## KIENNIEDY LAW RACING



## NEWSLETTER

**NOVEMBER** 

2025





""" ENDURANCE

#### **DECEMBER 5-7 DAYTONA INTERNATIONAL SPEEDWAY**

You don't want to miss this one!!! The final KLR Sponsored Race of 2025. We are going to go out with a 🔻

The Clash Daytona Team award is up for grabs. After winning this at Clash Miami, you know we are ready to step-up our TEAM EFFORTS to secure the award in Daytona.

So come READY to participate in multi events. Each event completed you receive 1 point.

Reach out if you have not yet used the KLR Discount Code!!!



Weekend Agenda kick off Friday with KLR Happy Hour 3-5p location TBD Followed by Jingle Jog @ 530p Saturday-AM

Sprint Distance (Tri, Aquabike, Duathlon) Saturday-1p

Red Line Relay (2hrs)

Sunday 7a: Clash Distance (Tri, Aqua, Duathlon) Sunday 930a-SAA- 1 Mile Swim \*not included in team points



AFTER PARTY AT THE BIKE LAB: 357 SCOTLAND STREET

\$25 PER PERSON- CASH!!! HOLIDAY CYCLE TOP (1ST 50) AND AFTER PARTY \*KIDS FREE

**RSVP** 

KENNEDYLAWRACING@GMAIL.COM

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MONDAY NICHT

CATCH THE GREEN WAVE

# IRONMAN FLORIDA "THE CENTURY"

In the history of our team there has been not another single event bigger than this. Our numbers were strong with nearly 100 participating, racing, cheering, Sherpaing and volunteering. We owe this historic event participation to one incredibly inspiring teammate and her love of the multisport world and puppies. Jill Walker has completed her 100th full distance Ironman branded race at Ironman Florida 2025! Only one other female has surpassed 100 and Jill isn't far behind! We look forward to cheering her on all along her journey as we will with any other teammates along their journeys.





On Thursday the Green Machine pulled into PCB with our squad of 5 and fully stocked to pull off the event of a lifetime. With little time to spare we checked into our lovely accommodations at the Calypso and headed out to the Embassy Suites next door where Jill Walker had prepared a pre race banquet to honor all her friends and teammates who had made the trip to be there for her. Delicious food and custom swag giveaways combined with photo reelz and speakers made for a wonderful evening. Sharing stories about Jill and how we've all met and shared in the journey was the highlight for most.



After a well earned night out with everyone we rested up in preparation for a practice swim early on Friday. Crystal clear water at 74° is just what we all needed to start the day. "A swim is the best way to start your day!" ~ Coach Bethany. Swim conditions for the practice swim were very good and race day only saw an improvement.



Breakfast was a must and after that we reconvened for a short shake out session. Most chosen to ride but Kristin and I were interested in a little run as she was the marathon runner on The "KLR Green Wave" Relay team. Rumor has it, it was a spicy shake out ride with a strong pull by Cheri Gray which is no surprise to me.



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**CATCH THE GREEN WAVE** 

#### IRONMAN FLORIDA "THE CENTURY"

By 2:30 that day most of our teammates competing were ready to drop their bikes and transition. We met to discuss some transition strategies and chat about all the Day Before anxiety that folks were having. After bike check in we went about our traditional evening before dinner and had Salmon, veggies and pasta. And a special shrimp appetizer made by Luis Q, who unknown to us had been a chef in another life. Incredible evening and sunset that night. Going to bed early in preparation for that 5am alarm.



Race morning brought a bit of a chill. Cold sand made for cold feet but our KLR parkas and an army of KLR Sherpas snapping pics and holding dog head cutouts reined supreme. Jill got to fire the cannon and the Sherpa squad got to watch nearly 50 KLR members and friends start their full or relays at the swim start.



