



# KENNEDY LAW RACING NEWSLETTER



MARCH  
2025

**CATCH THE  
GREEN WAVE**



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

It's been an exciting couple weeks for Kennedy Law Racing! We've had solid training sessions and many athletes race and volunteer at many local events! (See page 3). March 9th at HOB Dunedin is right around the corner and we are anticipating a great turnout for our Kennedy Law Racing Annual Team Party! KLR/CAM members plus 1 invited.

## CLASH MIAMI WEEKEND: MARCH 28-30

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.

## ST. ANTHONY'S TRIATHLON

Will be our 2nd Big 6 Race event of the year and first of our new 4 locals races. Compete in either or both challenges this year and get a special award and prize at the annual party next year! (See page 2 for details) we will be out in full force at St. A's! catch the green wave and sign up today for members discount codes and to take full advantage of our pre and post race hospitality! We hope to see you out there!





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## CHALLENGES & TEAM APPAREL

Always thinking, always coming up with ideas to bring all our Kennedy Law Racing Teammates and the community a exciting season and great quality team that feels like a family. That is our goal.

With that said, Our teammates will have 2 Challenges to participate in this year. The Big 6 Races will include...

Clash Miami, St. Anthony's, Gulf Coast 70.3, Game On Key Largo, Ironman Florida and Clash Daytona.

Members who participate in all 6 of these races will get both a special award and a prize at our 2026 Annual Party. All of these races will be fully supported and include potential free travel in the KLR van and stays in team VRBOs.

Do you have what it takes to conquer The Big 6 Races???

In addition to The Big 6 Race Challenge, we are happy to announce the launch of...

The 4 Locals Challenge! This will be a slightly scaled back version. Making it possible for some who cannot make it to all the big races.

The 4 Locals Challenge will include...

St. Anthony's, Dunedin, Top Gun and Fort DeSoto Series races on our schedule.

Think you got this? We do!

The Kennedy Law Racing Zoot Apparel Store will open Mid March for a 10 day run. Get your orders in and if you have any questions about sizing, please ask a teammate. Look to our Facebook pages and website for store launch dates and store opening!

## ATHLETES SHOUT OUTS

Dougin Walker, Jill Walker, Gail Norman, Paul Gray, Jiri Novak, Patti Spence, Eric Spaulding, Gordie Kay, Mandy Zipf, Melanie Walters, Bethany Walter, Tracy Putnam, Daniel Peacock, Trish Taylor, Laura Cole and David Halasz (Tokyo Marathon), Ron Haney, David Wrassmann, Mike Kilen, Clint Freeman, Leo Bedo, Katrina Gallardo, Anna Lopez, Lewie Langford, T Hann, Deb Turner, Graham Zediker, Shauna and Lynn (Volunteers), Karen Westerman, Mary Miedema, Paul Zagami, Greg Concannon, Pai Kilen.

*As you can see...*

**Kennedy Law Racing**

was out in full force! Athletes proudly representing the Green and Black in races near and far! Congrats to you all on a phenomenal job!







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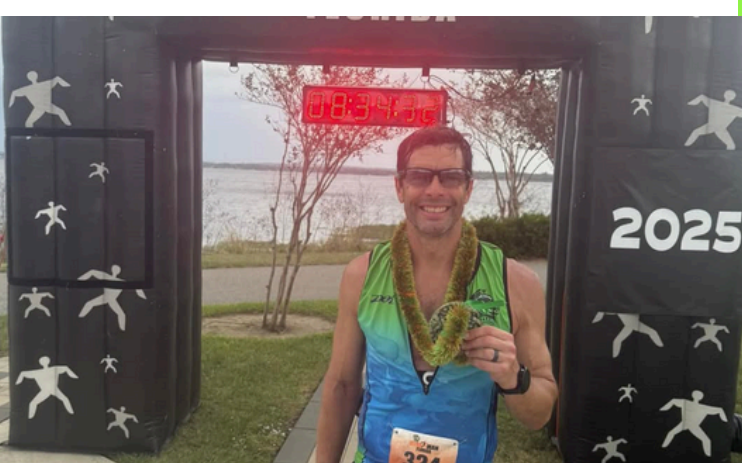
## ULTRAMAN TO 5K, AND EVERYTHING IN-BETWEEN

