



KENNEDY LAW RACING NEWSLETTER



DECEMBER
2025

**CATCH THE
GREEN WAVE**

Kennedy Law Racing 2026 Team Schedule

*races are subject to change/add or replace

Kennedy Law Racing Team Party

@ Hogg Daddy's: Saturday, January 24th



Best Damn Race Safety Harbor: Saturday, February 7th



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



Sand Key Swim Series: (Pass-A-Grill) Saturday, March 7th



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

!Clash Coastal Mississippi: March 27-29th

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



CFR Ocean Mile Swim: Saturday, May 2nd

!Ironman Jacksonville: Saturday, May 16th



Rainbow River powered by KLR: Saturday, June 27th

#Top Gun Triathlon: 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

KENNEDY LAW RACING NEWSLETTER



DECEMBER
2025

**CATCH THE
GREEN WAVE**



YOU'RE INVITED

*Kennedy Law
Racing Year-
End Party &
Awards*



24
JAN

2026

3:00-6:00PM

HOGG DADDY'S
752 S. GULFVIEW BLVD
CLEARWATER BEACH



KENNEDY LAW RACING NEWSLETTER



**DECEMBER
2025**

**CATCH THE
GREEN WAVE**

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**Winter
WONDERLAND**
WORKOUT CHALLENGE
POWERED BY KENNEDY LAW RACING **KLR**

**FUN & FREE
FOR EVERYONE**

| | | |
|---------------|----------------|---------------|
| JAN 10TH @7AM | SS DUATHLON | SANDKEY PARK |
| JAN 11TH @8AM | 30/30 | DEL ORO PARK |
| JAN 12TH @6PM | TIMED 1/2 MILE | COACHMAN PARK |

SEE INDIVIDUAL FLYERS FOR MORE DETAILS! SPECIAL PRIZE FOR ANY KLR MEMBER WHO COMPLETES ALL THREE WORKOUTS! WE HOPE TO SEE YOU OUT THERE!

MOCK Super Sprint DUATHLON

AND TRANSITION CLINIC

POWERED BY KENNEDY LAW RACING

Featuring no snow! Fun walk, jog, run 1/2 Mile followed by a 5 mile bike around the park road and finish it off with a 1 mile walk, jog, run. Transition tips, tricks and hydration at the beginning and end! Chairs and bike racks will be available.

January 10th at 7am at Sand Key Park Clearwater



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2026 Winter
30/30
Sunday, January 11 & 25
*Jan 21 30/30 is in part with the Winter Wonderland Workout Challenge



8a Del Oro Park- Clearwater
ALL Levels Welcome- recruit a friend our two...

Ride over the Tampa Bay via Courtney
Campbell Bridge, then run the Ream Wilson
Trail towards Safety Harbor



Catch the Green Wave

**MONDAY NIGHT INTERVAL RUNNING GROUP
PRESENTS**

FINALE OF THE WINTER WONDERLAND WORKOUT CHALLENGE



**MONDAY JANUARY 12TH
@ 6:30PM**



WINTER TIMED 1/2 MILE

FUN

FREE

COACHMAN PARK IN CLEARWATER

Join us for the Timed-Half Mile! Test your speed in our NEW Fall Winter home. Warmup laps, Timed 1/2 Mile. Cool down fun and then meet at Downtown pizza afterwards.

**FREE AND FUN FOR ALL. HYDRATION PROVIDED
EVERYONE WELCOME.**

Powered by Kennedy Law Racing



KENNEDY LAW RACING NEWSLETTER



CATCH THE GREEN WAVE

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

WINTER WONDERLAND
WORKOUT CHALLENGE,
JANUARY 10-12TH

2026 TEAM PARTY: SATURDAY,
JANUARY 24TH

BDR-SAFETY HARBOR:
SATURDAY FEBRUARY 7TH

SID CASSIDY OPW WEEKEND
BOCA RATON FEBRUARY 14-15

**CATCH THE
GREEN
WAVE**



ARRIVALS



**NEW KLR
KITS TO
ARRIVE
LATE
FEBRUARY**

PLEASE UPDATE YOUR PAYMENTS BY
USING RUNSIGNUP. SCAN QR CODE.
ALL KLR MULTI-SPORT
FEES WILL RUN A
CALENDAR YEAR
STARTING 2026
PAY NOW FOR THE YEAR
UNTIL 1-1-2027



