

KENNEDY LAW RACING

JUNE 2026

NEWSLETTER

CATCH THE GREEN WAVE

Endless Summer Workout Challenge

Powered by Kennedy Law Racing

Summer 2026

Free and Fun!

These workouts are free and fun for the whole community to join in on. From novice to pro you are guaranteed to learn, have fun and get in some great training in the heat of another Endless Summer! Hydration provided at all workouts!

Open Water Swim Clinic

Join 3 time Olympic gold medalist Brooke Bennett for a morning of fun and knowledge at Sand Key Park on **June 13th at 7:30AM**



BORN Belleair Bluffs Empulse



Empulse is the only internationally certified medical-grade EMS Total Body Fitness Suit in the world- This revolutionary full-body electro-muscular stimulation (EMS) system accelerates fitness results by engaging up to 90% of your muscle fibers simultaneously during each session.

SIGN UP → is required email: kennedylawracing@gmail.com

July 11th 9-11am - **ONLY 10 SPOTS**- must be a KLR Member *more details to come about this very unique opportunity for KLR Members!

30/30 Ride/Run & Fun Ride & Bike Clinic

Kennedy Law Racing and The Bike Lab will host a intermediate Ride/Run, a Fun Ride, and Bike Clinic featuring transition tips and bike maintenance know how! **June 21st at 8am at The Bike Lab in Dunedin**



Summer Timed 1/2 Mile

Our new format is all the rage! Come check it out at Eagle Lake Park on **June 29th at 7pm**



KLR members workout challenge

Participate in 3 out of the 4 workouts below to win a 2026 Kennedy Law Racing Tour t-shirt!

Bring your race backpacks for donations to foster kids!



JOIN US

JOIN US

KENNEDY LAW RACING

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CATCH THE GREEN WAVE

HAPPY FATHERS DAY



KENNEDY LAW RACING
KLR

30/30
Bike Ride

SECOND EVENT OF THE
ENDLESS SUMMER
WORKOUT CHALLENGE

SUN JUNE 21ST
@ 8AM
BIKE LAB, DUNEDIN

Shorter ride option on
the trail followed by
Bike Clinic by AI!

HAPPY
Father's
DAY!



Bring your race backpacks to be
donated to kids in foster care!



Rainbow River Swim

powered by



water temp 72
Saturday, June 27th

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!

DONATE ❤️

Water Safety
&
Event Safety



KENNEDY LAW RACING

JUNE 2026


NEWSLETTER

CATCH THE GREEN WAVE

EXCLUSIVE OPPORTUNITY FOR
KLR MEMBERS!!!
TOP NOTCH SCIENTIFIC
STRENGTH & RECOVERY



Endless Summer Workout Challenge: Empulse

powered by 

Empulse is the only internationally certified medical-grade EMS Total Body Fitness Suit in the world— This revolutionary full-body electro-muscular stimulation (EMS) system accelerates fitness results by engaging up to 90% of your muscle fibers simultaneously during each session.



100 Indian Rocks Road North
Unit 10 Belleair Bluffs, FL 33770
(Across from City Hall)

 [LEARN MORE](#)



\$120 value provided to
KLR for this special workout
challenge for FREE!

1. You must be a current KLR Member for this challenge- ONLY 10 SPOTS.
2. You must sign-up to participate in the EMS Full Body Electro suit workout, guided "tryout" (15-20 mins) with Instructor Kimberly Kay
3. You may attend the session to just observe and learn.
4. Wear easy changeable clothes, as you will be provided workout clothes- longsleeves & pants that work best with the suits electrodes
5. When signing up, provide your clothing size: S, M, L, XL...
6. You will be provided a time slot that fits best with pairing of others attending.
7. The week of your workout Kimberly will reach out to you via email to get a bit of medical history and prepare you for your workout.