After that the Sherpas went about preparing for the run course and the athletes went about crushing it on the bike. Which I must throw in, especially as a cyclist strong triathlete how impressed I am with our Co-director Brooke Bennett who has risen to the occasion of learning all the skills necessary to ride long and is looking forward to doing her first Ironman at Jacksonville in May. Others preformed phenomally on the bike with some relays getting close to breaking 5 hours!

Primo spot on the run course is the only way we know how to do things. With all the relay members from the swim and the bike done we had a legendary cheer squad. Plus we had members drive up to PCB just to cheer. Shout out to Amy, Bobby, Lucy, Ryan and Keith who made the trip just to support and cheer. Plus dozens of family members and people from our local multisport community. The night was long but once again we rocked it until the last member came in. Something I know that Greg Concannon appreciates tremendously. Doesn't matter if it's sub 11 or 16:29. We are all Ironman.



So many stories out on that course. So much inspiration and legendary performances. Our team thrived that night in every way imaginable. All thanks to Jill and her inspiration and incredible camaraderie. Towards humans and puppies. The next morning Kennedy Law Racing and Tom Kennedy himself put on an amazing beach side brunch to honor all the athletes who were there for Jill and herself.



In the end, we are so over the moon about our teams participation in Jill's 100th and Ironman Florida 2025! Every single one of you out there made and make this team what it is. Tom Kennedy is so proud of you all. Brooke, Samantha, and myself are so very proud and honored to call you teammates and we ALWAYS are looking forward to our next adventure. Our next race. Our next fun event. ALWAYS feel free to contact us with ANYTHING you feel appropriate! We love you!

Catch the Green Wave



#### KENNEDY LAW RACING

## **NEWSLETTER**



**CATCH THE GREEN WAVE** 







ີ Feeling Good Fridays 🦮

In October, we switched up our social media schedule and introduced Feeling Good Fridays — a weekly spotlight on you!

These posts celebrate our incredible members and their amazing stories — from race reports and volunteering adventures to tales of friendship, perseverance, and pure team spirit. Every week we love showing off what makes our community so special: you, the people who make this team awesome.

We already have a list of stories lined up, but as the weeks roll on, our stash will start to run low. So...

If you've ever thought, "I'd love to help out!" — here's your chance! You don't need to haul tents, chairs, or coolers for this one — just your keyboard.

Write up a short story, share a moment that made you proud, laugh, or say "wow."

It doesn't have to be fancy — just real. And we'll take it from there.

Send your stories to

kennedylawracing@gmail.com and watch your words make people smile on our next Feeling Good







#### LAURA DRAKE COLE'S KONA RECAP

JW

Jill Walker from Tampa IRONMAN, F55-59 Bib 595 Kennedy Law Racing

GN

Gail Norman from Tampa IRONMAN, F65-69 Bib 448 Kennedy Law Racing



Lynne Marsala from Saint Peters IRONMAN, F50-54 Bib 1164 Kennedy Law Racing



Laura Drake Cole from Brooksville IRONMAN, F55-59 Bib 556 Kennedy Law Racing

Amazing job at pushing through and focusing on the positives Laura! Hard work pays off even on a tough day!

"Guys, sometimes I forget just how bad these hurt! Mentally totally there- kept trying to figure out ways to go faster- but nothing worked, I did see a dolphin under me in the choppy swim so that was cool: Bike wasn't bad but just not a lot of power in the legs; run was ridiculous painful but soldiered on, still sick from last week. Just finish! Nutrition/hydration spot on, training pretty good too... was the bug, not the windshield But hey, a finish is a finish & I'm damn grateful for it, and Marks

#### ATHLETES SHOUT OUTS

We are so happy and proud of you all for being out there in the multisport community and representing the Green and Black! All the staff at KLR and Tom Kennedy himself salute you for all your efforts and accomplishments! Thank you!