*MEMBERSHIP INCREASE 1-1-206
\$100 INDIVIDUAL/\$150 FAMILY

KLR Multi-Sport & KLR Aquatics Memberships



Winter Training

**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!

WINTER 2026 PRACTICE SCHEDULE

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



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



POWERED BY:





KENNEDY LAW RACING NEWSLETTER



CATCH THE GREEN WAVE

DAYTONA DELIVERS (ALL THE FEELS)

BY SAMANTHA

The scene is set in December 2023 at Clash Daytona. My third ever triathlon. KLR was of course there in full force. I was not. I had won a free race on a facebook giveaway and had many offers to ride with the team but I was too nervous. It was still an amazing time, I had never been on a track like this and my biggest race was Dunedin Triathlon. So this was a step up! I remember running over to the tent and saying "hi" to Al and Kristin and then swiftly running away. Literally. My shy self had no idea what would transpire in the next two years.

Fast forward to November 2025. I've been the KLR assistant for almost a year and Baby Benjamin is 3 months old. Al calls me up and asks my thoughts on coming to Daytona. I let him know that I would not be of much help since I would be bringing Benji along. Al reassured me that this was fine but they also thought I should race. The thought was tempting, although at this point I had not ran once, swam, or even knew where my bike was! Al did kindly suggest the Duathlon, so that at least took care of the swimming 🏊 After much reassurance and excitement from Kristen that Benji would be taken care of while I raced and that anyone staying in our AirBnB would not be offended by any possible night time crying, I agreed!

Al and the bike lab kindly took care of my bike, so at least it was in racing shape. I took it for a spin around the block and day before the race Al retaught me how to get on and off 🚲 I did take a few shake out runs and the timed mile, (shout out Monday Night Interval Running Group.) But I was still nervous, for everything!

One Jingle Jog, Duathlon, road trip and two night stay later, and it was just perfect! I had nothing to be nervous about (except the pain of racing). Brooke was the absolute best side kick and rode along with Benji and I the whole time. At one point sitting backwards in a car to feed/soothe him. Kim, Jiri, Brooke, Al and Kristen were absolutely perfect roommates and made us feel very comfortable on our big outing! And of course the whole team was just amazing. Looking back, a moment that really summed it up was at one of the awards ceremonies; a group of us KLR athletes were sitting there and Patti had kindly offered to hold Benji as I went up for my award. After that Patti got called up, then Brooke, then Jill, then Mandy, then Dougin and Benji got passed down the line as everyone went up to the podium! A perfect image of teammates and winning 🏆❤️😊

Anyway, long story short, I am so thankful to have been able to get back into racing and I would not have been able to do it without this amazing team! Everyone has been so kind, thoughtful, respectful, helpful, you name it, to me and Benji! I am so proud of my team and relieved that Benji gets to grow up with this amazing community and so many great role models! Oh and one more thing, another thank you to Tom and the team for the amazing stroller. The Jingle Jog was our first try really running with it, and went a bit wild but it kept Benji safe the whole time 🙌👶

♥♥♥♥ Thanks for being the best KLR ♥♥♥♥♥





KENNEDY LAW RACING NEWSLETTER



CATCH THE GREEN WAVE

IRONMAN FLORIDA “THE CENTURY”

In the history of our team there has been not another single event bigger than this. Our numbers were strong with nearly 100 participating, racing, cheering, Sherpaing and volunteering. We owe this historic event participation to one incredibly inspiring teammate and her love of the multisport world and puppies. Jill Walker has completed her 100th full distance Ironman branded race at Ironman Florida 2025! Only one other female has surpassed 100 and Jill isn't far behind! We look forward to cheering her on all along her journey as we will with any other teammates along their journeys.