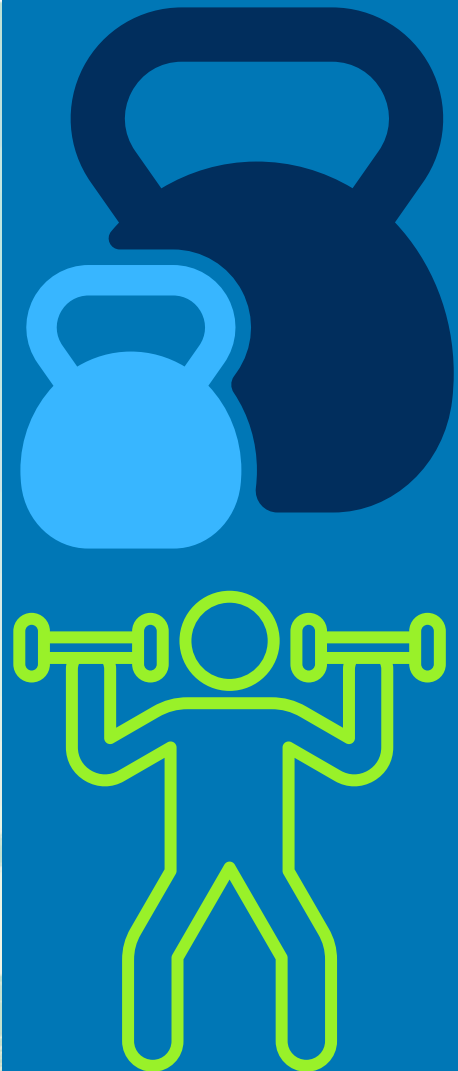
Strength-Endurance- Recovery

Saturday, July 11th 9:00-11:00AM

Sign-up: kennedylawracing@gmail.com



Bring your
race backpacks
for donations
to foster kids!



[SIGN UP](#)



KENNEDY LAW RACING NEWSLETTER



INAUGURAL IRONMAN JAX RECAP

By: KLR Co-Director Al Jordan

In the history of the team there has never been a more challenging weekend! Not just on the course but on the sidelines as well! The Green Machine aka KLR Party Bus had some mechanical issues on Friday and thankfully we were able to get it sorted with the help of Maxi Mechanics in Jacksonville. Sherpaing this point to point swim race was a serious undertaking as well. But we got a primo spot on the three loop run course just a quarter mile from the finishline. The cheer squad went wild for all our KLR teammates on every single loop. The Green and Black athletes who conquered the dark water, trafficy bike course and feels like temperatures of the mid nineties did phenomenal! We had members earning their team jackets, members doing their very first Ironman, members doing their 100+ Ironman and so many in between. I could write a book on this event. And I'm sure we'll be Feeling Good on Fridays down the road with all the stories from this one. But I'll leave you with this thought... Many people ask me what Kennedy Law Racing means to me... It's a family. It's friendships and sportsmanship and all the smiling faces of all of us who are a part of it! Knowing we are out there even if we are not right there... Cheering each other on! Encouraging each other to live happy and healthy lives so we can be there for our families! Huge Congratulations to all who raced! And special thanks to Tom Kennedy who through his love of giving back to the community and multisport world makes Kennedy Law Racing truly what it is. ❤️❤️



OLYMPIC GOLD TO IRONMAN FINISHER!

By: KLR Co-Director Brooke Bennett

What's harder training for the Olympics or Ironman? What means more? What's next?

Will you do it again?

Life is stages.

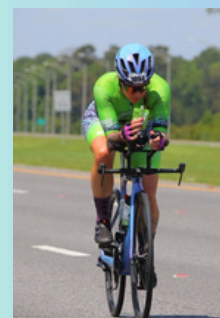
My Olympic journey covered nearly 2 decades of my life. Sacrificing everything. Swimming was the only thing in my life. Today is a balance of work, mom, and having a life. For me Ironman was a check off the bucket list. AND it was everything and more. But I can honestly say I enjoyed every minute of it and I accomplished something else- I had never run a marathon (I have ZERO desire to ever sign up for a solo marathon!)

