

KENNEDY LAW RACING NEWSLETTER

AUGUST 2026**CATCH THE
GREEN WAVE****Game On Key Largo****August 16th****4th Annual Hot Fun Field Trip**

JUST A WEEK AWAY FROM WHAT HAS BECOME JUST ONE OF MANY FULLY SUPPORTED FIELD TRIPS TO AN INCREDIBLE DESTINATION RACE WITH THE BEST RACE ORGANIZATION, GAME ON RACE EVENTS! IT'S NOT TOO LATE TO SIGN UP FOR THE RACE AND TAKE ADVANTAGE OF OUR FIESTA/BBQ TEAM HANGOUT, THE CAMARADERIE AND SPORTSMANSHIP OF BEING OUT ON A RACE COURSE WITH A DOZEN TEAMMATES, AND THE ABSOLUTE VIBE OF BEING IN KEY LARGO! JOIN US FOR SOME HOT FUN IN THE SUMMERTIME! SHOOT US AN EMAIL AT KENNEDYLAWRACING@GMAIL.COM IF YOU PLAN ON ATTENDING!

**CATCH THE GREEN WAVE**

KENNEDY LAW RACING NEWSLETTER

**CATCH THE
GREEN WAVE**

**Tarpon Springs
Saturday, 9/26**



REGISTER NOW



KLR
MEMBER
DISCOUNT
CODE ON KLR
MEMBERS
FACEBOOK
PAGE

CALLING ALL KLR ATHLETES!
**THE TARPON SPRINGS TRIATHLON IS A
HOMETOWN RACE—LET'S SHOW UP IN
FULL FORCE! WEAR YOUR GREEN AND
BLACK, SUPPORT YOUR TEAMMATES, AND
MAKE KLR THE MOST VISIBLE TEAM ON
THE COURSE.**  

**SOMETHING FOR
EVERYONE!**

SPRINT TRIATHLON
OLYMPIC TRIATHLON
DUATHLON
5K*10MILE BIKE*5K
AQUA BIKE
1/4SWIM*10MILE BIKE
5K RUN



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We are OPEN!



WELCOME BACK!



The Long Center

1501 N BELCHER RD
CLEARWATER, FL 33765

1ST DAY:

AUG 3, 2026

MONDAY 6:15AM LONGCOURSE *DOORS
OPEN AT 6:00AM

WEDNESDAY & FRIDAY 6:15AM
SHORTCOURSE *DOORS OPEN AT 6:00AM

TUESDAY & THURSDAY 7:00PM
SHORTCOURSE

SATURDAY SAND KEY PARK 7:33AM
SWIM/RUN

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



MEMBERSHIPS VIA
RUNSIGNUP ONLY!

\$75 MONTHLY

\$45 NIGHTS & SATURDAY

*6MONTH OPTION \$70/\$40 RATES

VISITORS \$10 DROP-IN *CASH

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

POWERED BY:



KENNEDY LAW RACING NEWSLETTER



FREE TRIAL



Have you been thinking about swimming with KLR Aquatic Masters? Now's the perfect time!

TRY US FREE!

Throughout the month of September, you can enjoy 3 FREE practices—no commitment required.

Here's how it works:

- ✓ Show up to any KLR Aquatic Masters practice.
 - ✓ Ask the coach on deck for your Trial Card.
 - ✓ Get your card checked off at each practice.
 - ✓ After your 3 free swims, we hope you'll decide to become part of our KLR family!
- Already a KLR Multi-Sport Annual Member?
Even better! When you join KLR Aquatic Masters with a monthly membership, we'll reimburse your KLR Multi-Sport annual membership fee.

Come experience expert coaching, supportive teammates, and a fun training environment for swimmers of all abilities.

Questions?

✉ kennedylawracing@gmail.com

KLR 250 CHALLENGE

Run/Walk July-September

Individual/Team	Total Mileage	Julyish	Week 5
Amy	361.85	265.5	96.35
Daniel & Chris	204.83	152.14	52.69
Lori Dunlap	164.91	132.11	32.8
Ron	150	118	32
Kim & Jiri	145.52	117.09	28.43
JP	133	100	33
Colleen	129.49	101.19	28.3
David H	120.08	120.08	
Cecilia	113.5	113.5	
Trish	111.38	93.83	17.55
Lexi	109.4	89.13	20.27
Lori Stone	102.5	78.5	24
Mike Dunlap	90.9	90.9	
Al & Kristen	89.2	66.2	23
Sam	89.1	57.9	31.2
Paul G	81.67	81.67	
Bruce H	79.9	65.1	14.8
Bobby	77	77	
Jennifer	76	76	
Dan	69.55	69.55	
Lisa	92.66	64.91	27.75
Gordie	58.2	58.2	
Patti	45.45	45.45	
Stan	44.21	44.21	
Patty	41.94	41.94	
Bruce M	39.7	39.7	
Elizabeth	32.12	23.57	8.55
Mandy	26.8	26.8	



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CATCH THE GREEN WAVE

Top Gun Triathlon



**GREAT TURNOUT FOR THIS
LOCAL TRIATHLON! THE
COMMUNITY IS EMBRACING
AND RALLYING BEHIND THE
NEW LEADERSHIP OF THIS
HOMETOWN MULTISPORT
EVENT! PHENOMENAL JOB
BY KLR TEAMMATES WHO
RACED THEIR HEARTS OUT
FOR PODIUMS AND
PERSONAL RECORDS**

KLR Training Weekend



**WITH THE SUCCESS OF OUR
ENDLESS SUMMER WORKOUT
CHALLENGE WE CONTINUED
THE FUN AND HOSTED A
MOCK SUPER SPRINT
TRIATHLON AND A INTERVAL
BIKE RIDE! FREE AND FUN
FOR THE WHOLE
COMMUNITY AND FOR ALL
ABILITIES! STAY TUNED FOR
MORE EXCITING WORKOUTS
COMING YOUR WAY SOON!**

