

KENNEDY LAW RACING NEWSLETTER



OCTOBER
2025

**CATCH THE
GREEN WAVE**

**IRONMAN FLORIDA
JILL'S 100TH
NOVEMBER 1ST**



Just under a month away and we are so looking forward to what will surely be a historic moment for Jill Walker and Kennedy Law Racing! November 1st and the entire weekend will be a can't miss event. We highly encourage any and all Kennedy Law Racing teammates and family and friends who are not racing to consider making the trip up to cheer and volunteer for this special event. We will be honoring all who attend with special recognition at our annual team party and do not forget that if this is your first Ironman and you wear either a KLR kit or the Jill's 100th kit you will be eligible for your KLR 140.6 jacket.

Stay tuned for exciting and special events leading up to and after race day too. It's gonna be epic!

**COUNTDOWN
COUNTDOWN
COUNTDOWN**



**ST. PETE RUN FEST
NOVEMBER 14TH-16TH**



St. Pete Run Fest has been a staple for many teammates for years. A beautiful venue in downtown St. Petersburg with multiple days of racing with anything from a 1 mile fun run to a half marathon and multiple different challenges with all kinds of medal opportunities. So naturally we listened and so we'll be there to support our community with all the amenities we deliver. As with all multisport races there will be ample opportunities to not only participate but cheer and volunteer. So if you have some time and can give back to our local multisport community we urge you to sign up for volunteering in any capacity. You could be the smiling face someone needs to crush their first race!



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CATCH THE GREEN WAVE

**THE 1ST TIME IN USA
OCEANMAN MIAMI
NOV 14-16**

LET'S GO

ADVENTURE



OCEANMAN MIAMI IS WHERE
WORLD-CLASS OPEN WATER
SWIMMING MEETS THE VIBRANT
ENERGY OF SOUTH FLORIDA. HELD AT
THE ICONIC HAULOVER PARK,
KNOWN FOR ITS NATURAL BEAUTY
AND UNIQUE MIAMI VIBE, THIS
PREMIER EVENT OFFERS RACE
DISTANCES FOR ALL LEVELS—10K,
5K, 2K, AND A FUN 500M KIDS' SWIM

IF YOU ARE INTERESTED IN TAKING
PART OF THIS EPIC EVENT FOR THE
FIRST TIME IN USA SEND US AN
EMAIL:

KENNEDYLAWRACING@GMAIL.COM



**SWIM NEWS: DOUGIN WALKER
OVERALL WINNER
ULTRASWIM 33.3KM GREECE**

**ENGLISH CHANNEL DISTANCE OVER 4
DAYS WITH SIX SWIMS!**

**GREECE IS THE NEWEST SWIM
CHALLENGE IF THIS SERIES.**

**EACH DAY BRINGS ON DIFFERENT
SIGHTS AND SWIM DISTANCE AND DAY 3
WAS THE LONGEST OF THE SWIMS- 7.5
MILES!**

**DOUGIN WAS IN 3RD PLACE AFTER GOING
INTO THE FINAL SWIMS AND DAY,
BATTLING IT OUT WITH A 14-YR OLD.**

**NEVER COUNT HIM OUT- MAKING HIS
MOVES WITH EACH SWIM- DOUGIN MADE
EVERY STROKE COUNT TILL THE END-
FOR THE WIN!!**





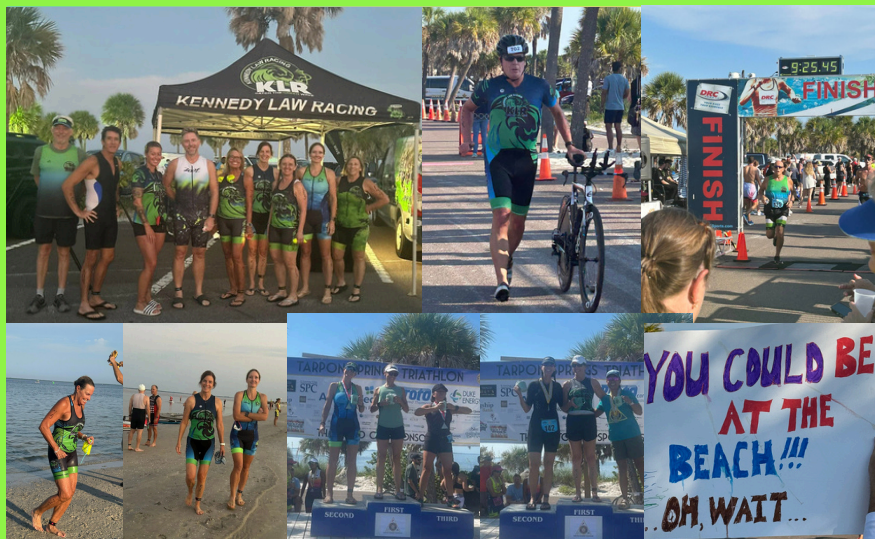
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CATCH THE GREEN WAVE