Being the best in the world at 16 & 20 is indescribable! Completing an Ironman at 46 is forever memorable. What they both share is you can NEVER be a former Olympian or former Ironman, these titles you carry on forever. They are Legendary in their own ways. You become part of a very small community. Less an 1% of the world's population has completed an Ironman, .01 % of the global population have won an Olympic Gold Medal.

For now, I'm excited to focus on my "mermaid" things!

BIG Thank you to everyone in my corner. None of this is possible without YOU!

Jesse and The Bike Lab making me feel like a mermaid on land, Kimberly with Burn Fitness & Empluse Training you got me to where I needed to be and kept me healthy through training. Brian with Anchored Wellness, that Recovery Room is my love language! KLR Team- we are truly the BEST- what we do together is legendary every day. My family, my boys, my best-friend in LIFE- The Smiles through the day kept one foot in front of the other. AND Jill to medal me- well that was special!!! NEVER SAY NEVER!



KENNEDY LAW RACING NEWSLETTER



DUNEDIN TRIATHLON RECAP

BY: KLR MANAGER SAM NORTHROP

DUNEDIN TRI IS A LOCAL FAVORITE! IT WAS A WARM MUGGY MORNING BUT THE SPIRITS WERE HIGH. KLR HAD THE SEASONED VETS OUT AND SOME MEMBERS JUST GETTING BACK INTO RACING. REGARDLESS, IT WAS ALL SMILES ON THE COURSE, EVEN WITH THE SURPRISE SAND PIT THROUGHOUT THE RUN COURSE! IT IS ALWAYS FUN TO BE ABLE TO RACE IN OUR BACK YARD AND BIG CONGRATS TO ALL OUR KLR RACERS
 ❤️❤️ BIG SHOUT OUT TO JACKIE AND REBECCA ON THEIR TOP PODIUM FINISHES 🏆

CHATTY 70.3 RECAP- FATHER & DAUGHTER

BY: LEXI ATHERHOLT

IRONMAN 70.3 CHATTANOOGA WAS AN EXPERIENCE I'LL NEVER FORGET, ESPECIALLY BECAUSE IT WAS MY FIRST 70.3 AND I GOT TO DO IT WITH MY DAD. GETTING TO SHARE THIS EXPERIENCE TOGETHER MADE IT SO MUCH MORE SPECIAL. THE ENTIRE WEEKEND WAS SO MUCH FUN. FROM THE ATHLETE VILLAGE, SHAKEOUT RUN, TO RACE DAY, CHATTANOOGA WAS SUCH AN AWESOME CITY TO BE IN. THROUGHOUT THE WEEKEND, WE MET SO QUITE A FEW PEOPLE WHO COMMENTED ON HOW AMAZING IT WAS THAT WE WERE DOING THIS RACE AS A FATHER-DAUGHTER DUO, AND IT REALLY MADE ME APPRECIATE HOW UNIQUE AND MEMORABLE THIS EXPERIENCE WAS.

EACH PART OF THE RACE HAD ITS CHALLENGES AND HIGHLIGHTS. THE SWIM WENT REALLY WELL, I FELT STRONG AND COMFORTABLE IN THE WATER, AND EVEN THOUGH THE RIVER CURRENT WASN'T MOVING MUCH THAT DAY, IT WAS STILL A GREAT START TO THE RACE. THE BIKE WAS EASILY MY FAVORITE PART WHICH IS CRAZY BECAUSE IT WAS WHAT I WAS MOST NERVOUS ABOUT GOING INTO THE RACE. I HAD SO MUCH FUN RIDING THE ROLLING HILLS AND THE COURSE WAS ABSOLUTELY BEAUTIFUL. THE RUN WAS DEFINITELY THE TOUGHEST PART OF THE DAY. I STARTED OUT FEELING OK, BUT THE HILLS COMBINED WITH THE HEAT REALLY CAUGHT UP TO ME TOWARD THE END. EVEN SO, CROSSING THAT FINISH LINE WAS THE BEST FEELING!

