

KENNEDY LAW RACING

FEBRUARY

2026

NEWSLETTER

CATCH THE GREEN WAVE

BDR WEEKEND!!

FEBRUARY 7TH

TEAM AREA & MORE



SAND KEY OPENWATER SWIM SERIES: MARCH 7TH

We'll be out at Sand Key Park to support the open water swim community and OWS Leo for the first race of the series. Plenty of volunteering to be done if you don't fancy the cooler waters.

CLASH MISSISSIPPI RACE WEEKEND MARCH 27-29TH

Join us at Clash Endurance's new Spring venue! Coastal Mississippi will be 3 days of Multisport fun, including 2 days of collegiate racing in which we can both spectate and volunteer. Huge way to give back to the greater multisport community! March 27th-29th, with the 29th being all age group multisport events. This will be the first of our Big 6 Races on our schedule for 2026. See our team schedule for more.

Best Damn Race Safety Harbor will be our first FULLY supported race of 2026. Team tents, chairs, gear storage, hydration, libations, snacks AND epic cheer squad featuring dancing sharks. Temperature is looking good too. Whether you come to race, cheer, and/or volunteer it should be an incredible day filled with all the camaraderie that is tradition at our season opener. We hope to see you out there!



5K • 10K • Double Challenge
Half Marathon
SATURDAY
February 7, 2026
HALF 7:35 am
10K 7:05 am
5K 9:15 am

March 27th - 29th, 2026

CLASH COASTAL MISSISSIPPI

JONES PARK

Gulfport, Mississippi

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KLR 2025 TEAM PARTY RECAP @HOGG DADDY'S



Phenomenal turnout for our Annual Team Party and Awards! Great times and great atmosphere at Hogg Daddy's where we mingled and celebrated all our teammates amazing accomplishments from the 2025 season. Huge shout out to the owner and staff of this happening Clearwater Beach establishment!

2025 TEAM AWARD RECIPIENTS

- Gail Arnold Norman - Athlete of the Year!
 Jill Schoder Walker - 100th Ironman
 Stan Fivecoat - The Big 6 Race Challenge
 Stephanie Miller and Salt Shack Tim - Lifetime Achievement
 Nick Agajanian -Male Triathlete
 Lisa Page McFadden -Female Triathlete
 Ron Haney -Male Runner
 Trish Taylor -Female Runner
 Joel McCabe - Male Ultra Runner
 Deb Castelli Turner -Female Ultra Runner
 Devin Dempsey -Male Performance
 Patty Paolicelli Zagami -Female Performance
 Dougin Walker -Male Swimmer
 Karen Pitre Westerman -Female Swimmer
 Michael Gardner -Male Duathlete
 Patti Spence -Female Duathlete
 Lexi Atherholt -Rookie
 David Wrassmann -Volunteer
 Bella Freeman- Youth Athlete
 Paul Gray and Cheri Larson Gray -Couple
 Amy Tebbe -Spirit Award

140.6 Jacket recipients...

- Achim Dieterich
 Devin Dempsey
 Joel McCabe
 Larry Wilson



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KLR MANAGEMENT RUNSIGNUP

AS KENNEDY LAW RACING BEGINS ITS 12TH SEASON AND EIGHT MONTHS AFTER MOVING MEMBERSHIP DUES TO RUNSIGNUP, ALL MEMBERS MUST BE REGISTERED THROUGH RUNSIGNUP TO MAINTAIN ACTIVE STATUS.

ATTENTION

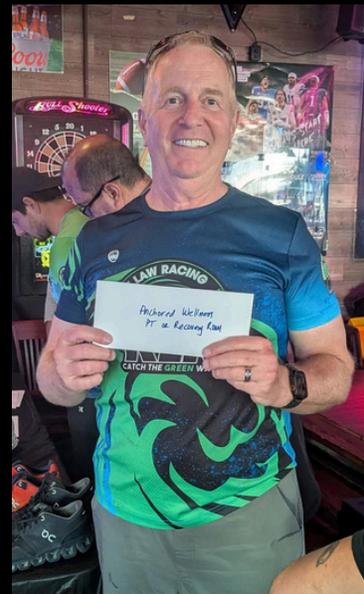
IF YOU STILL HAVE PAYMENTS THROUGH PAYPAL, PLEASE STOP THEM IMMEDIATELY AND NOTIFY US!

MEMBERSHIPS ONLY CURRENT AND ACTIVE THROUGH RUNSIGNUP!

RUNSIGNUP ALLOWS EASY ACCESS TO DISCOUNTS, PAYMENT UPDATES, AND MEMBERSHIP LEVEL CHANGES (INCLUDING KLR AQUATIC MASTERS).

