

KENNEDY LAW RACING NEWSLETTER



AUGUST
2025

**CATCH THE
GREEN WAVE**



GAME ON KEY LARGO AUGUST 17TH

TARPON SPRINGS TRIATHLON SEPTEMBER 20TH

This will be our 4th of the Big 6 Race Challenge of the 2025 race season! We have accommodations setup already. We'll be rolling out on Friday morning and coming home by Sunday late. Legendary cookout and Happy hour provided by KLR on Friday evening. Epic adventure awaits at this awesome race put on by Game On Race Events. Beautiful swim in a protected Bay. Flat and fast bike, with a scorching run in the summer heat. Believe me! It's fun! OH..and did I mention there is every multisport option available! Plus, KLR Team Cookout and hang session at our beautiful accommodations. Join us in tropical paradise!

Join us for a special edition local race on September 20th! Tarpon Springs Triathlon is sure to be an incredible time with all the Kennedy Law Racing fully supported race amenities. A locals favorite and a favorite to many of our members! We'll be out in full force! Hope to see you out there!





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AUGUSTA 70.3 SEPTEMBER 28TH

2017 was the last time we raced Augusta 70.3 as a supported Kennedy Law Racing Team event. Unfortunately last years devastating hurricanes forced a cancellation of the race and our planned return. So naturally we decided to add this race back when we caught wind some of our amazing teammates would be there. In 2017 we took 1st place in the division IV tri club points in Augusta, so no pressure y'all! 😊 We will be there in full support of all KLR teammates and family members who decide to take on this beautiful fast and hot course. Look to Facebook for announcements on Happy Hour and group Meetups for swims, bikes and runs while we are there.



100 IRONMAN FLORIDA 100 JILL'S 100TH NOVEMBER 1ST

We are so looking forward to what will surely be a historic moment for Jill Walker and Kennedy Law Racing! November 1st and the entire weekend will be a can't miss event. We highly encourage any and all Kennedy Law Racing teammates and family and friends who are not racing to consider making the trip up to cheer and volunteer for this special event. We will be honoring all who attend with special recognition at our annual team party and do not forget that if this is your first Ironman and you wear either a KLR kit or the Jill's 100th kit you will be eligible for your KLR 140.6 jacket.





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TOP GUN TRIATHLON BY: SAMANTHA

Another great turn out for KLR at Fort Desoto! As always we had hard work and great racing across the board. PR's, podium finishes and Come Back races! Special shout out to Istvan Meszaros, Joel McCabe, Lexi Atherholt, Leo Budo and Traci Hough for representing KLR on the podium and welcome back to the Tri world Paul Giuliani!



ATHLETES SHOUT OUTS

We are a little more than half way through the year and the last 2 months have been impressive! With Kennedy Law Racing teammates racing from our own backyard at Fort DeSoto, Clearwater, Walsingham Park, Dunedin and St. Pete to all around the world like Leeds England, Ottawa Canada and much more. Even places in-between like Lake Placid New York, Rockland Maine and Boulder Colorado. Seems like everywhere! We are so happy and proud of you all for being out there in the multisport community and representing the Green and Black! All the staff at KLR and Tom Kennedy himself salute you for all your efforts and accomplishments! Thank you!





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KLR had their inaugural Summer Slam this July! It included a Open Water Swim Clinic, Masters Swim Meet, Monday Night Interval Running Group Baby Shower, Bike Ride with Noah Lyons and Top Gun Triathlon. KLR had many participants across the events and will be celebrating their hard work this July at a KLR Social in August! (Be sure to stay up to date on KLR social media and news letter for more events like these to come)

MASTERS SWIM MEET

OWS CLINIC



MNIRG BABY SHOWER



RIDE WITH 2 OLYMPIANS





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NEW KLR SWIM SCHEDULE STARTS AUGUST 11TH



JOIN US

**PRACTICE SCHEDULE
STARTING MONDAY
AUGUST 11TH**

MONDAY, WEDNESDAY, FRIDAY
6:00AM & 7:00AM

TUESDAY & THURSDAY 8:00AM

ROSS NORTON
1426 S. MLK JR AVE CLEARWATER

TUESDAY & THURSDAY 7:15PM
MORNINGSIDE
2400 HARN BLVD CLEARWATER

SATURDAY SAND KEY PARK 7:33AM
SWIM/RUN WHEN GULF WARMS UP

**\$70 MONTHLY
\$40 NIGHTS & SATURDAY
\$10 DROP-IN**

SCAN THE QR CODE FOR MORE INFO AND
SIGN UP TODAY!

