



KENNEDY LAW RACING NEWSLETTER



MAY
2025

**CATCH THE
GREEN WAVE**



GULF COAST 70.3 MAY 10TH

Gulf Coast is this weekend! We are excited to be there in full support of all our amazing teammates. At every destination race that we support we offer travel, transportation and accommodations where we can! Along with athlete and Sherpa happy hours. Team tents with gear storage, chairs and hydration/libations. Cheer squad and dancing shark performances...with space for your family and friends to hang too! That's a ton of perks and a whole lotta awesome for just \$75 a year. Gulf Coast is the 3rd of the Big 6 Challenge Race of this year!

CHATTY 70.3 & DUNEDIN WEEKEND MAY 18TH

As we strive to make our team better than ever, we are trying something NEW---> Kennedy Law Racing will support 2 events hundreds of miles apart on the same DAY! Sunday, May 18th Al Jordan will be in Chattanooga Tennessee for the 70.3, with 18 KLR athletes and Sherpas in attendance. It's gonna be AWESOME!! At the same time, in Dunedin at the Rotary Triathlon KLR Assistant Samantha Northrop will be cheering and supplying all the full support as promised. We are hoping for great attendance at Dunedin as we've made it the 2nd of the 4 Locals Challenge. So if you participated in St. Anthony's and you are participating in Dunedin you are on track for a special prize/award at next year's KLR Banquet. "Catch the Green Wave!"





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RAINBOW RIVER SWIM JUNE 28TH

By: OWS Leo

Join Us for an Unforgettable Swim Experience on the Beautiful Rainbow River

On June 28, 2025, immerse yourself in the stunning beauty of the Rainbow River as we embark on a downstream swim of approximately 3.5 miles in crystal-clear waters with a comfortable temperature of 72 degrees. This is a perfect opportunity to enjoy the gentle current while surrounded by the breathtaking natural scenery. Whether you're a seasoned swimmer or just looking for a fun adventure, this event promises to be a memorable experience



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! And we'll have our cook out and hang session at our beautiful accommodations. Join us in tropical paradise!





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CATCH THE GREEN WAVE

ST. PETE RUNNING COMPANY PARTNERSHIP

By: Samantha Northrop

How are your shoes holding up? Need some new running shades? Or light weight shorts for this Florida heat? Even better question is, how is that running form going? (90 degrees in the arms or outside??)

Well the good news is that the answer to all of our running woes are being answered! KLR is beginning an official partnership with St. Pete Running Company! Just about 11 years ago, Cody and Janna Angell opened up their running store. As Cody tells the story, he had come to KLR's Monday Night Interval group the evening before and the very next day every customer that showed up was a KLR athlete! Since then they have grown tremendously and have never had any empty day. St. Pete Running Company not only has an amazing reputation for being a welcoming support in the community, but also a wealth of knowledge and hands on help for all things running related!

If you are not familiar with their services, I encourage you to come out to our **first partnered event on May 20th**. If you are familiar, I am sure I will see you there then because you already know how much can be gained from an hour with their knowledgeable staff (and a discount on merchandise!)



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 1st 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- you annual fee for 2026 is due at your soonest convience, 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 you support to allow us to better organize the TEAM for KLR Management.

TEAM



ATHLETES SHOUT OUTS

Within the last month we've had over 75 members of KLR out proudly representing the Green and Black! 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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CATCH THE GREEN WAVE



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 heros... 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. 🙌👏



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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CATCH THE GREEN WAVE

JOEL MCCABE'S STORY

Joel McCabe's An Army veteran who transitioned from military life to a vibrant new chapter in Florida, Joel embodies the spirit of adaptability and the power of community. His journey through the world of adaptive sports not only transformed his own life but also inspired countless others along the way.

From Soldier to Welder

In 2012, after proudly serving in the Army, Joel made the bold decision to relocate to Florida, seeking new opportunities and a fresh start. He quickly found his footing as a welder fabricator, specializing in creating adaptive sports equipment. This role allowed him to merge his passion for sports with his technical skills, providing athletes with the tools they needed to excel. Working with elite competitors, including Paralympians, Joel's craftsmanship helped elevate the standards of adaptive sports.

