MISSISSIPPI



OUR VERY OWN BROOKE BENNETT CREATED IN SAND AT PIER 60 SUGAR SAND FESTIVAL UNTIL 4/12

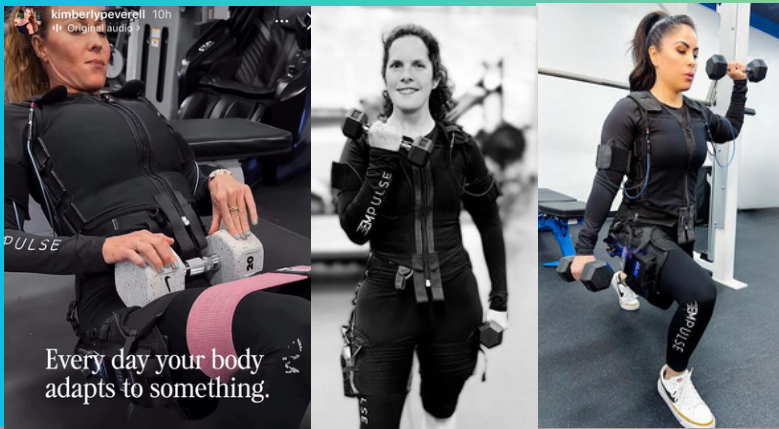
KENNEDY LAW RACING NEWSLETTER



EMPULSE SUIT @ BURN FITNESS STUDIO- BELLEAIR

CONTACT: KIMBERLY (813) 917-9553

A new performance and recovery tool now available locally is the EMPULSE neuromuscular stimulation suit. Using precisely controlled electrical impulses delivered through a wearable suit, the system activates muscle fibers in a targeted way that traditional training alone often misses.



Every day your body adapts to something.

The Bike Lab- BMC Bikes
Prices you can't beat- + taking your
trade ins!! Go See Jesse



MONDAY NIGHT INTERVAL RUNNING GROUP

MOVING to our Spring/Summer home:
April 6th @Eagle Lake Park 6:30p- to kick-
off the season, UFC Gym Passes and more.

Spring Timed 1/2 Mile that will be paired up
with our Spring Workout Challenge: April
20th



SATURDAY SWIM RUN MEETUPS

The season is HERE! Join us for
weekly Run/Swim on Saturdays at 7:33
am at Sand Key Park. We will be
adding in specialized seasonal
Openwater Clinics and bringing back
our land based mobility exercises.

1st scheduled date goes with our Spring
Workout Challenge: Saturday, April
18th

KENNEDY LAW RACING NEWSLETTER



WHERE PERFORMANCE MEETS PRECISION NO APPOINTMENT NEEDED

AS A KLR MEMBER- SAME DAY- FOR MOST SERVICES, TUNE UPS BIKE FITTINGS & MORE!!



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

MIKE AND LORI DUNLAP ARE NOT ONLY YOUR GO TO REALTORS THEY ARE AMAZING MEMBERS OF THE MULTISPORT COMMUNITY AND PROUD MEMBERS OF KENNEDY LAW RACING



*Dunlap & Dunlap
"We Go The Distance!"*



KLR newest partner- we look forward to bringing you discounted products through our own personal store. Along with product try-ons at The Bike Lab and retail store.



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!

Info@hsscener.com
(727) 939 - 6095 (voice or text)

ANCHORED PHYSICAL THERAPY & RECOVERY ROOM
PROVIDING KLR MEMBERS EXCLUSIVE DISCOUNTS
BRIAN@ANCHORTHEBODY.COM

GREEN & BLACK MESSAGE BOARD

IS YOUR TEAM MEMBERSHIP CURRENT WITH RUNSIGNUP? TEAM MEMBERSHIPS NOW RUN 1- CALENDAR YEAR: JAN- DEC! *STARTING MAY 1ST IF YOU HAVE NOT HANDLED ACCOUNT WITH PAYPAL TO STOP PAYMENT, ETC WE WILL NO LONGER BE ISSUING REFUNDS!



