

# KENNEDY LAW RACING

MARCH

2026

# NEWSLETTER

## CATCH THE GREEN WAVE

### CLASH MISSISSIPPI RACE WEEKEND MARCH 27-29TH

Wow the time is flying and we are just a couple weeks away from our first road trip of the season! 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. The other Big 6 Races this season will be... Ironman Jacksonville, St. Anthony's, Game On Key Largo, Ironman Florida and Clash Daytona. Be the Kennedy Law Racing teammates who complete all or the most of these events and you will be recognized at our annual team party.



### LEO'S OPW SUNSHINE SWIM SERIES: MARCH 7TH



ST. PETE RUNNING COMPANY

# RUN

TRY THE SIGNATURE COFFEE!

COACHED SKILLS

NUTRITION TIPS

FREE

# CLINIC

POWERED BY KENNEDY LAW RACING

15 MARCH 9:00 AM

ST. PETE RUNNING AND COFFEE  
2601 DR MLK JR. ST. N.  
ST. PETE

# KENNEDY LAW RACING NEWSLETTER



## BEAT DAMN RACE SAFETY HARBOR

With absolutely perfect running weather, the amazing race organization of Best Damn Race, and the fully loaded Kennedy Law Racing team tent area... AND dancing sharks!!! How could it get any better?? Well, a ton of y'all showed up and ran your hearts out to new PRs, podiums and enough "I'm getting back to it." stories to make all the feelings emerge. Everyone who raced, participated, cheered and volunteered that weekend while proudly representing Kennedy Law Racing... We appreciate you 🙌! And a huge thank you to Tom Kennedy for supporting this amazing team! Green and Black!



## CHILLY WILLY DUATHLON

This years Chilly Willy saw a completely new vibe! Our very own teammate, Michael Gardner, has taken the reins of the organization that puts on this and many other local events. And at no surprise, that has made a huge difference in the quality of all aspects of the race. Better swag, after race snacks and refreshments, medals, timing, signage and branding, and more... Congratulations to all who came down to experience the difference and get in a fun and unique race. Amazing job by our KLR teammates who all did well individually and did so well that Kennedy Law Racing was awarded First Place Triathlon Team. Look for more races from FinishLine Racing Multisport Events to be popping up on the schedule!

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## 2026 WINER OLYMPICS SPOTLIGHT



Tampa Bay Lightning gave tribute to past Olympians and hockey players who headed to Milan on February 5<sup>th</sup> (Emma Weyant, Michele Smit, Tracy Otto, Noah Lyons, Bobby Finke, Brooke Bennett)

## SID CASSIDY OPENWATER WEEKEND



**3k knockout for the first time in the US!!!**  
This past President's Day weekend World Aquatics official and ISHOF inductee Sid Cassidy hosted a weekend of open water for age-group and master swimmers. SPA's Brinkleigh Hanson was 2<sup>nd</sup> overall/1<sup>st</sup> female. The event will take place annually- **NEXT YEAR WE WANT YOU THERE!**

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## ST PETE MASTERS BOB BEACH SCY CHAMPIONSHIPS

What better way to say Spring than to be at the pool...racing!!

March 21 & 22

Sign Up Today- deadline: Tuesday, March 17th

Scan the QR Code



## 2nd annual Clearwater Beach



proceeds benefit



CRISIS CENTER OF TAMPA BAY

Help. Hope. Healing.

Sunday, May 3, 2026

Tower 7

Registration -- 7 a.m.

Swim Start -- 7:45 a.m.

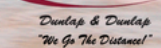
Paid Parking at 4 Rockaway St.

Post Swim Brunch -- 10:00 a.m.

at Hogg Daddy's



sanctioned by



a SAD farewell to an OG KLR Master Swimmer & Olympian Tracy McFarland- We wish you a great journey as you head to Tennessee! Swimmers for Life- Catch the Green Wave!



weekly emails  
Friday @ noon  
If you are not on the list  
email us to be added:  
kennedylawracing@gmail.com

# KENNEDY LAW RACING NEWSLETTER



## EMPULSE SUIT @ BURN FITNESS STUDIO- BELLEAIR

CONTACT: KIMBERLY (813) 917-9553

A new performance and recovery tool now available locally is the EMPULSE neuromuscular stimulation suit. Using precisely controlled electrical impulses delivered through a wearable suit, the system activates muscle fibers in a targeted way that traditional training alone often misses.



Every day your body adapts to something.

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



# 30/30+

Sunday, March 8<sup>th</sup>  
Del Oro Park 8a

## MONDAY NIGHT INTERVAL RUNNING GROUP

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 back in the water in just 2 short weeks! Water has reached 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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**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!"*



# deboer

**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.**

## GREEN & BLACK PHOTO BOARD













# KENNEDY LAW RACING NEWSLETTER



## Kennedy Law Racing 2026 Team Schedule

\*races are subject to change/add or replace

Kennedy Law Racing Team Party

-  ~~██████████~~ Saturday, January 24th
-  Best Damn Beach Race Harbor: Saturday, February 7th
-  Sid Cassidy CFM (Boca Raton): February 14-15
-  Sand Key Swim Series: (Pass-A-Grill) Saturday, March 7th
-  SCY Championship Meet: (Northshore Pool), March 21-22<sup>nd</sup>
- !Clash Coastal Mississippi: March 27-29th
- !#St. Anthony's Triathlon: April 24-26th
-  CFR Ocean Mile Swim: Saturday, May 2<sup>nd</sup>
- !Ironman Jacksonville: Saturday, May 16<sup>th</sup>
-  Rainbow River powered by KLR: Saturday, June 27<sup>th</sup>
- !#Top Gun Triathlon: August 1<sup>st</sup>
- !Game On Key Largo: August 17<sup>th</sup> \*Olympic/Sprint
- !#Tarpon Springs Triathlon: September 26<sup>th</sup>
- !Ironman 70.3 Augusta: Sunday, September 27<sup>th</sup>
-  Ragnar Run (Sheraton Sand Key): October 23-25th
- !Ironman Florida: Saturday, November 7<sup>th</sup>
-  Clash Old Florida Gravel: November
-  St. Pete Run Fest: November
- !Clash Daytona: December 2026



! Big 6 Challenge  
# Local 4 Challenge

# Catch the Green Wave



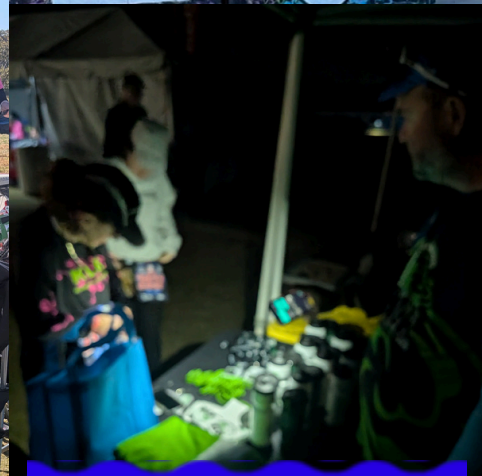
**OUR ULTRA AMAZING  
ULTRA'ERS!**



**DID YOU KNOW... LOUI  
HAS NEVER MISSED  
BDR??!!**



**DID THEY COME TO  
RUN OR LOUNGE??**



**Support by flashlight! (thats  
when you know the race is  
too early)**



**TASTE TESTING THE KLR  
SIGNATURE COFFEE!**



**NEVER FEAR,  
SHARKS ARE HERE!**



**BROTHERLY  
COMPETITION**



**BEST TEAM  
AWARD!**