



KENNEDY LAW RACING NEWSLETTER



FEBRUARY
2025

**CATCH THE
GREEN WAVE**



KLR ANNUAL BANQUET **SUNDAY, MARCH 9TH 4-6PM @ HOB**

With Best Damn Race Safety Harbor in our rearview(check out page 3) mirror we are looking forward to honoring our members who raced an Ironman this year for the first time proudly representing Kennedy Law Racing with our team embroidered jacket. In addition, we'll be presenting trophies to extraordinary athletes, mingling with teammates and friends and having some delicious food and drinks. March 9th HOB Dunedin. KLR/CAM members plus 1 invited.

CLASH MIAMI FIELD TRIP AND RACE WEEKEND

Join us in not so hot Miami on March 28th-30th for an amazing weekend of racing, hanging out and lots of fun! This will be the first of our Big 6 Races on our schedule for 2025. See our team schedule for more.

Redline Relay will be March 28th and will need a road bike with no aero bars for participating. Join the relay team now. Ask Al Jordan for details.





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KLR 2025 AND BEYOND THE NEXT CHAPTER

Throughout the year we will be implementing some exciting new things. Our Cycling program will get back up to speed, social media presence greater, more swim and cycling clinics and our first year of the Big 6 races format. The Big 6 Races will be Clash Miami, St. Anthony's, Gulf Coast 70.3, Game On Key Largo, Ironman Florida, and Clash Daytona. Every year for the foreseeable future we will be at these 6 races in full support of all KLR athletes who attend. We will also feature a special award given to all athletes able to conquer all of the Big 6 in the same year. Much more to come in 2026.

Co-directors Brooke Bennett and Al Jordan, along with KLR Assistant Samantha Northrop, are excited to take the reins this year and take Kennedy Law Racing to the next level for our athletes, the Tampa Bay triathlon community and beyond! Catch the Green Wave!

"I am honored for the opportunity to work hard and provide an incredible experience for our teammates alongside, Brooke Bennett and Samantha Northrop, 2 great friends and amazing humans! Looking forward to representing Kennedy Law Racing and Tom Kennedy." ~Al Jordan

"It is hard to put into words really...I know shock for me right. Since stepping into the role as CAM Director I felt so welcomed. To now be in the position to carry on the great tradition that started with Tom's vision 10 years ago. I am completely honored to lead you to your health, happiness, and goals alongside Al and Sam." ~Brooke

"Since moving to Florida in 2022, KLR has been one of the biggest and most welcoming supports for me! I was introduced to the Triathlon world and have fallen in love with the sport and the teammates that make it. I am very grateful and honored to be able to be a part of a team that has meant so much to me, even in the short time I have been a part of it. I am so excited for even more opportunities to serve and support others in their journey. Thank you Kennedy Law Racing and Tom Kennedy for creating this welcoming and supportive team!" ~Samantha

ATHLETES SHOUT OUTS

Croom Zoom - Gordie May
Say No to Drugs - Trish Taylor, Ron Haney, Stan Fivecoat, Melanie Walters
Disney Running - Greg Concannon, Ryan Kaelin
Chilly Willy - Trish Taylor
Rowdie Gaines Swim Meet - Karen Westerman, Toni Lehman
Best Damn Race Safety Harbor - Whole lotta Green and Black!





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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!

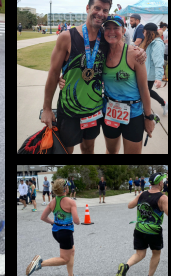
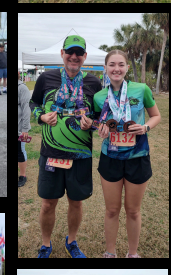
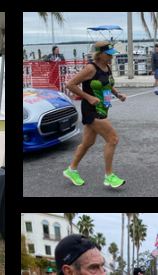
Best Damn Race Safety Harbor is a phenomenal venue put on by a cast of incredible employees and volunteers. Huge expo space, scenic courses, boujee swag and well played post race snacks and "hydration".

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





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CAM NEWS FROM BROOKE BENNETT

Longcenter Renovation Project Starting February 18th. Please review the schedule posted for our temporary homes during this time. We thank you for your patience and understanding while our home receives a \$14 million upgrade by the City of Clearwater.



JOIN US

**STARTING
FEB 18TH**

PRACTICESCHEDULE

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

**TUESDAY & THURSDAY 10:00AM
ROSS NORTON
1426 S MLK JR AVE CLEARWATER**

**TUESDAY & THURSDAY 7:00PM
MORNINGSIDE
2400 HARN BLVD CLEARWATER**

**SATURDAY POOL: TBD
*SAND KEY 7:30AM
SWIM/RUN WHEN GULF WARMS UP**

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

*FOR MORE INFO EMAIL:
KENNEDYLAWRACING@GMAIL.COM

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



POWERED BY:



MONDAY NIGHT INTERVAL RUNNING GROUP

The quarterly Timed Mile will be on February 17th at Crest Lake Park in Clearwater. Come out and test your Mile pace, get a baseline for your speedwork, mingle with running pals, and have some delicious ice cream afterwards. as with all MNIRG workouts all are welcome and hydration is provided.

CYCLING NEWS AND UPCOMING EVENTS

**CHECK OUT OUR CYCLING SCHEDULE
ON FACEBOOK**

**HONOR RIDE FEBRUARY 8TH-
ST. PETE**

**THE BIKE LAB VALENTINE'S RIDE
FEBRUARY 16TH - DUNEDIN**

**GRAN FONDO MARCH 23RD -
DADE CITY**

**REDLINE RELAY MARCH 28TH -
MIAMI**

SATURDAY SWIM RUN MEETUPS

WILL BE BACK STRONG STARTING
IN LATE FEBRUARY! UNTIL THEN
CHECK
OUT THE CAM SATURDAY SWIM
SCHEDULE





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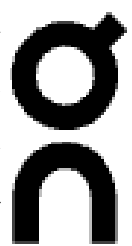
SPONSORS AND PARTNERSHIP

MORE PHOTOS OF KLR AT EVENTS



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!