On Thursday the Green Machine pulled into PCB with our squad of 5 and fully stocked to pull off the event of a lifetime. With little time to spare we checked into our lovely accommodations at the Calypso and headed out to the Embassy Suites next door where Jill Walker had prepared a pre race banquet to honor all her friends and teammates who had made the trip to be there for her. Delicious food and custom swag giveaways combined with photo reelz and speakers made for a wonderful evening. Sharing stories about Jill and how we've all met and shared in the journey was the highlight for most.



After a well earned night out with everyone we rested up in preparation for a practice swim early on Friday. Crystal clear water at 74° is just what we all needed to start the day. "A swim is the best way to start your day!" ~ Coach Bethany. Swim conditions for the practice swim were very good and race day only saw an improvement.



Breakfast was a must and after that we reconvened for a short shake out session. Most chosen to ride but Kristin and I were interested in a little run as she was the marathon runner on The "KLR Green Wave" Relay team. Rumor has it, it was a spicy shake out ride with a strong pull by Cheri Gray which is no surprise to me.



CONTINUED ON NEXT PAGE



KENNEDY LAW RACING NEWSLETTER



CATCH THE GREEN WAVE

IRONMAN FLORIDA "THE CENTURY"

By 2:30 that day most of our teammates competing were ready to drop their bikes and transition. We met to discuss some transition strategies and chat about all the Day Before anxiety that folks were having. After bike check in we went about our traditional evening before dinner and had Salmon, veggies and pasta. And a special shrimp appetizer made by Luis Q, who unknown to us had been a chef in another life. Incredible evening and sunset that night. Going to bed early in preparation for that 5am alarm.



Race morning brought a bit of a chill. Cold sand made for cold feet but our KLR parkas and an army of KLR Sherpas snapping pics and holding dog head cutouts reined supreme. Jill got to fire the cannon and the Sherpa squad got to watch nearly 50 KLR members and friends start their full or relays at the swim start.



After that the Sherpas went about preparing for the run course and the athletes went about crushing it on the bike. Which I must throw in, especially as a cyclist strong triathlete how impressed I am with our Co-director Brooke Bennett who has risen to the occasion of learning all the skills necessary to ride long and is looking forward to doing her first Ironman at Jacksonville in May. Others preformed phenomally on the bike with some relays getting close to breaking 5 hours!

Primo spot on the run course is the only way we know how to do things. With all the relay members from the swim and the bike done we had a legendary cheer squad. Plus we had members drive up to PCB just to cheer. Shout out to Amy, Bobby, Lucy, Ryan and Keith who made the trip just to support and cheer. Plus dozens of family members and people from our local multisport community. The night was long but once again we rocked it until the last member came in. Something I know that Greg Concannon appreciates tremendously. Doesn't matter if it's sub 11 or 16:29. We are all Ironman.



So many stories out on that course. So much inspiration and legendary performances. Our team thrived that night in every way imaginable. All thanks to Jill and her inspiration and incredible camaraderie. Towards humans and puppies. The next morning Kennedy Law Racing and Tom Kennedy himself put on an amazing beach side brunch to honor all the athletes who were there for Jill and herself.



In the end, we are so over the moon about our teams participation in Jill's 100th and Ironman Florida 2025! Every single one of you out there made and make this team what it is. Tom Kennedy is so proud of you all. Brooke, Samantha, and myself are so very proud and honored to call you teammates and we ALWAYS are looking forward to our next adventure. Our next race. Our next fun event. ALWAYS feel free to contact us with ANYTHING you feel appropriate! We love you!