Times been flying and KLR athletes have been making some big waves! In the triathlon world, we've had Ft. DeSoto Series makeup race and Ultraman Florida! Dougin Walker crushed the Ultraman AG record and the Ultraman Florida Course AG record! If you're not familiar with Ultraman, you swim 10k and cycle 90 miles on day 1, 171 miles of cycling on day 2 and on day 3 you run 52.4 miles. Insane! Also, at Ft. DeSoto... Eric Spaulding won overall Male!

In running we had the St. Pete Distance Classic, Titan Trot, Kiwanis 8k, Gasparilla Distance Classic and Bellaire Sunset 5k (page 4). Special Congrats to Deb Turner for winning her AG at St. Pete Distance Classic Marathon!



## EVENT PICTURES



**Valentine's Ride** with our partners **The Bike Lab** was also a huge success and a great time had by all who attended!







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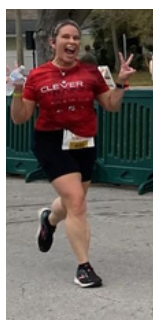
## BELLAIRE SUNSET 5K AND AFTER PARTY

BY SAMANTHA NORTHROP

We started March out with a bang at the Belleair Sunset 5k! I have been hearing rumors about this run for over two years now and finally got a chance to check it out... It was all that you could hope for!

March 1st was a beautiful balmy 65 degree, the planets were aligned (literally) and KLR and Clever were out and ready! The race course is a nice out and back through the neighborhoods of Belleair, with some good views of the water. This course makes it perfect for all of our supportive and excited teammates as you heard everyone cheering each other on along the way! The conditions and spirit lent for a perfect time to run PR's and podium finishes! We had many across the board including an amazing time of 22:13 by Paul Gray!

The excitement continued at the Post-Race Party. With food, drinks, cookies (an exuberant amount), swag, live music and lots of fun! This was a great race to get out and dust the old shoes off, run a PR or most importantly, catch up with teammates! I see why this is a staple on so many peoples' race list. Don't be the one who misses out on the spectacular time next year!



## MONDAY NIGHT INTERVAL RUNNING GROUP

The Winter Timed Mile was a huge success with many setting PRs on a somewhat technical course at Crest Lake Park. We are just weeks away from heading back to our Spring/Summer home of Eagle Lake Park. Follow our MNIRG Facebook page to get the details for time and location changes.

## CYCLING NEWS AND UPCOMING EVENTS

Check out our cycling schedule on Facebook and be sure to reach out to the ride organizers for details on exact times and locations.

## GRAN FONDO MARCH 23RD - DADE CITY

## REDLINE RELAY MARCH 28TH - MIAMI

## SATURDAY SWIM RUN MEETUPS

IS BACK! TEMPS HAVE BEEN IN THE MID 60S, WHICH IS GREAT FOR TESTING THAT WETSUIT. AND WE'VE ADDED A "FUN" BRIDGE INTERVAL 5K TO THE MIX! IF YOU WANT TO SWIM FURTHER JUST MAKE SUR YOU HAVE A BUDDY!







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## CLEARWATER AQUATIC MASTERS

### UPCOMING EVENTS!

ST PETE MASTERS SCY/BOB BEACH CHAMPIONSHIP: NORTHSHORE POOL MARCH 15-16. COACH MICHAEL WILL BE ON DECK SATURDAY AND COACH BETHANY ON DECK SUNDAY. REGISTRAION CLOSES ON TUE 3/11

[HTTPS://SHORTURL.AT/W2TLX](https://shorturl.at/w2tlx)

USMS OPENWATER NATIONAL CHAMPIONSHIP: NATHAN BENDERSON PARK, SARASOTA. APRIL 4-5, FRIDAY 1-MILE RACE, SATURDAY 5K RACE. CAM COACHES BRIAN, BROOKE, AND KONRAD WILL BE RACING THE 5K. SIGNUP TODAY AND JOIN THEM!

