



# KENNEDY LAW RACING NEWSLETTER



**JUNE**  
**2025**

**CATCH THE  
GREEN WAVE**



## RAINBOW RIVER SWIM \*WATER TEMP 72\*



## GAME ON KEY LARGO AUGUST 17TH

This will be our 4th of the Big 6 Race Challenge of the 2025 race season! We have accommodations setup already. If you are interested in attending this incredible weekend please reach out to Al now! We'll be rolling out on Friday morning and coming home by Monday at 4pm. Epic adventure awaits at this awesome race put on by Game On Race Events. Beautiful swim in a protected Bay. Flat and fast bike, with a scorching run in the summer heat. Believe me! It's fun! Did I mention there is every multisport option available! Plus, we'll have our cookout and hang session at our beautiful accommodations. Join us in tropical paradise!

## Saturday, June 28<sup>th</sup>

7:00-7:45AM arrive at Swampy's Restaurant(  
(19773 E. Pennsylvania Ave Dunnellon (2+ hr drive)

\$5 parking fee

\*if parking at KP Hole arrive not later than 7:15AM & make reservation with park  
beforehand

Starting at 7:45AM shuttles up to KP Hole

8:00AM Park Opens-**EVERYONE PAY \$7**

\*Prepare for your swim- suit, cap, goggles, wetsuit, swim safety buoy, fins

8:40AM GROUP PHOTO & Safety Briefing with Leo

8:45AM Swim Stark: 5k Downriver

Finish at the GIANT Duck \*Don't go under the  
bridge

\*Starting at 10:30a shuttle to KP Hole for those who parked there

11:00AM Swampy's Opens for Lunch  
those interested in staying



\*if you are interested in a ride from Clearwater & back  
email: kennedylawracing@gmail.com

445am at Longcenter/plan to return after lunch!







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## TAMPA BAY BABES TRIATHLON JUNE 22ND

Meet us at Fort Desoto Park for this all women's triathlon! This is a great race for first time triathletes and just as fun for experienced ones as well. They offer a sprint distance, relay and virtual option. If you have been looking for an excuse to dip your toe into the tri world, gathering up your girlfriends of all different strengths and doing a relay together is a great way to start! This race will be full of amazing support for each other. There is still time to sign up to race or volunteer. Men, you are not completely left out, there is room on the MOB Squad, so join the morale and muscle crew!

(More info on the Tampa Bay BABES Triathlon Facebook)

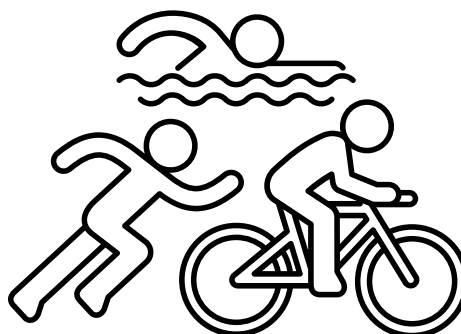


## TOP GUN TRIATHLON AUGUST 2ND

Kennedy Law Racing will be out at Ft. DeSoto for our final race of the 4 Locals Challenge. If you have raced or participated in St. Anthony's, Dunedin, Ft. DeSoto Series June 1st and Top Gun you will receive a special award at our annual team party.

We look forward to seeing this race returning to its roots of being the go to summer race in our hometown. This will also be a great race to give back to the multisport community and volunteer.

We hope to see 👁️ you 🙌 out there!





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**CATCH THE GREEN WAVE**

**BONUS**

**70.3 AUGUSTA  
FOR YOU!**

That's right! For you! We caught wind of a contingency of KLR teammates planning the trip to Augusta, Georgia so we've decided to be there in full support of you. Brooke and Al will be there and we'll have some amazing cheer squad members in tow. Double tents, ample seating, gear storage, all the amenities!