Catch the Green Wave 🍀💚🐾🐾



KENNEDY LAW RACING NEWSLETTER

CATCH THE GREEN WAVE



PUSHING LIMITS IN MADISON: A WEEKEND TO REMEMBER

BY: DEVIN DEMSEY

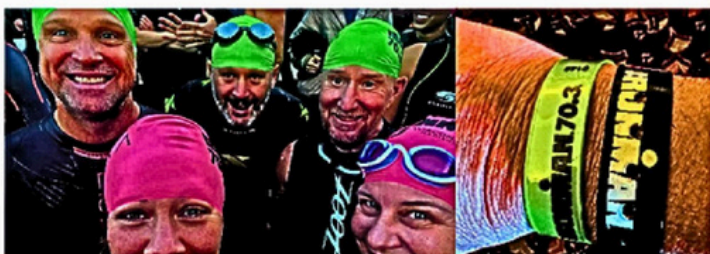
Last month, I had the opportunity to take on one of the biggest challenges of my triathlon journey: completing my first full Ironman in Madison, Wisconsin. But before lining up for the 140.6-mile test of endurance, I did something that made many friends and family members question my sanity – I raced the half Ironman 70.3 the day before.



Of course, I can't take full credit for this bold double-race idea. That honor belongs to Paul Gray, the true mastermind behind some of the "craziest" challenges our group takes on. Paul's vision for the crazy coupled with Dave Toms' willingness to say "YES" creates an environment that peer-pressure thrives in! Paul and Dave's enthusiasm and training mentality turned what seemed impossible into a plan we could actually tackle.



Alongside Paul and Dave, I lined up for both races, and together the 'Three Amigos' shared every mile, every laugh, and every struggle along the 140.6 mile course. On Saturday's half, we were had the pleasure to share the course with Cheri Gray and Jamie Clark, whose energy and encouragement carried us through the whole weekend, first as fellow racers and then as great supporters! We also had Jim Polacek and little Leo supporting us the whole weekend. Shout out to Leo for completing his first Ironkids event!



What most people didn't see, though, was the quiet challenge of Saturday night. After finishing the 70.3, the adrenaline wore off and reality set in...I believe Patty Zagami said it perfectly in this newsletter last month, "WTAF was I doing?" (seems to be a theme in this group 😊). We still had 140.6 miles waiting for us the very next morning. I think it is safe to say that each of us were wrestling with doubts – questions about whether our legs, minds, and bodies had enough left to finish what we started. It was in those moments, the strength of the team mattered most. Neither one of us were willing to let the other down. We drew confidence knowing that we were in this together and knew all of the miles we put in with all of our training friends.

The early morning hours before the full were filled with the usual pre-race jitters and tension. In true Paul Gray fashion, he shattered the tension like a baseball bat through frail glass with a 6:07 am text message, "Group workout today. Meet me at 6:15 in the lobby."

Racing alongside teammates transforms the challenge into something bigger than yourself – every high is celebrated together, and every low is met with someone at your side reminding you to keep pushing forward. Taking on two races back-to-back was daunting, and there were plenty of moments the day of and during the training leading up to it, where the finish line felt far away. But the support of my teammates, the shared smiles at the start line, and the determination throughout the weekend gave me the strength to keep moving. When we finally crossed the finish line in Madison, with the crowd cheering, and with the capital dome lit up behind us, it wasn't just my accomplishment – it was ours.

Triathlon is often called an individual sport, but weekends like this prove otherwise. It's the long training sessions shared, the encouragement on the hard swim sets and during intervals, the laughter on recovery runs, and the camaraderie on race weekends that make milestones like this possible. Without this team, the journey to my first Ironman finish would have looked very different.

I am incredibly grateful to be part of a club where support, friendship, and community matter as much as miles and medals. This Ironman wasn't about testing my limits – it was about being reminded that with the right people around you,

ANYTHING IS POSSIBLE.

ATHLETES SHOUT OUTS

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!



KENNEDY LAW RACING NEWSLETTER

CATCH THE GREEN WAVE



GAME ON KEY LARGO BY: AL JORDAN

Game On Key Largo was our 4th Big 6 Race Challenge event of the 2025 race season. And it did not disappoint!



First, Game On is without a doubt the best multisport race organization around. They feature incredible medals, finisher trophies, shirts, hats, and other swag. Post race food catered by local foodie spots. Great aid stations and volunteer support. Beautiful and clear race signage and company branding. Premier timing. And much more. All this is accomplished by a hard working team of dedicated workers lead by Race Director Willie Savoie! With years of multisport racing expertise, Game On delivers high quality time after time.