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## HIGHLIGHTS FROM STROKE & DRILL CLINIC



## SWIMMER SHOUT OUTS

**KAREN WESTERMAN**: 20 EVENTS FINISHING 1ST OR 2ND IN ALL HIGH POINT SWIMMER & NEW RECOREDS AT THE ROWDY GAINES MASTERS MEET

**TONI LEHMAN**: SWAM AS WELL AT MEET- RACING, ADDING DIVES AND MASTERING ALL HER TURNS FOR ALL HER EVENTS!

**WELL DONE LADIES!!!**







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**USMS COACH  
BETHANY WALTER**



I have rarely gone longer than 3 weeks in my life without being in some body of water; fresh, salt or chlorine. That statement is as literal as it gets since my first time in the ocean was when I was 3 weeks old. At age 5, I joined my first swim team and started my journey into the world of competitive swimming. Swimming became not only a passion, but a love. At age 10, my brother and I used to race to the pool for 5am swim practice to see who would make it in the water first because we were so excited. (and maybe a little competitive).

My childhood swim coach, Rusty Owens further inspired my passion for swimming and was honored with the G. Harold Martin Award in the International Swimming Hall of Fame. He taught me how to break down every stroke to its core and rebuild it. He focussed on visualization and training your muscle memory. I carry his knowledge and teachings throughout my own coaching today.

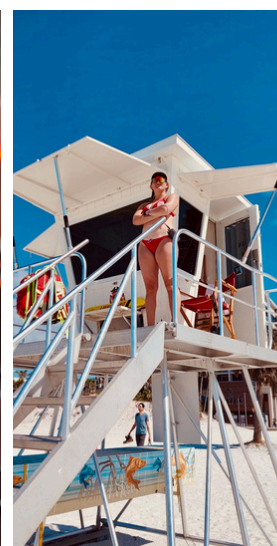
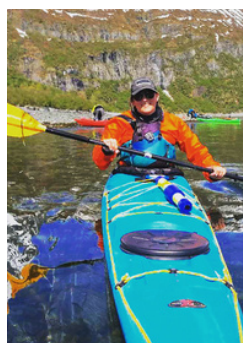
At age 15, I started my first job as a pool lifeguard and realized how dangerous the water can really be. Since then, a huge priority in my life has been educating swimmers and fueling their own passions while making the water a safer place for all to enjoy.

I encountered the largest population of non-swimmers while getting my B.S in Marine Biology in Anchorage, Alaska. Pools and permafrost simply don't mix, but boating and water sports are still such a huge part of Alaskan culture. I founded an aquatic club on my campus called Alaska Pacific Aquatic Club (APAC) and got involved with teaching swim lessons for both children and adults. In 2019, I earned an award from Alaska Pacific University for Outstanding Contribution to Students. I believe that award was due to my time spent in the water getting students and the community excited to learn or better their swimming.

I was also asked to coach a USMS team called Swimming with Alaska Masters (SWAM) that I had been swimming with since the time I moved onto my university's campus. As a prior seasonal worker, I had been popping into USMS practices around the country for a few years by that time. I love USMS because it welcomes swimmers of all levels into the water to learn and improve and was ecstatic to accept the coaching position in Alaska. I coached for 4 years and loved helping swimmers reach their goals!

After receiving my degree, I moved down to Florida to be closer to family and work a seasonal job at Clearwater Marine Aquarium as a Marine Biologist. I loved it so much I decided to stick around and now help protect our beloved Clearwater Beach as a beach lifeguard and educate kids about marine life at the Florida Aquarium. However, my favorite job beyond far is hanging out with our CAM members on deck during practice! Swimming is not only a great workout, but an important skill to improve and maintain. It could save your life one day

## PICS OF BETHANY'S CARREER







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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!