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DURTY B-EE-RR-UN 6 HOUR ULTRA WALSINGHAM PARK, SEMINOLE



We are lucky enough to have to have a fast, free, and fun ultra right in our backyard! For the Shimer family, this is very literal too. KLR was able to pull off a double event with Top Gun triathlon and the ultra on August 1st! Al dropped the KLR tent and gear Friday night at Shimer residents, and the next morning while they were working hard at Top Gun, their daughter Savanna and other KLR members threw the tent over the fence and started the 6 hour trot around Walsingham. Although hot and humid, this might have been one of the most temperate years for the historically hot and unshaded event. As always its fun to see everyone come out to run and cheer! And of course, Clever was there at the turn around point for a needed refreshment and positivity boost.

If you have never done a “ultra race” before or need to ease back in, put this one on your calendar for next year because the good vibes and 3 mile loop makes even 6 hours manageable!



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EMPLUSE WORKOUT RECAP

BY: KIM NOVAK

A HUGE THANK YOU TO KLR, BROOKE, AND KIMBERLY FROM BURN FITNESS FOR ORGANIZING SUCH AN AWESOME TRAINING OPPORTUNITY THIS MORNING!

SEVERAL OF US HAD THE CHANCE TO TRY AN EMPULSE EMS (ELECTRO MUSCLE STIMULATION) STRENGTH TRAINING SESSION, AND WOW, WHAT AN EXPERIENCE! DURING THE WORKOUT, WE WORE A SPECIAL EMS SUIT THAT SENDS GENTLE PULSES TO HELP ACTIVATE YOUR MUSCLES WHILE YOU MOVE THROUGH DIFFERENT EXERCISES. IT GIVES YOUR MUSCLES AN EXTRA CHALLENGE, MAKING FOR A TOUGH FULL-BODY WORKOUT IN A SHORT AMOUNT OF TIME. IT'S DESIGNED TO HELP BUILD STRENGTH, IMPROVE ENDURANCE, AND SUPPORT RECOVERY. IT WAS CHALLENGING, FUN, AND UNLIKE ANY STRENGTH WORKOUT WE HAVE EVER EXPERIENCED. THANK YOU TO KIMBERLY FOR SHARING HER EXPERTISE, COACHING US THROUGH THE SESSION, AND MAKING IT SUCH A POSITIVE EXPERIENCE. WE ALWAYS APPRECIATE OPPORTUNITIES TO LEARN NEW WAYS TO BECOME STRONGER, HEALTHIER, AND BETTER ATHLETES.



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GMX7

POWER BUILT THROUGH PRECISION

FEATURED MONDAY'S: TRAIN WITH THE FUTURE OF SWIMMING

KLR MASTERS AQUATICS MEMBERS WILL HAVE THE UNIQUE OPPORTUNITY TO EXPERIENCE THE GMX7 X3 PRO SYSTEM (50M) AND TRAIN ALONGSIDE ITS DEVELOPER, WORLD CHAMPION DAVID MCCAGG.

THE X3 PRO SYSTEM IS DESIGNED TO REDEFINE HOW ATHLETES TRAIN FOR SPEED, POWER, AND PERFORMANCE IN THE WATER. WHETHER YOU'RE PREPARING FOR OPEN WATER, TRIATHLON, OR POOL COMPETITION, THIS CUTTING-EDGE RESISTANCE TRAINING SYSTEM CHALLENGES YOU TO GENERATE MORE POWER WITH EVERY STROKE WHILE MAINTAINING PROPER TECHNIQUE. DON'T MISS THIS CHANCE TO LEARN FROM ONE OF THE SPORT'S INNOVATORS AND DISCOVER HOW THE GMX7 CAN ELEVATE YOUR TRAINING TO THE NEXT LEVEL.



KENNEDY LAW RACING RUN GROUP

Formerly known as Monday Night Interval Running Group. New name, same great group. Sweaty Fun! The heat brings more runners out, come join us!



SATURDAY SWIM RUN MEETUPS

The season is HERE! Join us for weekly Swim/Run 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.



The Bike Lab- BMC Bikes

Prices you can't beat- + taking your trade ins!! Go See Jesse



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**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!"*



deboer

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@nsscenter.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!**



**NEW MEMBERS
50% KLR MEMBERSHIP TO
FINISH
OUT 2026**

**EMAIL FOR DISCOUNT
CODE
KENNEDYLAWRACING@GMAIL.COM**



**BIGGEST AND BEST
LOCAL TEAM SUPPORT**

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2026 Team Schedule

*races are subject to change/add or replace

- ~~_____ Kennedy Law Racing Team Party~~
- ~~@ _____ Saturday, January 24th~~
-  Best Beach Triathlon Safety Harbor: Saturday, February 7th
-  Sid Cassin Triathlon Weekend (Boca Raton): February 14-15
-  Sand Key Swim Series (Pass A Grille) Saturday, March 7th
-  SCY Championship (Northshore Pool), March 21-22nd
- ~~_____ Mississippi: March 27-29th~~
- ~~_____ Marathon: April 24-26th~~
-  CFB _____ Sunday, May 3rd
- ~~_____ Nashville: Saturday, May 16th~~
-  Just add this _____ Sunday, May 17th
-  Rainbow Triathlon powered by KLR: Saturday, June 27th
- ~~_____ Marathon: Saturday, August 1st~~
- !Game On Key Largo: August 16th *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





KLR LOCAL- GOOD TO SEE
RUSS BACK OUT THERE!



70.3 MAINE



RAGBRAI



COLORADO



TOP GUN



LAKE PLACID