Key Largo, John Penecamp Park is an epic location for multisport racing. Warm summer waters, clear calm waters of a bay, short run to transition, a flat and fast out and back single loop for Olympic distance bike, and a neighborhood run in the shade!

The atmosphere, the hanging out, the group meals and Happy hour... It all hits a little different down in Key Largo. On our now 4th trip down there we've stuck to our tradition of cooking out together in our vacation rental. This year opting for tacos with the best ingredients prepared with all the love. And Guacamole for days! Libations and story swapping into the evening.



The crew? Yes, the crew! We had Stan Fivecoat who is the only member left standing in the Big 6 Race Challenge. Joel McCabe, Kristin Woodward, Heather Sampson and the relay teammates Lulu Duran and Gio, Karen and Russ Westerman, Bella and Clint Freeman and Brother-in-law Scott AND Coach Bethany Walter and Photographer Mark. Everyone raced, cheered and had an amazing time!





KENNEDY LAW RACING NEWSLETTER



CATCH THE GREEN WAVE



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





KENNEDY LAW RACING NEWSLETTER



CATCH THE GREEN WAVE

“Beat the Heat” Rainbow River June 28, 2025



by Brooke Bennett: KLR Co-Director/CAM Director

Rise before sunrise...

Travel north to parts of Florida that make you feel you’ve traveled out of state. There are no palm trees or white sand beaches. Rainbow River offers a slower pace of life and the beauty of nature. While life may “run” a bit slower here, the current of the spring fed river does not. Always at a perfect 72 degrees the choice to swim wetsuit, non-wetsuit, fins or no fins...the swim is yours! Swimming with friends or along side someone new, as over 100 athletes headed off, of all levels...we were part of ONE community!!

Stroke for stroke moving down river, waving to the tubbers, passing the upstream boats, practicing sighting, learning to be more comfortable in the water, or for those competitive few...seeing just how fast they good go. We are all winding down the river’s path to the finish--->you must touch (kiss) the duck! To cap off of the accomplishment of finishing for the 1st time, your longest swim, or if you’ve taken he journey more times than you can count it is time to gather at Swampy’s to cheers and enjoy a lunch!

THANK YOU EVERYONE FOR COMING OUT TO “Beat the Heat” Rainbow River powered by KLR. As always the man-legend behind this beautiful swim- OWS Leo.

He will have 2 more summer swims organized for Rainbow River: 8/16 and 9/13. Be sure to check those details out on Facebook.

SPM Longcourse Championships Northshore Pool: July 12-13th

**GET YOUR RACE ON- LONGCOURSE!
WE WILL HAVE A COACH ON DECK
FOR BOTH DAYS!!**

Sign Up

TODAY



2025 SPM Long Course Championship
7/12/2025-7/13/2025: USMS Swim Meet,
Individual Registration, St. Petersburg, FL -
Register Now!
clubassistant.com





KENNEDY LAW RACING NEWSLETTER

CATCH THE GREEN WAVE



ST. ANTHONY'S TRIATHLON

By: Al Jordan

Words can not do justice to how I feel about all the teammates who participated, volunteered and cheered at St. Anthony's. Being my first triathlon and being born at St. Anthony's hospital, it's always been a special race for me. This year just adds another layer. With over 50 KLR out there... I am so proud of this team. What we are doing in the community. The showing of support for not just each other but the races. The volunteering. The massive cheer squad! KLR Assistant Sam working her butt off to help me bring us an awesome experience. So many of our athletes did amazing! PRs, getting back to it, battling through injuries. Phenomenal job everyone! And the race organizers! Having this local race organized and put on perfectly by a cast of local heros... KLR salutes you! We of course look forward to being at this race every year! And look forward to exploring all possibilities to further support and volunteer this awesome race!

