

KENNEDY LAW RACING

MAY 2026

NEWSLETTER

CATCH THE GREEN WAVE

INAUGURAL IRONMAN JACKSONVILLE

JACKSONVILLE HERE WE COME! THIS WILL BE THE 3RD RACE OF OUR BIG 6 CHALLENGE.

WITH NEARLY 20 KLR TEAMMATES REGISTERED WE ARE SO EXCITED TO BE AT IRONMAN JACKSONVILLE FOR THE INAUGURAL EVENT!

WE WILL HAVE ALL THE AMENITIES AND ACTIVITIES THAT YOU ARE ACCUSTOMED TO. INCLUDING... KENNEDY LAW RACING MEMBER ONLY HAPPY HOUR SOCIAL ON THURSDAY EVENING, LOCATION TBD. WE'LL HAVE OUR DELUXE TENT SETUP, CHEER SQUAD, GEAR STORAGE, HYDRATION AND LIBATION STATION AND SO MUCH MORE!

STAY TUNED TO OUR SOCIAL MEDIA NETWORK AND SEND YOUR PHONE NUMBER TO KENNEDYLAWRACING@GMAIL.COM TO BE ADDED TO THE TEXT CHAIN.

DON'T FORGET THAT FOR A KENNEDY LAW RACING TEAMMATE TO QUALIFY FOR A 140.6 TEAM JACKET YOU MUST WEAR A KLR KIT IN THE RACE ITSELF.



OPW SUNSHINE SWIM SERIES MAY 16TH

IF YOU ARE NOT IN JACKSONVILLE BE SURE TO CHECK OUT THIS AWESOME EVENT AT PASS-A-GRILLE BEACH! OWS LEO WILL BE PUTTING ON ANOTHER GREAT EVENT FOR THE COMMUNITY! VOLUNTEERING OPPORTUNITIES AVAILABLE! GET OUT THERE AND SWIM!

[REGISTER NOW](#)



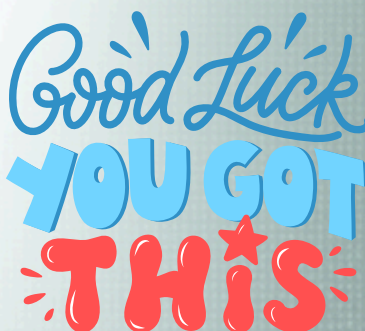
FULL KLR SUPPORT! 2ND RACE OF THE 4 LOCALS CHALLENGE



22nd Annual Dunedin Rotary Triathlon Honeymoon Island State Park

May 17, 2026

CHATTY 70.3 JP & LEXI



FATHER AND DAUGHTER HEADED TO THE BEAUTIFUL COURSE IN CHATTANOOGA TN FOR FIRST 70.3 OF LEXI'S CAREER! WE'LL BE CHEERING Y'ALL ON!



KENNEDY LAW RACING NEWSLETTER



BY: BOBBY PIPER



I signed up because I wanted to push myself to a level I wasn't sure I had in me. To be honest, a lot of things physically come pretty natural to me. I was already confident with the run and the bike, knowing I could complete them. The swim... not so much.

Mentally I thought I could handle it, but when I committed to the race I joined a masters swim program on Wednesday mornings with KLR. The first morning I showed up at 5:30am and met one of the coaches, Joel. He was incredibly patient and helpful. On the outside I probably looked like someone who could swim—but reality hit quickly when I couldn't even swim 25 meters without getting out of breath and completely exhausted.

From there I kept coming back week after week. I felt like I was improving slowly, but I was still very discouraged with how things were going in the pool.

I also started going to Sand Key on Saturdays for KLR's open water swim and run training. That's where things really changed for me. The moment that stood out was getting into the cold water and watching everyone start swimming... except me. I took two strokes and stopped.

I couldn't do it. I felt dizzy and nauseous. But I'm someone who tries to push through things, so I tried again and ended up swimming almost in a circle. Walking out of the water that day, I felt completely defeated.

But something shifted because of a few people that day. Joanna swimming with me, and Al encouraging me, really changed my perspective. I was told to swim "my race." From that point on, my swim training looked different. I stopped trying to keep up with everyone else and focused on just finishing.

I went back to the pool and made it my goal to swim 750 meters without stopping—and I did it. The following Saturday in open water with the KLR team, I swam 800 meters. That was the moment I realized... I can actually do this.

That was the difference between trying to figure it out alone or "die trying," and having a support team around me.

From there, the rest of training went by quickly, and suddenly race day was here.

I felt good that morning—nervous, but prepared. As a Boy Scout, "be prepared" has always been something I've held onto.

Race morning moved fast, but I made a point to take in every moment before, during, and after. Seeing smiling, supportive faces made a huge difference in the experience.

The swim felt good. In the moment it felt long, but afterward it almost felt like it flew by. I did have one moment where another swimmer went under a buoy and didn't come up near me, and boats and kayaks rushed in to assist. It was a sobering moment. I said a prayer and was just thankful they were okay.

A small but valuable tip I got from Al was to have shoes ready at the end of the swim. That made a huge difference in transition and helped me save time.

The bike went really well. At one point I actually said out loud, "I'm biking... the swim is done already... sweet, let's go," and I kicked it into a higher gear and finished strong.

The transition from bike to run went well too, and I learned a lot there as well. The transition training we did beforehand helped a ton.