As we work hard to elevate your experience as a Kennedy Law Racing Team member, we want to be where you are racing as much as we can be! To help celebrate your accomplishments and support the multisport community!

## DUNEDIN TRIATHLON BY DANIEL PEACOCK

On Sunday morning I was supposed to race Special Olympics at Dunedin Triathlon but instead decided to go and cheer on KLR and Special Olympics.

I had a lot of fun with Samantha at the KLR tent cheering all of my teammates on!

I took a lot of pictures with my friends at the swim start, and on the bike.

I also like spending time with Samantha and helping with CHEERING!

I really enjoyed going out to Dunedin and hanging out at the KLR tent. I want to get back into racing again...



## RUN SIGN UP MEMBERSHIP INFORMATION VERY IMPORTANT

**by: Brooke Bennett KLR Co-Director/CAM Director**

### **NEW Membership Platform- RunSignUp**

Thank you to all those who have swap your membership over. Please make sure you are reviewing and moving over to the new platform. We will be using May as our transition month, beginning June 1<sup>st</sup> I will be asking coaches to do a deck check for CAM Members. You may pay cash (sealed envelope with name and amount) or Check (Kennedy Law Racing) to your coach on deck if you wish. But please do 1 month via RunSignUp so a waiver is filed.

KLR Members- your annual fee for 2026 is due at your soonest convenience, Start of 2027 all annual memberships will "streamline" to a calendar year. If you have an issue with a PayPal charge and need a refund, you must provide an image of that charge via email for review to be refunded. If you have any questions or concerns please email: Brooke at kennedylawracing@gmail.com. We THANK YOU for your support to allow us to better organize the TEAM for KLR Management.

# TEAM



## **ATHLETES SHOUT OUTS**

May was a stellar month for the Green and Black! We had dozens of members racing, participating, cheering and volunteering all around the world! On behalf of Tom Kennedy, Kennedy Law Racing and the entire management team...

We are beyond grateful and incredibly proud of all you do for the community! Thank you!





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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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## CHATTANOOGA 70.3 1ST TIMER, KIM NOVAK

By: Kim Novak

When I first signed up for Chatty 70.3, I wasn't really sure what I was getting myself into. I'd done one triathlon—a sprint—in 2010, and now I was registered for 1.2 miles of swimming, 56 miles of cycling, and a half marathon! Umm, sure... okay!

We in KLR are fortunate to have some amazing triathletes with loads of experience, always ready to offer their wisdom and support to help us maximize our training sessions. I'm especially thankful to our teammate, Paul Gray, for setting me up with a training plan that was realistic and worked with my daily responsibilities and work schedule. What began as a personal challenge quickly became something much more meaningful. Training for and completing this race allowed me to discover my own strength and resilience.



Swimming was the most challenging discipline for me to conquer and truly feel confident in. I had a HUGE fear of the water—I only learned how to swim about three years ago! To get more comfortable, I spent a lot of time training in the pool two nights a week with Jiri, my husband. But as we all know, most triathlons are open water, so to face that fear head-on, I started attending the Saturday Open Water Swims at Sand Key with Al. Once I felt more comfortable, I joined Leo for a few of his Rainbow River Swims to prepare for longer distances and get used to swimming in a wetsuit. I'm incredibly grateful for the support and patience our swimming community shows to athletes of all levels.

Now, I'm just going to say it: I'm one of those riders who HATE riding on the roads here in Florida. To prepare, Jiri and I spent many hours on the Pinellas Trail. I was also lucky to have a KLR teammate introduce me to Fulgaz (an indoor cycling app), which gave me the chance to train indoors when I couldn't get outside. Many hours were spent running on the treadmill or around our local park. When possible, I joined friends and teammates for runs on the Belleair Bridge and through the neighborhood. My KLR teammates helped me understand the importance of brick workouts, so after biking, we'd go for a run—or after swimming, we'd run around the park near the pool. Damn, brick workouts are hard! But so necessary for race day!