*ALL PRACTICE
ARE ONE HOUR
*TIMES ARE
SUBJECT TO
CHANGE
*COACHED BY
USMS CERTIFIED
COACHES



POWERED BY: 

MONDAY NIGHT INTERVAL RUNNING GROUP

SUMMER TIMED MILE POWERED BY KLR WAS A HUGE SUCCESS WITH MANY MEMBERS SETTING PR'S BY 30 SECS OR MORE. JOIN US EVERY MONDAY AT 7PM AT EAGLE LAKE PARK FOR ALL THE INTERVAL FUN!



SATURDAY SWIM RUN MEETUPS

TEMPS HAVE BEEN IN THE 80S AND CLEAR WATER! JOIN US FOR LONG DISTANCE SWIMS OR WE'VE ADDED A "FUN" BRIDGE INTERVAL 5K TO THE MIX! IF YOU WANT TO SWIM FURTHER JUST MAKE SURE YOU HAVE A BUDDY!

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 group 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!

STAY HYDRATED IN THE SUMMER HEAT

- Drink water first thing in the morning: A glass of water when you wake up can help kickstart your metabolism and rehydrate your body after sleep.
- Carry a water bottle: Having a water bottle readily available encourages you to drink more.
- Consider electrolyte drinks: If you're exercising intensely or sweating heavily, electrolyte drinks can help replace lost salts.
- Limit sugary drinks: Sugary drinks like soda and juice can contribute to dehydration.





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

**AUGUST 17TH: GAME ON KEY
LARGO MULTISPORT EVENT**

**AUGUST 30TH: PINELLAS COUNTY
TRAIL CHALLENGE**

**SEPTEMBER 20TH: TARPON
SPRINGS TRIATHLON, TARPON
SPRINGS, FLORIDA**

**SEPTEMBER 28TH: 70.3 AUGUSTA,
AUGUSTA, GEORGIA**

**NOVEMBER 1ST: IRONMAN
FLORIDA, PANAMA CITY BEACH**

**NOVEMBER 14TH-16TH: ST. PETE
RUN FEST, ST. PETERSBURG,
FLORIDA**

**DECEMBER 5TH-7TH: CLASH
DAYTONA WEEKEND, DAYTONA
BEACH, FLORIDA**



MORE PICS OF KLR BEING LEGENDARY





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SPONSORS AND PARTNERSHIP

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

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!

KLR STAFF & MEMBERS COMPETE AT USLA LIFEGUARD REGIONALS

CLEARWATER FIRE & RESCUE DEPARTMENT BEACH
LIFEGUARDS WON THE MIXED LANDLINE RELAY AT THE
SOUTHEAST REGIONALS IN DAYTONA BEACH. ❤️

#LIFEGUARDSFORLIFE

RESCUE SWIMMERS- WITH FINS SWIM OUT THE LINE
CONNECTED TO RESCUE CAN (APPROX 200 YARDS)
GETTING THE RESCUE CAN TO THE VICTIM TO HOLD ON
FOR DEAR LIFE!!

WITH THE SIGNAL BACK TO SHORE, THE 2 PULLERS BEGIN
RUNNING LINE UP THE BEACH TO BRING US IN. IT IS FAST
AND FIERCE, AND FINDING POCKETS TO GET A QUICK
BREATH.

AT THE SHORE WE MUST ALL CROSS THE FINISH LINE
TOGETHER. THIS IS TEAMWORK AT ITS BEST. AND IN A
REAL-LIFE RESCUE WE RELY ON EACH OTHER, IN REAL-
LIFE REACUES THAT ARE TYPICALLY CHAOTIC WE MUST
REMAIN CALM AND COLLECTED TO GET THE JOB DONE!



FINISHING 7TH OVERALL IN POINTS

JP Atherholt, Brooke Bennett,
Konrad Ciolko, Emma Claps, Tim
Hancock, Drew Johnson, Bethany
Walers, Logan Wienzierl



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Kennedy Law Racing Group x The Bike Lab

At The Bike Lab, we're proud to partner with KLR—where performance, integrity, and community collide. Your continued support fuels what we do, and we're better together because of it.

KLR MEMBER PERKS

- **Priority Service** – Skip the line when your bike needs attention **15% Off** – Parts, service, and accessories
- **Amazing Brands** – From boutique to big-name, we've got them—and if we don't, we'll get them for you
- **Trade-Up Program** – Out with the old, in with the best
- **Pro Fit Launch Offer** – First 5 KLR members

• get \$100 OFF our new fitting system arriving late July.



Let's Ride Further. Faster. Smarter. Together.

