



KENNEDY LAW RACING NEWSLETTER



**JULY
2025**

**CATCH THE
GREEN WAVE**

6 MONTHS OF AMAZING KENNEDY LAW RACING

WE ARE CELEBRATING SIX MONTHS OF OUR INCREDIBLE TEAM WITH A RECAP OF ALL THE GOOD TIMES AND HIGHLIGHTS OF THE 2025 SEASON.

BUT FIRST... CHECK OUT OUR...

2025 SUMMER SLAM WORKOUT CHALLENGE

summer slam

KLR

Saturday: July 12th 7a
OPW Clinic Sand Key

Monday: July 14th 6:30p
MNIRG Baby Shower for Sam
Eagle Lake Park

Saturday: July 26th 7a
Ride with Olympian Noah Lyons
The Bike Lab-Dunedin

Join US for
ALL 3 and get a special invite to KLR Happy Hour
at the END of Summer!!

catch the green wave

THE 2025 SUMMER SLAM WORKOUT CHALLENGE WILL FEATURE THREE KENNEDY LAW RACING WORKOUTS! STARTING WITH THE 2ND OPEN WATER SWIM CLINIC OF THE YEAR AT SAND KEY PARK ON JULY 12TH AT 7AM. #2 JOIN US FOR SAM'S MNIRG BABY SHOWER AT EAGLE LAKE PARK ON JULY 14TH AT 6:30PM. TO WRAP IT UP, WE WILL FINISH IT OFF WITH AN INCREDIBLY FUN RIDE WITH OLYMPIAN NOAH LYONS STARTING AT THE BIKE LAB ON JULY 26TH AT 7:00AM. ALSO, DON'T FORGET ABOUT THE OPPORTUNITY TO TRY ON AND FEEL OUR NEW POSSIBLE APPAREL VENDOR AT THE RIDE. COME TO ALL 3 WORKOUTS AND YOU WILL GET A SPECIAL INVITE TO A HAPPY HOUR HELD AT END OF SUMMER. WE HOPE TO SEE YOU THERE!

2025 SUMMER SLAM WORKOUT EVENT

OPW Tips & in the sand crosstraining #2

4 USMS Certified Coaches
4 Ocean Rescue Lifeguards
Plus 1 Mermaid

FREE to ALL KLR & CAM Members
plus you can bring a friend!!
Signup TODAY!!!
kennedylawracing@gmail.com

KLR

7:15am arrive
7:30am beach run & more
8:00am opw drills & group swim
8:30am snacks & refreshments
*Fit for ALL Levels!

FREE

Saturday, July 12th Sand Key Park (North Bathrooms) *meet on the sand at the KLR Tent!

BIKE LAB

TAKE A FUN RIDE WITH AN OLYMPIAN (20 MILES)

SATURDAY: JULY 26TH
BEVERAGES & SNACKS PRE & POST RIDE

KLR

MEETUP: 7:00AM
GROUP A: DROP LEAVING AT 7:30AM
GROUP B: NO DROP 7:15AM WITH *PIT STOP AT SAND KEY PARK

LEAVING THE BIKE LAB, ROLLING DOWN THE TRAIL TO CLEARWATER BEACH, SAND KEY, & BELLAIR, BACK UP THE TRAIL TO THE BIKE LAB!

2024 Windsurfing / iQFoil Paris Olympian Noah Lyons

KENNEDY LAW RACING INVITES EVERYONE

BABY SHOWER

HONORING
SAM & BABY BOY

MONDAY: JULY 14TH

EAGLE LAKE PARK
AFTER RUNNING!!
PIZZA & CUPCAKES
WE WILL START INTERVALS AT 6:30PM

BABY REGISTRY

MONDAY NIGHT

Interval Running Group



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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 KAEIN
FEMALE RUNNER OF THE YEAR - LAURA DRAKE COLE
YOUTH TRIATHLETE - BELLA FREEMAN
ROOKIE OF THE YEAR - LEO BUDO

"JILL AND DOUGIN" 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
MARK DONAGHY



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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!

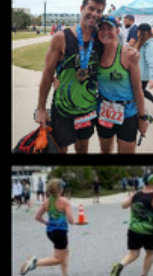
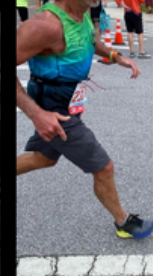
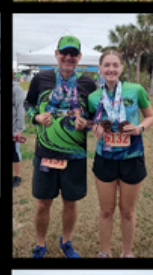
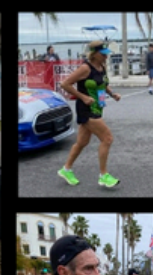
Best Damn Race Safety Harbor is a phenomenal venue put on by a cast of incredible employees and volunteers. Huge expo space, scenic courses, boujee swag and well played post race snacks and "hydration".

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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CLASH MIAMI WEEKEND REDLINE RELAY

What an incredible weekend at Clash Edurance-Miami to kick off the season the first of the BIG 6!!