I can't even begin to describe the energy of the weekend—TOTAL sensory overload!!! It was an emotional roller coaster. One minute I'd be psyched and ready to go, and the next I'd be bawling my eyes out thinking, "What the hell did I get myself into?" I was honestly scared sh\*tless going into the race, and I'm thankful for my teammates and the random strangers who helped calm my nerves. Continued on next page...







# KENNEDY LAW RACING NEWSLETTER

CATCH THE GREEN WAVE



## CHATTANOOGA 70.3 1ST TIMER, KIM NOVAK

By: Kim Novak

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Huge thanks to Tom Kennedy for supporting the Kennedy Law Racing Team athletes in Chatty!!! And to one of our amazing leaders, Al Jordan—thank you for making the trip to support our team. It meant so much to this newbie. The day before the race, our team rode the run course, and Al—being the awesome human that he is—drove us along the entire bike course. Getting to preview both the run and the ride really helped me prepare mentally for race day. Al even strategized with me while we drove the bike course—his tips were buzzing through my head all race long.

Race officials made the call a few days before the event to cancel the swim due to dangerously strong currents in the river. I was really bummed—I'd been working so hard to become a better swimmer, and I was excited to celebrate that progress. But honestly? It turned out to be a HUGE blessing in disguise. This newbie (and her husband—also a 70.3 newbie but with several fulls under his belt) had no idea there are no changing tents at 70.3s. LOL! I would have had to change in a porta-potty. Ick!!!

I knew I could handle the 56-mile ride, but I was really concerned about the hills—especially since I had no prior training on them. There were two massive climbs that I had to walk my bike up, but other than that, I was pretty proud of how I managed the course. Big thanks to the Tennessee and Georgia law enforcement officers and volunteers who set up roadblocks and kept cars at bay. I'm so grateful for their support in keeping us safe.

Jiri and I stopped twice at aid stations along the bike course to refill my water bottles. I still haven't figured out how to get my bottle back into the cage while riding—LOL. I can only drink from my handlebar bottle, hence the pit stops. Fingers crossed I figure that out eventually!

The run brought its own set of challenges—hello, hills! With Al's coaching, the plan was to use walk/run intervals and conserve energy by walking up the steeper sections. It was going well... until mile 9, when my knee gave out. I'd debated between two pairs of sneakers and ended up choosing the "race" pair, which has less arch support than what I usually wear.



Unfortunately, that decision caught up to me. The last four miles were a painful mix of limping, walking, and jogging. I had a mini breakdown on the course, worrying I wouldn't make the cutoff—but with Jiri's help, I sucked it up and got it done! Honestly, I wasn't sure anyone would still be at the finish line since it took me seven hours to complete the race. But when I rounded the corner into the finish chute and saw all my KLR teammates cheering for me... I can't even describe what that meant. I held it together until I passed them—and then I lost it crossing the finish line. Full-on tears!!



So many times during the race I thought, "This sh\*t sucks," "I am never doing this again," "What was I thinking?" and "People pay to do this for fun??" But let's be real—as most of you know—it actually doesn't suck, and yeah... I'll probably sign up again. Traveling to beautiful destinations, meeting new teammates, other athletes and locals, enjoying the incredible scenery on course, and cheering each other on... That makes it all worthwhile!







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## CHATTANOOGA 70.3 1ST TIMER, PAI KILEN

### Pre-Race: Anticipation & Disappointment

I took on my first-ever half Ironman at the Chattanooga Ironman 70.3—or what turned out to be a 69.1, thanks to a last-minute swim cancellation. I'll admit, I was disappointed. The swim has always been the leg I was most apprehensive about, and I was genuinely looking forward to conquering that fear. But as I'm learning, adaptability is key when it comes to triathlons!