## KENNEDY LAW RACING

# **NEWSLETTER**



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KONA LIVE WILDLY NYC MARATHON MARINE MARATHON KLR MASTER SWIM NC 70.3









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SWIMMING INDUCED PULMONARY EDEMA (SIPE) & EXERCISE RHABDOMYOLYSIS

TRIATHLETES CAN ENCOUNTER THESE TWO DIFFERENT AND THANKFULLY UNCOMMON MEDICAL CONDITIONS THAT DEVELOP DURING OR AFTER A RACE EVENT OR WORKOUT.

THESE CONDITIONS CAN DEVELOP DESPITE HIGH QUALITY TRAINING.

BY: GARY DWORKIN, MD & KLR MEMBER

SWIMMING INDUCED PULMONARY EDEMA (SIPE) IS A CONDITION IN WHICH SOON AFTER BEGINNING AN OPEN WATER SWIM (AVERAGE 10 MINUTES) THE ATHLETE EXPERIENCES SHORTNESS OF BREATH OFTEN WITH COUGH, WHEEZING OR FEELING CRACKLES IN THEIR LUNGS WITH EACH BREATH. THE COUGH CAN PRODUCE PINK TINGED OR BLOODY SPUTUM WHICH OFTEN IS NOT APPRECIATED UNTIL THE SWIMMER GETS OUT OF THE WATER. SOME SWIMMERS ALSO REPORT A "BAND-LIKE" PAIN FEELING ACROSS THEIR CHEST.

THESE SYMPTOMS MORE FREQUENTLY OCCUR IN COMPETITORS WHO ARE 50 YEARS OLD OR OLDER, WHEN SWIMMING IN COLDER WATER, AND WHEN WEARING A FULL WET SUIT. SIPE ALSO MORE FREQUENTLY EFFECTS WOMEN FOR UNCLEAR REASONS. WHEN AN ATHLETE EXPERIENCES THESE SYMPTOMS, SWIMMING SHOULD CEASE AND A SIGNAL FOR ASSISTANCE TO THE EVENT SAFETY TEAM IS RECOMMENDED. CONTINUING THE SWIM IS NOT RECOMMENDED. 70% OF ALL DEATHS DURING A TRIATHLON OCCUR DURING THE SWIM AND SIPE IS ONE OF THE MOST LIKELY REASONS; THE OTHER IS A SEVERE CHANGE IN THE HEART RHYTHM, UNRELATED TO SIPE. WHILE THE EXACT CAUSE OF SIPE IS NOT CERTAIN, HEART SPECIALISTS, LIKE ME, BELIEVE THAT SIPE IS CLOSELY RELATED TO SUBTLE CHANGES THAT OCCUR WITH AGE IN THE HEART AND LUNGS

SO THAT THESE ORGANS ARE LESS ABLE TO TOLERATE A RIGOROUS COLD-WATER SWIM WITH THE ASSOCIATED STRESS OF A RACE.

SIPE IS TREATED WITH SUPPLEMENTAL OXYGEN, A TRANSFER TO A HOSPITAL FOR ROUTINE TESTING OF THE HEART AND LUNGS AND OBSERVATION. THE TRIATHLETE SHOULD NOT GO DIRECTLY HOME! FULL RECOVERY IS OBSERVED IN >95% OF THOSE AFFECTED AND USUALLY OCCURS WITHIN 24 HOURS. BASIC TESTS ARE RUN TO DETERMINE IF THE ATHLETE HAS ANY HEART, LUNG OR OTHER CONDITION THAT MIGHT PREDISPOSE THEM TO RECURRENT SIPE OR OTHER MEDICAL CONDITIONS. THE RECURRENCE RATE OF SIPE DURING A SUBSEQUENT TRIATHLON IS ABOUT 7-10% AND IS OFTEN DUE TO A DISCOVERED UNDERLYING CONDITION OR SOMETIMES THE USE OF A NEW MEDICATION.