The Road to Racing

While immersing himself in the adaptive sports community, Joel began racing handcycles, a decision that would profoundly reshape his life. Inspired by the Ironman World Championship he had watched as a child, he set an ambitious goal: to compete in that prestigious event one day. Supported by his riding partner, Omar Duran, Joel was encouraged to connect with Leo, a key figure who would help him navigate the waters of triathlon training.

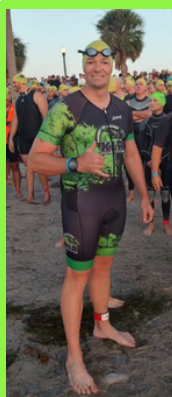
Embracing the challenge, Joel learned to swim, culminating in his participation in his first marathon swim around Davis Island, followed by the inaugural Honeymoon Island open water swim. These experiences ignited a passion for triathlons, leading him to complete his first at Clash Daytona. From there, he soared, successfully finishing six Ironman distance races and various marathon events, including the Alligator Lighthouse swim.

Championing Adaptive Sports

Throughout his journey, Joel has not only participated but also played a pivotal role in the adaptive sports community. He has built equipment for athletes of all levels, contributing to the success of numerous competitors, including those who earned gold medals at the Paralympics and the Ironman World Championships. His commitment to enhancing the competitive landscape for adaptive athletes reflects his belief in the transformative power of sports.

A Community of Growth

Joining the KLR team was a natural progression for Joel, as he sought camaraderie and connection with like-minded individuals dedicated to personal and communal growth. Within this dynamic group, he found an environment that fosters motivation, support, and shared aspirations. Joel's journey is a...



...testament to the idea that sports can be a unifying force, bringing together people from diverse backgrounds to pursue greatness together.

Joel McCabe's life exemplifies the strength of the human spirit. From his transition out of the military to becoming a champion for adaptive athletes, his journey is one of overcoming challenges and inspiring others to chase their dreams. As he continues to push boundaries in both his personal and professional life, Joel remains a beacon of hope and resilience, embodying the very essence of the KLR team's mission.



MONDAY NIGHT INTERVAL RUNNING GROUP

Our Spring Timed Mile Powered by KLR was a huge success! As we look forward to the summer and sweaty months and lots fun. We will be switching to 6:30pm Stretches with Sam and 7pm interval start time on Memorial Day Monday. This will allow more friends to join in and with school being out for the summer... Attendance will be epic! Hope to see you there.

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 grow 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!

SATURDAY SWIM RUN MEETUPS

TEMPS HAVE BEEN NEAR 80 AND THE WETSUITS ARE COMING OFF! 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!





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USMS OPEN WATER NATIONALS

By: Samantha Northrop

On April 4th and 5th KLR had 6 fearless swimmers diving in at Nathan Benderson Park Lake. This was a amazing opportunity for our team to compete at nationals right in our backyard! Lisa Brooks, Dave Wrassmann, and Petie Stone had amazing performances in the one mile swim! Keith Roberts braved the never ending 5K swim along with Brooke Bennett who took first place for females. But then the real hero's, Brian Hatleid and Karen Westerman, pulled a double completing the 1 mile and 5k swim! And looking amazing all the while! Congrats to all our incredible swimmers!



KENNEDY LAW RACING AQUATIC MASTERS UPCOMING EVENTS!

USMS EVENTS HAPPENING THROUGHOUT
FLORIDA. STAY TUNED TO YOUR EMAILS
FOR UPCOMING EVENTS. NEXT BIG SWIM
WILL BE RAINBOW RIVER ON JUNE 28TH
AND ALLIGATOR LIGHTHOUSE SWIM IN
SEPTEMBER.



USMS OPEN WATER

April 4-5, 2025

Sprint & Long Distance National Championships
1 mile and 5K in Sarasota, FL





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

MAY 11TH: GULF COAST 70.3,
PANAMA CITY

MAY 18TH: CHATTY 70.3,
CHATTANOOGA TN

MAY 18TH: DUNEDIN TRIATHLON

MAY 20TH: ST. PETE RUNNING
COMPANY RUN CLINIC

JUNE 7TH: OPW SWIM CLINIC

JUNE 22ND: BABES TRIATHLON, FT.
DESOTO

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

AUGUST 17TH: GAME ON KEY
LARGO

SEPTEMBER 13TH: ALLIGATOR
LIGHTHOUSE



MORE PICS OF KLR BEING LEGENDARY





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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.