11 athletes; covering 5 different events: Red Line Relay (8 person team 3rd place podium), Miami Distance, Sprint Tri, Duathlon, and 1-mile Swim. 6 podiums. Claudia, Brooke, Mandy, Jill, Dougin, Michael.

The energy was electric, the course had its challenges but the grit was "rockstar" status by ALL in green and black—>Stan, Tom, Gary, Leo, and Al! To top off the competition...We are coming home with the 1st ever Team Challenge Award!

In addition we gave back to the triathlon community with an top notch aid station on the Collegiate Athletes course.

Huge Congratulations to all who attended, participated, cheered and volunteered! Was an amazing experience for the team.



CLASH MIAMI WEEKEND REDLINE RELAY

TESTIMONIAL BY MICHAEL GARDNER

THIS PAST WEEKEND I JOINED KLR AT CLASH IN MIAMI AND COMPETED IN THE REDLINE RELAY WITH 7 OTHER KLR MEMBERS WHICH WAS SO FUN AND EXCITING. OUR TEAM TOOK 3RD PLACE IN THE REDLINE RELAY AND TO TOP IT OFF ON SUNDAY AT THE AWARDS CEREMONY, KLR WAS AWARDED THE "TEAM CHALLENGE AWARD" FOR THE 1ST TIME THANKS TO THE SMART STRATEGIC PLANNING OF OUR 2 DIRECTORS – AL JORDAN & BROOKE BENNETT, ALONG WITH THE HARD WORK AND DEDICATION OF ALL KLR MEMBERS THAT TOOK PART IN ANY AND ALL OF THE EVENTS AT CLASH MIAMI.

BEING THE FIRST EVENT, I HAVE ATTENDED WITH KLR, I WAS AMAZED AT THE DEDICATION AND COMMITMENT OF THE OTHER KLR MEMBERS. ALL KLR MEMBERS WERE EXTREMELY NICE, HAPPY AND PROFESSIONAL AT ALL TIMES. I AM VERY HAPPY TO BE A PART OF THE KLR FAMILY.





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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 heroes... 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. 🙌👏



ST. ANTHONY'S
TRIATHLON



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.





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GULF COAST 70.3

NO SWIM & STORMS!!

BY: LEO BUDO

Gulf Coast 70.3: A race of fun, winds, challenges, smiles, and pain

My first 70.3 of the year, I was quite excited to travel up to Panama City to race it since last year I had to postpone due to my collarbone injury. However, this time, it was going to be representing the green and black numbers of Kennedy Law Racing!

Two nights before the race, I had the pleasure of having a great dinner with my teammates and my family, having a blast with smiles and laughs. It made me happy to know that I was in a good community to race hard with, as we all share the pain and smiles of this sport.

The morning of the race, I had discovered that the swim had been canceled due to weather conditions which left me disappointed, but I understood the reasoning behind it. I knew with how the weather was that I was going to be in a tough time out there on the bike. For the first 45 miles on the bike, I felt relaxed, hitting solid paces and staying comfortable. Passed by a few teammates and had a nice little chat with them individually. After coming up to 45 miles into the ride, I knew that it was going to be a rough one on the way back as winds were up to 30 miles per hour. I felt stationary, pushing hard yet no sign of any speed picking up. But I kept persisting until this hellish stretch was over.

Coming off the bike, I made a pretty fast transition (with a pee break of course) and took off onto the run course. I felt tired in the legs and faced some pretty hard cramps, so I kept a pace I knew I could hold without seizing up ever mile. I ended running into a guy named Mike and we ran together the whole way. Turns out, he was an Olympic Trials qualifier for the 100-meter swim and had also lived a few blocks from me. Despite both of us cramping and hurting, we still had some smiles and laughs along the way. Crossing the finish line, I felt happy to add another endurance race under my belt of experience and also waving the green and black colors of the team. It was a great experience out there to be a part of this team and to meet new people.

I cannot wait to do more races with Green Wave!

P.S. Coke and Mich Ultra mix is awesome!

PICS OF LEO BUDO AT GC 70.3





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“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 the 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





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

**JULY 12TH: OPEN WATER CLINIC
SAND KEY PARK**

**JULY 14TH: SAM'S MNIRG BABY
SHOWER AT EAGLE LAKE PARK**

**JULY 26TH: RIDE WITH NOAH AT
THE BIKE LAB DUNEDIN**

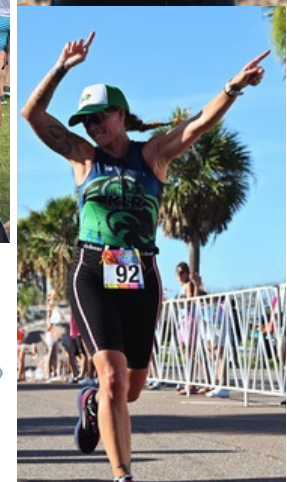
**AUGUST 2ND: TOP GUN
TRIATHLON, FT. DESOTO**

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

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

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

MORE PICS OF KLR BEING LEGENDARY





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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

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!

MORE PHOTOS OF KLR AT EVENTS





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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.