PREVENTION MEASURES INVOLVE TRYING TO GET IN AT LEAST A 10-MINUTE WARM UP OPEN WATER SWIM BEFORE THE RACE, STARTING THE SWIM LEG AT A SLOWER PACE, AND WEARING A SHORT RATHER THAN LONG LEG WET SUIT IF POSSIBLE. IN EXTREME CASES WHERE THE TRIATHLETE HAS HAD A PREVIOUS EPISODE OF SIPE DESPITE A NORMAL HEART AND LUNG EVALUATION, A DRUG CALLED SILDENAFIL (VIAGRA) 50MG, TAKEN 1 HOUR BEFORE THE RACE IS NOW RECOMMENDED. SILDENAFIL DILATES THE VEINS OF THE LIMBS AND THE ARTERIES OF THE LUNGS TO REDUCE THE PRESSURE OF BLOOD IN THE LUNGS AND THEORETICALLY REDUCES THE CHANCES OF SIPE RECURRENCE. THIS DRUG SHOULD ONLY BE PRESCRIBED AND TAKEN AFTER A COMPLETE HEALTH EVALUATION AND REVIEW OF ANY OTHER ROUTINE MEDICATIONS BEING TAKEN.

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SWIMMING INDUCED PULMONARY EDEMA (SIPE) & EXERCISE RHABDOMYOLYSIS

TRIATHLETES CAN ENCOUNTER THESE TWO DIFFERENT AND THANKFULLY UNCOMMON MEDICAL CONDITIONS THAT DEVELOP DURING OR AFTER A RACE EVENT OR WORKOUT.

THESE CONDITIONS CAN DEVELOP DESPITE HIGH QUALITY TRAINING.

BY: GARY DWORKIN, MD & KLR MEMBER

EXERCISE INDUCED RHABDOMYOLYSIS IS A MORE COMMON AND BETTER UNDERSTOOD CONDITION THAN SIPE AND OCCURS WITH INTENSE EXERCISE.... MORE OFTEN IN MEN. RHABDOMYOLYSIS IS A SYNDROME CAUSED BY INJURY TO SKELETAL MUSCLE AND INVOLVES LEAKAGE OF LARGE QUANTITIES OF POTENTIALLY TOXIC MUSCLE CELL CONTENTS INTO THE BLOOD STREAM. OUR MUSCLE CELLS ARE ALWAYS LEAKING SMALL QUANTITIES OF THEIR CONTENTS INTO THE BLOOD, ESPECIALLY AFTER A WORKOUT. WHEN, FOR

WHATEVER REASON AN EXTENSIVE INJURY TO LARGE MUSCLE GROUPS OCCURS (EXERCISE, CRUSH INJURY, ELECTROCUTION) THE CONTENTS OF DAMAGED MUSCLE CELLS THAT SPILL INTO THE BLOODSTREAM OVERWHELM OUR BODY'S NORMAL SYSTEM OF DISPOSING OF THESE TOXINS.

EXERTIONAL ACTIVITY (MARATHONS, SQUATS, PUSHUPS, SIT-UPS, HIGH-INTENSITY INTERVAL TRAINING, AND OTHER INTENSE REPETITIVE PHYSICAL EXERCISE) MAY CAUSE RHABDOMYOLYSIS, ESPECIALLY IN UNTRAINED OR POORLY TRAINED INDIVIDUALS. SUCH EVENTS OFTEN OCCUR UNDER EXTREMELY HOT OR HUMID CONDITIONS AND ARE RELATED TO EXERTIONAL HEAT STRESS AND HEATSTROKE. MOST OF THESE EVENTS OCCUR IN MILITARY RECRUITS AND COMPETITIVE ATHLETES. IN A STUDY MOST OF THE CASES IN ATHLETES INVOLVED RUNNING, INCLUDING MARATHONS (54.3%), WEIGHTLIFTING (14.8%) AND CROSS-FIT (10%).