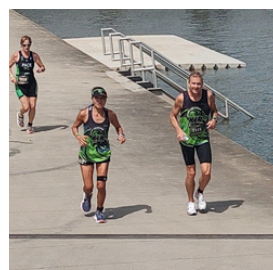
### The Bike: Hills, Crowds, and Unexpected Joy

With the swim out, we started straight onto the bike. My heart was racing as I stood at the start, waiting for my turn. There were so many athletes, I was so nervous I was going to crash! However, once I got started, I seemed to settle into a rhythm and just rode. The course was hilly and crowded, but absolutely beautiful—Chattanooga really knows how to show off! Despite the rolling terrain and weaving through packs of athletes, I surprised myself by how good I felt. The bike ended up being my favorite part of the day. I finished feeling strong, and it gave me a huge confidence boost for future races and to finish the run strong...



### The Run: Heat, Hardship, and Hanging On

But, the run was an entirely different story! The Tennessee sun was relentless, and the two-loop course was tough. Leaning on my 25+ marathons experience, I thought I had my nutrition dialed in. I found out the hard way, triathlons are different beast from just road races! I completely bonked about halfway through and battled some of the worst cramps I've ever experienced. It turned into a mental game just to keep moving forward. But I made it—one step at a time. I still laugh when I picture what I must've looked like crossing the finish line, running with my legs completely straight so I wouldn't cramp up and keel over!

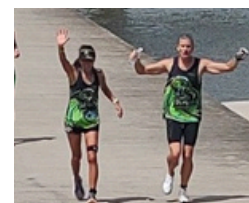


### Reflections: Lessons Learned & Looking Ahead

Despite the challenges, it was an amazing weekend. Racing a triathlon is a whole different world compared to running races—there's so much more to think about, from nutrition to transitions to mental toughness. I definitely have some work to do in those areas, but the experience was unforgettable.

I couldn't have done it without the incredible support from KLR and Clever (and my amazing husband for staying with me through the entire race; even massaging my sweaty calves when I cramped up so bad I couldn't take another step!) Everyone's encouragement made all the difference, and honestly made the decision to sign up for another one so much easier.

My first (almost) half Ironman didn't go exactly as planned, but it was a fantastic experience. I'm already looking forward to the next one—and, hopefully, conquering that swim!







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## COACHES CORNER: MICHAEL NYE

Coach Michael swam for Denison University (D III) from '79-'83 and was a three time All American for the Big Red. After working towards his masters, Michael coached at Case Western Reserve University (CWRU) from '85-'89. During his time, the team produced the schools first 3 national champions and achieved approximately 30 All American honors.

Michael was selected as the men's conference coach of the year on 3 occasions. In 1988, Michael helped prepare the Fiji Islands Olympic team for the Seoul Olympics. In 2017 and 2018, Michael helped coach Birmingham Southern College (BSC) while he was working for Honda Manufacturing of Alabama. Upon retirement and following Covid, Michael was the assistant coach for Montevallo University in Birmingham, AL. In 2021, Michael and his wife, Robin, moved to Dunedin, FL to enjoy being close to the beach. Michael and Robin enjoy travelling, biking and swimming.



## MONDAY NIGHT INTERVAL RUNNING GROUP

As of Memorial Day we are on our summer schedule of intervals starting at 7pm and Stretching starting at 6:30pm. We have 2 exciting events to look forward to in the coming months. In July we will have our Summer Timed Mile and we will be having Samantha's MNIRG Baby Shower on a Monday after intervals. More details on both to come.

Let us remember that with the summer season and extreme heat in Florida we want to stay hydrated on our runs. And always use caution during thunderstorms. Due to the nature of storms in Florida, we will never cancel MNIRG until we check the conditions at the park. Use your best judgement and stay safe.

## CYCLING NEWS AND UPCOMING EVENTS

Join Kennedy Law Racing Teammates on their local rides. We have a significant network of teammates looking to grow local meetups. As well as our partners and the Best Bike shop around. The Bike Lab! Who is growing their group ride program and always looking to not only ride with new athletes but foster safe community riding and provide expert knowledge on all your cycling needs. Look to Facebook for more details. Get out there and RIDE!