The run was solid, but I learned the importance of taking in nutrition even when you don't feel like you need it. The last half mile I felt completely on empty. But I told myself, "When your car is on E, you still have 15–20 miles left... so let's run this thing bone dry." And that's exactly what I had left in me.

All that being said, the support from the KLR team, the masters swim coaches, friends, and family meant more than I can put into words. My wife is the reason I got connected to this amazing community of like-minded people, and I'm truly grateful for that.

I thank God for the opportunity to go through this experience. It all feels like just the beginning, and I'm excited for what's next



2ND ANNUAL CLEARWATER BEACH LIFEGUARD OCEAN MILE SWIM



OVER 60 OPEN-WATER SWIMMERS GATHERED ON CLEARWATER BEACH, JUST NORTH OF PIER 60, FOR THE CLEARWATER BEACH LIFEGUARD OCEAN MILE SWIM ORGANIZED BY THE CLEARWATER FIRE & RESCUE BEACH LIFEGUARDS. SWIMMERS HAD A FUN BUT CHALLENGING SWIM IN THE GULF, FUELED BY COOL WINDS AND ACTIVE SURF. THE SWIM BENEFITED BOTH THE CRISIS CENTER OF TAMPA BAY AND CLEARWATER POLICE DEPARTMENT TELECOMMUNICATOR AMBER NAHORODNY, WHO IS BATTLING STAGE 3 OVARIAN CANCER.

THANK YOU TO THE
CLEARWATER BEACH
LIFEGUARDS, BROOKE

BENNETT, AND
EVERYONE WHO
SUPPORTED THIS
EVENT!

~CLARA REYNOLDS
PRESIDENT & CEO
CRISIS CENTER OF
TAMPA BAY



KENNEDY LAW RACING NEWSLETTER



RAINBOW RIVER JUNE 27TH

VALARO KLR TEAM STORE



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



OPEN

MAY 8-28H!!

IF YOU MISSED THE FALL STORE, NOW IS YOUR CHANCE. ONCE STORE HAS CLOSED IT TAKES 8-12 WEEKS TO RECEIVE YOUR ORDERS.



ORDER NOW

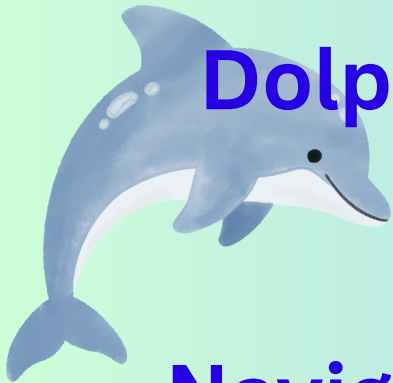


KENNEDY LAW RACING NEWSLETTER



OPW CLINIC FOR EVERYONE
JUNE 13TH
SAND KEY PARK- 7:33AM

Dolphin Dives



Navigating Turns



Alligator Eyes



sighting & breathing

2026 BUMPY JONES CLASSIC
JUNE 20 & 21
SARASOTA- SIGN UP



KLR SWIM SCHEDULE



JOIN US



SUMMER
STARTING MAY 4TH

MONDAY, WEDNESDAY, FRIDAY
6:00AM & 7:00AM

ROSS NORTON
1426 S. MLK JR AVE CLEARWATER

TUESDAY & THURSDAY 7:15PM

MORNINGSIDE
2400 HARN BLVD CLEARWATER

SATURDAY SAND KEY PARK 7:33AM
SWIM/RUN

*ALL PRACTICE ARE ONE HOUR
*TIMES ARE SUBJECT TO CHANGE
*COACHED BY USMS CERTIFIED COACHES

MEMBERSHIPS VIA
RUNSIGNUP ONLY!
\$75 MONTHLY
\$45 NIGHTS & SATURDAY
*6MONTH OPTION \$70/\$40 RATES
VISITORS \$10 DROP-IN *CASH
SCAN THE QR CODE FOR MORE INFO AND
SIGN UP TODAY!



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!

30/30 Ride from The Bike Lab

*shorter option up the trail

Sunday, June 21st

Bike Clinic from All!

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



KENNEDY LAW RACING RUN GROUP

Formly known as Monday Night Interval Running Group. New name, same great group. We'll be having our Spring Timed Mile the last Monday in May! And 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



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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!"



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@hsscener.com
(727) 939 - 6095 (voice or text)

ANCHORED PHYSICAL THERAPY & RECOVERY ROOM

PROVIDING KLR MEMBERS EXCLUSIVE DISCOUNTS
BRIAN@ANCHORTHEBODY.COM



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 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!



WE HAVE ADDED THE DUNEDIN TRIATHLON ON SUNDAY MAY 17TH AS #4 FOR OUR LOCAL 4 RACES

FULL KLR SUPPORT WITH SAM!!!



KENNEDY LAW RACING NEWSLETTER



~~_____ Kennedy Law Racing Team Party~~

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

 Best Duathlon Safety Harbor: Saturday, February 7th

 Sid Cassidy Triathlon Weekend (Boca Raton): February 14-15

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

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


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

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

 CFB _____ Swim: Sunday, May 3rd

!Ironman Jacksonville: Saturday, May 16th

 Just added! #Dunedin Triathlon: Sunday, May 17th


 Rainbow River powered by KLR: Saturday, June 27th

#Top Gun Triathlon: Saturday, August 1st

!Game On Key Largo: August 17th *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



MORE SPRING FLING 🌻



ST ANTHONY'S TRIATHLON

CFR LIFEGUARD OCEAN MILE SWIM