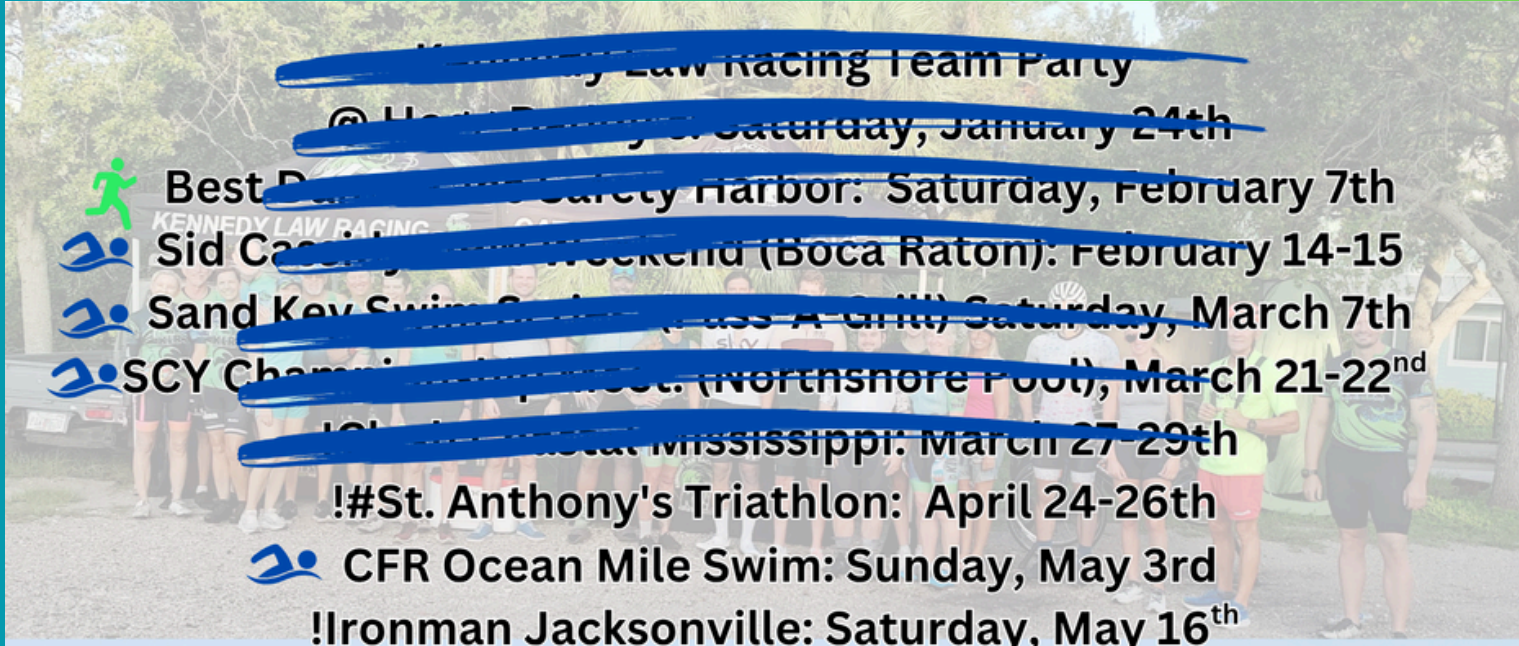
WE HAVE ADDED THE DUNEDIN #4 TRIATHLON ON SUNDAY MAY 17TH AS #4 FOR OUR LOCAL 4 RACES

FULL KLR SUPPORT WITH SAM!!!

KLR KIT STORE...SPRING/SUMMER WE ARE WORKING ON DETAILS TO OPEN THE STORE AGAIN, FOR THOSE THAT MISSED THE FALL STORE.

KEY NOTES:
*IT TAKES 3-4 MONTHS TO RECEIVE ITEMS!
*WE CAN NOT DO 1 OR 2 ORDERS. IT HAS TO PLACED AS A TEAM, WE HAVE #'S THAT HAVE TO BE MET OR A CERTAIN \$ AMOUNT...

KENNEDY LAW RACING NEWSLETTER



~~_____ Kennedy Law Racing Team Party~~

~~_____ @Horseshoe Bay, Saturday, January 24th~~

 Best Duathlon Safety Harbor: Saturday, February 7th

 Sid Cassidy Triathlon Weekend (Boca Raton): February 14-15

 Sand Key Swim Club (Cass A Grill) Saturday, March 7th


 SCY Championship Meet (Northshore Pool), March 21-22nd


~~_____ at Mississippi: March 27-29th~~

!#St. Anthony's Triathlon: April 24-26th

 CFR Ocean Mile Swim: Sunday, May 3rd

!Ironman Jacksonville: Saturday, May 16th

 **NEW** Just added! #Dunedin Triathlon: Sunday, May 17th

 Rainbow River powered by KLR: Saturday, June 27th

#Top Gun Triathlon: Saturday, August 1st

!Game On Key Largo: August 17th *Olympic/Sprint

#Tarpon Springs Triathlon: September 26th

!Ironman 70.3 Augusta: Sunday, September 27th

 Ragnar Run (Sheraton Sand Key): October 23-25th

Ironman Florida: Saturday, November 7th

 Clash Old Florida Gravel: November

 St. Pete Run Fest: November

!Clash Daytona: December 2026



! Big 6 Challenge
Local 4 Challenge

Catch the Green Wave



RUNNING, COFFEE & NUTRITION? WHAT ELSE COULD YOU ASK FOR?



DANIEL IS REPRESENTING THE UNITED STATES IN THE SPECIAL OLYMPICS EUROPEAN OPEN TRIATHLON IN SLOVAKIA!!



NEW KIT, WHO DIS?



SATURDAY SWIM RUN CREW!



KLR Directors always full of smiles



30/30 CREW