ANNUAL MEMBERSHIPS RUN JANUARY 1-DECEMBER 31

TEAM PARTY PICS



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KLR MASTERS NEWS FROM BROOKE BENNETT

ONE YEAR INTO RENOVATIONS AND WE'RE GETTING CLOSER TO THE FINISHED PRODUCT! HUGE THANKS TO EVERYONE WHO KEEPS CONQUERING THE COLD, SHOWING UP DAY AFTER DAY, AND PUTTING IN THE WORK. TRAINING HARD, DIALING IN DRILLS, AND TRUSTING THE COACHES IS WHAT MAKES THIS GROUP SPECIAL. LET'S POWER THROUGH THE WINTER, FINISH STRONG, AND GET READY TO SOAK UP THE ENERGY AND BEAUTY OF SPRING AHEAD! 🏊💪

LONG CENTER RE-OPENING IS CURRENTLY TRACKING FOR JULY 2026—COUNTING DOWN! 🎉

[CLICK HERE](#)

If you have yet to renew your USMS Membership



weekly emails
Friday @ noon

If you are not on the list
email us to be added:

kennedylawracing@gmail.com



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!

JOIN US

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:



Dave
2025
Volunteer



Karen
Rowdy Gaines
High Point

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SEASONAL CYCLING AND WORKOUT CHALLENGES



WE'RE BRINGING YOU EVEN MORE AWESOME OPPORTUNITIES TO GET TOGETHER WITH TEAMMATES AND

FRIENDS FOR HIGH-QUALITY WORKOUTS IN SAFE, SUPPORTIVE ENVIRONMENTS. LOOK FOR GROUP RIDES WITH OUR PARTNERS AT THE BIKE LAB, PLUS RUN AND TRANSITION CLINICS WITH ST. PETE RUNNING COMPANY. OUR SPRING WORKOUT CHALLENGE KICKS OFF IN EARLY APRIL—STAY TUNED FOR DETAILS! AND OUR NEXT 30/30+ IS RIGHT AROUND THE CORNER. WE CAN'T WAIT TO SEE YOU OUT THERE!

RIDE INTO 2026 IN STYLE HUGE BMC SALE!!!

MORE 30/30's

Super Bowl Sunday 2/8 & 2/22
8a Del Oro Park



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

Group Ride Coming from The Bike Lab
March 22nd! More details to come

MONDAY NIGHT INTERVAL RUNNING GROUP

The Winter Timed Mile will be March 2nd!
And the Spring Timed Half Mile will be in early
April. We also look forward to more incredible
sunsets at Coachman Park and our return to our
Spring/Summer home of Eagle Lake Park.
Follow our Facebook page to stay updated.



SATURDAY SWIM RUN MEETUPS

We will be staying out of the water until water temperatures reach safe swimming criteria. 65°> In the meantime we'll be hosting some more Mock Super Sprint Duathlons and Transition clinics when weather permits and some fun run activities. Join us on Saturdays at 7:33 am at Sand Key Park. Follow our Facebook page to stay updated about activities and possible cancellations.

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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

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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



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!

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(727) 939 - 6095 (voice or text)

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



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.

MORE PHOTOS OF KLR AT THE TEAM PARTY





**DEB & KONRAD
A FRIENDSHIP BUILT
OVER IRONMAN FL..
THESE 2 ARE TROUBLE!!**

**PATTI & JILL
CONFIRMING THE
DOG COUNT!**

**NO ONE WILL KNOW WE
TOOK A REST AT THE TOP..
IN ALL THIS FOG!!
JOEL & CLAUDIA**



**WE GOT THIS!!!
RON & BRUCE**

**50K...AH THAT'S JUST
MY WARMUP!
STEPHANIE**

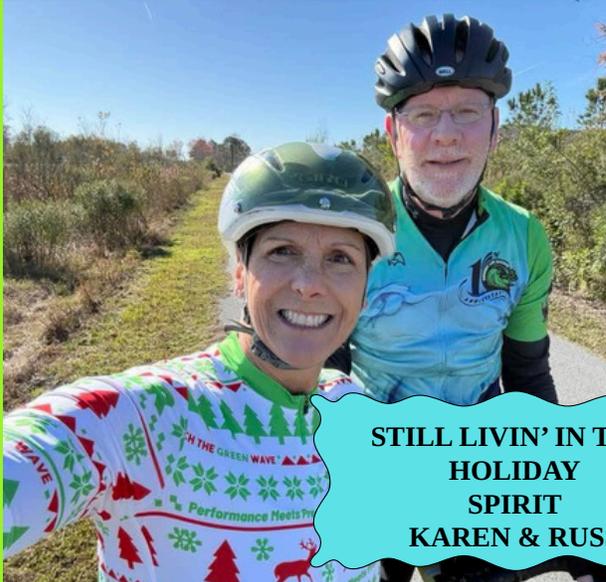


**NEVER LOSE THE
JOY OF THE RACE!
GORDIE**

**IT'S EASIER
WITH A TEAM
DANIEL & MARLYNNE**



**HOLD UP STEPHANIE,
I'LL JOIN YOU!
BRUCE**



**STILL LIVIN' IN THE
HOLIDAY
SPIRIT
KAREN & RUSS**

**OH NOOOO...
LONGCOURSE...
BUT IT'S HALF THE LAPS!!
JIRI & KIM**