FINISHING THIS RACE GAVE ME A NEW LEVEL OF MOTIVATION. AND OF COURSE, MY DAD BEAT ME, WHICH MEANS I'VE GOT SOME WORK TO DO BEFORE OUR NEXT RACE. EXPERIENCING AN IRONMAN RACE FOR THE FIRST TIME SHOWED ME WHAT I'M CAPABLE OF, BUT ALSO WHERE I CAN CONTINUE TO GROW. IT MADE ME EXCITED TO GET BACK TO TRAINING, PUT IN THE WORK, AND COME BACK EVEN STRONGER FOR THE NEXT ONE!



OPW SUNSHINE

SWIM SERIES RECAP
BY: KLR MASTERS COACH
JOEL WONICKER-COOK



IT'S MOMENTS LIKE THIS THAT MAKE OPEN WATER SWIMMING TRULY WONDERFUL.

MAY'S SUNSHINE OPEN WATER EVENT ON ST. PETE BEACH DELIVERED ONE OF THOSE RARE MORNINGS WHEN EVERYTHING COMES TOGETHER. FLAT WATER. LITTLE CURRENT. GOOD PEOPLE. ABOUT AS CLOSE TO A PERFECT SWIM IN THE GULF AS YOU'RE LIKELY TO FIND.

HOSTED BY THE MAYOR OF OPEN WATER, LEO BRICENO (@OWSLEO), SWIMMERS RANGING FROM 15 TO 75 TACKLED EVERYTHING FROM THE HALF MILE TO THE 10K. MOST WERE THERE TO ENJOY A GREAT DAY IN THE WATER, BUT THERE WERE ALSO A FEW BATTLES AT THE FRONT OF THE FIELD FOR THOSE CHASING PODIUM SPOTS.

THE CONDITIONS WERE FANTASTIC, BUT WHAT KEEPS PEOPLE COMING BACK IS THE COMMUNITY. NEW SWIMMERS, VETERANS, AND EVERYONE IN BETWEEN SHARING THE SAME STRETCH OF WATER AND CHEERING EACH OTHER ON BEFORE AND AFTER THE RACE.

AND IN TRUE LEO FASHION, EVERYONE WENT HOME WITH A THOUGHTFUL GIFT AND A REMINDER OF WHY SUNSHINE OPEN WATER HAS BECOME SUCH A FAVORITE ON THE FLORIDA SWIM CALENDAR.

KENNEDY LAW RACING NEWSLETTER



HFB TRAIL IS OPEN AND WE ARE CURIOUS!



HFB Trail is OPEN!!
Let's Check out the 14+ mile round trip- NO DROP, Casual FUN Ride for all bike styles and levels



Sunday, June 7th
Meet up 8:30AM
Parking: Aldi 11100 4th Street N St Pete

Catch The Green Wave!

VALARO KLR TEAM STORE



CLOSING

SUNDAY

JUNE 7TH



KENNEDY LAW RACING NEWSLETTER



CLINIC

Sand Key Park
Saturday, June 13th

7:30am
open for everyone



Morning Stretch, followed by a beach run, after working up a good sweat we will dip into the beautiful gulf water for some key opw drills, & new challenges, ending the morning with a buddy swim



This will be the first workout of the KLR members Endless Summer Workout Challenge! Hydration provided!

Bring your race backpacks for donations to foster kids!