And if you read the first line, well, that was the short version in my mind. 🙌👏



CLEARWATER BEACH LIFEGUARD OCEAN MILE

BY CLEARWATER FIRE & RESCUE BEACH
LIFEGUARD SUPERVISOR KONRAD CIOLKO

THE OCEAN MILE SWIM, ORGANIZED BY CLEARWATER BEACH LIFEGUARDS DATES BACK TO EARLY 2000'S. THE EVENT WAS CREATED TO BRING THE BEACH COMMUNITIES TOGETHER AND PROMOTE OPEN WATER SWIMMING FOR ATHLETES OF ALL LEVELS. OVER THE YEARS THE EVENT GAINED POPULARITY AND QUICKLY BECAME ONE OF THE MOST HIGHLY ANTICIPATED RACES IN THE AREA. THEN THE EVENTS PROCEEDS ALLOWED CLEARWATER BEACH LIFEGUARDS TO ATTEND STATE AND NATIONAL LIFEGUARD COMPETITIONS, SUPPORT JR. LIFEGUARD PROGRAM, AND PURCHASE NEW RESCUE EQUIPMENT. BRINGING BACK THE OCEAN MILE SWIM THE GOAL IS TO GIVE BACK TO THE COMMUNITY BY SELECTING A LOCAL CHARITY TO DONATE THE PROCEEDS. THIS YEAR'S EVENT THE SELECTION WAS THE CRISIS CENTER OF TAMPA BAY, WHICH FELT LIKE A PERFECT FIT DUE TO THE CATASTROPHIC HURRICANES LAST YEAR THAT AFFECTED OUR COMMUNITIES AND INDIVIDUALS FROM ALL WALKS OF LIFE. THIS YEAR'S EVENT WAS A CHALLENGING ONE! MOTHER NATURE BROUGHT A TRUE MEANING TO A PHRASE "OCEAN MILE SWIM" WITH RAIN AND STRONG LONGSHORE CURRENT WITH TWO-FOOT CHOPPY WAVES. HOWEVER, ALL PARTICIPANTS WERE UP FOR THE CHALLENGE AND CHARGED THE COURSE WITH SMILES AND HI-FIVES. WE ARE LOOKING FORWARD TO CONTINUING THE TRADITION OF CLEARWATER BEACH LIFEGUARD OCEAN MILE SWIM FOR YEARS TO COME.





KENNEDY LAW RACING NEWSLETTER

CATCH THE GREEN WAVE



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!



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 DOUGAN" 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



KENNEDY LAW RACING NEWSLETTER



CATCH THE GREEN WAVE

BEST DAMN RACE SAFETY HARBOR 2025

4:30 AM is an aggressive time of the day. But there Samantha Northrop and I were... Prepared to conquer our first race on the schedule. And that is just what we did!

Best Damn Race Safety Harbor is a phenomenal venue put on by a cast of incredible employees and volunteers. Huge expo space, scenic courses, boujee swag and well played post race snacks and "hydration".

Kennedy Law Racing athletes were out in full force with 25+ members racing and participating in the 3 events. The best part of that is that everyone has a story. Some were battling back from sickness or injury. Some were kicking off their season or getting back to it. Some were running with teammates. Everyone has a story and that is AWESOME! In every way, KLR athletes rise to the occasion in sportsmanship and comradery. Each and every one succeeding in their own way. Congratulations to everyone who was racing for the Green and Black!

We had a great amount of folks volunteering both for the BDR organization and just out cheering on friends! Hats off to you for bringing the spirit and fun!

In all, Kennedy Law Racing is so thankful for all who represented and for making this first race of the 2025 season so special. Thanks again, KLR members

BDR PICTURES



ROWDIE GAINES SWIM MEET



KAREN
WESTERMAN
AND TONI
LEHMAN
PROUDLY
REPRESENTING





KENNEDY LAW RACING NEWSLETTER



CATCH THE GREEN WAVE

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
a KLR proud sponsor!



Neurosomatic
specialists are a
proud sponsor of
Kennedy Law
Racing!

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)

WHERE PERFORMANCE
MEETS PRECISION
NO APPOINTMENT
NEEDED
AS A KLR MEMBER-
SAME DAY- FOR MOST
SERVICES, TUNE UPS
BIKE FITTINGS & MORE!!



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.



KENNEDY LAW RACING NEWSLETTER



CATCH THE GREEN WAVE