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**CATCH THE GREEN WAVE**

**Saturday, June 7<sup>th</sup> Sand Key Park  
(North Bathrooms)**

**\*Meet on the sand at the KLR Tent!**

## OPW Tips & in the sand crosstraining

**FREE to ALL KLR & CAM Members**

**plus you can bring a friend!!**

**7:15am arrive**

**7:30am beach run & more**

**8:00am opw drills & group swim**

**8:30am snacks & refreshments**

**\*Fit for ALL Levels!**

**4 USMS Certified Coaches**

**4 Ocean Rescue Lifeguards**

**Plus 1 Mermaid**



## **SATURDAY SWIM RUN MEETUPS**

**TEMPS HAVE BEEN IN THE 80S AND CLEAR  
WATER ! JOIN US FOR LONG DISTANCE  
SWIMS OR**

**WE'VE ADDED A "FUN" BRIDGE  
INTERVAL 5K TO THE MIX! IF YOU  
WANT TO SWIM FURTHER JUST  
MAKE SURE YOU HAVE A BUDDY!**



## KENNEDY LAW RACING AQUATIC MASTERS

**SURVIVING SUMMER TIPS:**

- 1. HYDRATE OFTEN, EVEN PRE WORKOUT.**
- 2. REST WHEN NEEDED, DO NOT LET YOUR  
CORE TEMP GO UP TOO MUCH**
- 3. SWIM WITH A BUDDY OR NEAR A  
LIFEGUARD WHENEVER POSSIBLE AND  
NEVER SWIM WITH LIGHTNING IN THE  
AREA**



**U.S. MASTERS  
SWIMMING**







# KENNEDY LAW RACING NEWSLETTER



CATCH THE GREEN WAVE

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

**JUNE 7TH: OPW SWIM CLINIC,  
SAND KEY PARK**

**JUNE 22ND: BABES TRIATHLON,  
FT. DESOTO**

**JUNE 28TH: RAINBOW RIVER  
SWIM BEAT THE HEAT,  
DUNELLON**

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

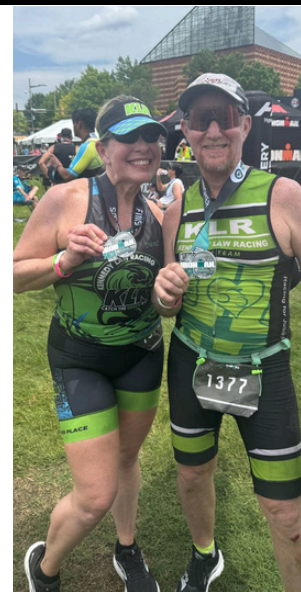
**AUGUST 17TH: GAME ON KEY  
LARGO MULTISPORT EVENT**

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

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



## MORE PICS OF KLR BEING LEGENDARY







# 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

On Running Shoes and accessories is not just an incredible company with amazing products, but also KLRs proud sponsor!

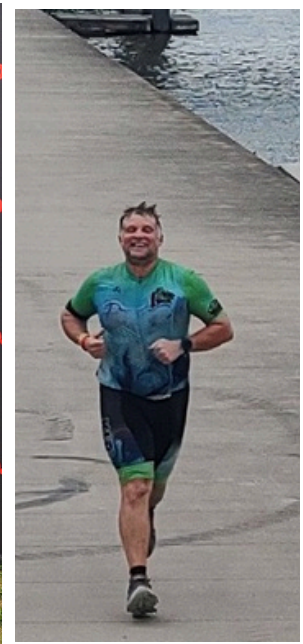


Neurosomatic specialists are a proud sponsor of Kennedy Law Racing!

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







# KENNEDY LAW RACING NEWSLETTER

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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.