COLD EXPOSURE IN ADDITION TO HEATSTROKE IS AN ENVIRONMENTAL CAUSE OF RHABDOMYOLYSIS. FACTORS THAT INCREASE THE RISK OF EXERTIONAL RHABDOMYOLYSIS INCLUDE THE FOLLOWING:

- **□ DEHYDRATION**
- ☐ USE OF NUTRITIONAL SUPPLEMENTS
- □ DRUG USE-NARCOTICS AND COCAINE
- **□ HIGH DOSE CAFFEINE**

THE TREATMENT INVOLVES IMMEDIATE INTRAVENOUS FLUID INFUSION TO DILUTE THE MUSCLE TOXINS IN THE BLOOD STREAM TO PREVENT THEM FROM CAUSING DAMAGE TO

THE KIDNEYS, WHICH IS THE BIGGEST RISK IN EXERCISE INDUCED RHABDOMYOLYSIS. HOSPITALIZATION IS USUALLY REQUIRED AND MONITORING OF KIDNEY FUNCTION, URINE OUTPUT AND ITS COLOR AS WELL AS BLOOD TESTS TO MONITOR THE STEADY DROP OF THE MUSCLE TOXINS (MYOGLOBIN AND CREATINE KINASE) IS THE STANDARD. ONCE RECOVERED, THE ATHLETE IS RECOMMENDED TO AVOID ANY STRENUOUS WORKOUTS FOR AT LEAST 4 WEEKS TO ALLOW THE MUSCLES TO FULLY HEAL.

PREVENTION INVOLVES HYDRATION BEFORE, DURING AND AFTER A WORKOUT, AVOIDING HYPERTHERMIA, AND AVOIDING PRE-WORKOUT HIGH CAFFEINE DRINKS. HOWEVER, SYMPTOMS OFTEN DO NOT DEVELOP FOR 24 HOURS AFTER A WORKOUT SO DURING AN INTENSE SET, IT MAY BE IMPOSSIBLE TO PREDICT IF A PARTICULAR SESSION WILL RESULT IN RHABDOMYOLYSIS. STEADY BUILD UP IN TRAINING RATHER THAN ATTEMPTING A HARD AND PROLONGED WORKOUT IN AN UNDERTRAINED CONDITION IS THE BEST WAY TO PREVENT EXERCISE INDUCED RHABDOMYOLYSIS.



## KENNIEDY LAW RACING

# NEWSLETTER



CATCH THE GREEN WAVE

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

NOVEMBER 14TH-16TH: ST. PETE RUN FEST, ST. PETERSBURG, FLORIDA (AL & SAM)

NOVEMBER 15TH-16TH: OCEANMAN MIAMI, FLORIDA (BROOKE)

NOVEMBER 15TH
SARASOTA SHARK TANK SWIM
MEET (BETHANY)

DECEMBER 5TH-7TH: CLASH DAYTONA WEEKEND, DAYTONA BEACH, FLORIDA

CHRISTMAS PARADE: DECEMBER

13<sup>TH</sup> DUNEDIN

2026 TEAM PARTY: SATURDAY, JANUARY 24<sup>TH</sup>







BLACK FRIDAY STORE NOVEMBER 21-30

#### **NEW KLR DESIGN**

Tri-Kits, Tri Swimsuit, Cycling & Running Gear

SUMMT LINE: OUR PREMIUM LINE, CRAFTED
WITH THE HIGHEST QUALITY ITALIAN-MADE
FABRICS. FEATURING A
SEMI-COMPRESSIVE FIT FOR IMPROVED
AERODYNAMICS WHILE MAINTAINING
COMFORT,
MAKING IT A TOP CHOICE FOR SERIOUS
TRIATHLETES
SEEKING AN EDGE IN PERFORMANCE











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## KENNEDY LAW RACING

# NEWSLETTER



CATCH THE GREEN WAVE

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DUNLAP ARE NOT
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WHERE PERFORMANCE
MEETS PRECISION
NO APPOINTMENT
NEEDED
AS A KLR MEMBERSAME DAY- FOR MOST
SERVICES, TUNE UPS
BIKE FITTINGS & MORE!!

# 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.