2026 BUMPY JONES
CLASSIC
JUNE 20 & 21
SARASOTA



ST PETE MASTERS
ANNUAL 2-DAY
LCM MEET
JULY 11 & 12



KENNEDY LAW RACING NEWSLETTER



ANCHORED PHYSICAL THERAPY

DR. BRIAN HATLELID, PT, DPT, CERT DIN
CALL: 602-502-67623
EMAIL: BHATLELID@GMAIL.COM
LOCATION: 2672 US HIGHWAY 19N
PALM HARBOR, FL 34684
*LOCATED INSIDE FITNESS 360



Brian Hatlelid, PT is a physical therapist and owns a physical therapy clinic in Palm Harbor and specializes in treating the injured athlete and assists active individuals avoid dysfunction. With a focus on functional physical therapy, a patient centered and an evidence-based approach to exercise and a commitment to one-on-one patient treatment, he strives to help the endurance athlete and triathlete achieve their goals. Brian is also certified in Dry Needling, a modality proven to reduce pain, decrease spasm and assist in recovery. If any KLR/CAM member has an orthopedic issue, please reach out to Brian to schedule an appointment. If you want to improve your resilience, increase your capacity and avoid injury, Brian would be happy to assist you reach your training goals. Brian also owns the Recovery Room which has infrared sauna, cold plunge tub and red light therapy to further assist in cutting edge athletic recovery and sleep. Please reach out to Brian to schedule a consultation or a quick phone call to discuss your goals. All KLR members receive 10% off!
Stay Anchored and Catch the Green Wave!



KENNEDY LAW RACING RUN GROUP

Formly known as Monday Night Interval Running Group. New name, same great group. We'll be having our Summer Timed Half Mile the last Monday of June!



SATURDAY SWIM RUN MEETUPS

The season is HERE! Join us for weekly Swim/Run on Saturdays at 7:33 am at Sand Key Park. We will be adding in specialized seasonal Openwater Clinics and bringing back our land based mobility exercises.

Openwater Swim Clinic: June 13th



Sunday, June 21st
Bike Ride & Clinic from A!

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



KENNEDY LAW RACING NEWSLETTER



**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



*Dunlap & Dunlap
"We Go The Distance!"*



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.



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)

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

GREEN & BLACK MESSAGE BOARD

IS YOUR TEAM MEMBERSHIP CURRENT WITH RUNSIGNUP? TEAM MEMBERSHIPS NOW RUN 1-CALENDAR YEAR: JAN- DEC! *STARTING MAY 1ST IF YOU HAVE NOT HANDLED ACCOUNT WITH PAYPAL TO STOP PAYMENT, ETC WE WILL NO LONGER BE ISSUING REFUNDS!



#3 Local Race 8/1



KENNEDY LAW RACING NEWSLETTER



~~_____ Kennedy Law Racing Team Party~~

~~_____ @ _____ Saturday, January 24th~~

 Best Deal Safety Harbor: Saturday, February 7th


 Sid Casey Weekend (Boca Raton): February 14-15

 Sand Key Swim (Mass-A-Grill) Saturday, March 7th

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


~~_____ at Mississippi: March 27-29th~~

~~_____ Marathon: April 24-26th~~

 CFB _____ Swim: Sunday, May 3rd

~~_____ Knoxville: Saturday, May 16th~~

 **NEW** Just add _____ Marathon: Sunday, May 17th

 Rainbow River powered by KLR: Saturday, June 27th

#Top Gun Triathlon: Saturday, August 1st


!Game On Key Largo: August 16th *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



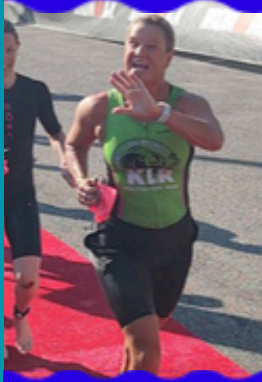
Catch the Green Wave



IRONMAN JAX



HAWAII IRONMAN 70.3



FL STATE CHAMPS: GRAVEL GRINDER



COLORADO & FORT DESOTO



5150 KRAICHGAU GERMANY

SAN FRANCISCO: BAY TO BREAKERS 12K



OWS SUNSHINE SWIM SERIES



USA SPECIAL OLYMPICS EUROPEAN OPEN-SLOVAKIA



SAFETY HARBOR: HIPPIY DASH