AUGUSTA 70.3 A TALE OF A TEAM

What a special race for so many of us. So many epic stories I could write a book! The one that sticks out the most is probably that of Mike and Lori Dunlap who were there supporting and racing with Betty Blue! Mike was the run leg of a relay with Michael Blue as the cyclist and Gail Hurn as the swimmer. Lori did the swim and run of a relay with Brooke Bennett doing the bike as her first ever Ironman event and first time riding 56 miles! And Betty Blue accomplishing her goal of completing her first Half Ironman solo! Epic performances all around. The most badass part was Lori Dunlap rolling her foot at mile 7 on the run and with 7 out of 10 pain completing the half marathon with Kristin Woodward and myself by her side! We spent about 2 hours, telling stories, laughing, crying, and on an adventure. We found Lori a walking stick alongside the beautiful new shaded run course too.



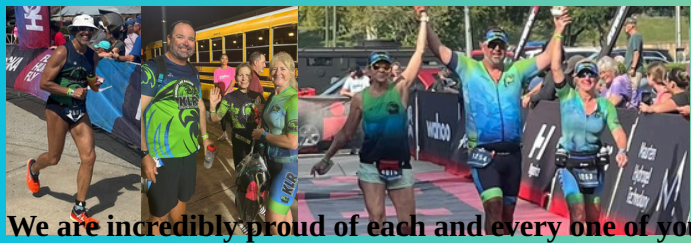
TARPON SPRINGS THE LOCAL FAV!

Back and beautiful after a year of clean up and rebuild. This surely winning the hearts of the locals! That is true for our KLR Members too, Old and New the group green and black filled the course. Starting off with the swim, looks can be deceiving ---nice and flat but racers had to swim into a bit of current. A solid effort by all, must be all those master practices I see so many at 😊 Onto the bike, with views of Tarpons well know lakes, if you did the Olympic distance a little fly-by of downtown. The run course safe within Fred Howard Park out along the paved road water on either side- the tune "Walk on Water" comes to mind, through the shaded park you made your way back to the finish line with sponsors and supports cheering on. This local race you will find yearly on KLR's list of races. as it is truly a fan favorite. Super-Stars on the podium- Rebecca Baker TOP female 55-59 Sprint, Jackie Crump 2nd Sprint 45-49, Cynthia Butts 2nd Sprint 70-74, Stan Fivecoat 2nd Olympic 55-59, Jeff Baker TOP finisher Olympic 65-69 other great races by Leo Budo rising up to the challenge to race in the Sprint Elite with solid effort, finished 6th. Paul Giuliani 4th Sprint Age Group. We also had some comeback races from injury and life's distractions.

These local races are the footprint of the team, the training ground for life, or the confidence for that next race. Congrats to ALL! Catch the Green Wave!



It's stories like this... Stories of camaraderie, friendship, sportsmanship... Stories like these are what still motivates me to toe the line. This is why our team is special. We get together, we race together and sometimes we finish together and because of each other.



We are incredibly proud of each and every one of you and love racing with you! Looking forward to many more! Special thanks to Tom Kennedy for supporting our team and allowing us to have the means to deliver an incredible experience for our KLR Superstars!



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CATCH THE GREEN WAVE

PUSHING LIMITS IN MADISON: A WEEKEND TO REMEMBER

BY: DEVIN DEMSEY

Last month, I had the opportunity to take on one of the biggest challenges of my triathlon journey: completing my first full Ironman in Madison, Wisconsin. But before lining up for the 140.6-mile test of endurance, I did something that made many friends and family members question my sanity – I raced the half Ironman 70.3 the day before.



Of course, I can't take full credit for this bold double-race idea. That honor belongs to Paul Gray, the true mastermind behind some of the "craziest" challenges our group takes on. Paul's vision for the crazy coupled with Dave Toms' willingness to say "YES" creates an environment that peer-pressure thrives in! Paul and Dave's enthusiasm and training mentality turned what seemed impossible into a plan we could actually tackle.



Alongside Paul and Dave, I lined up for both races, and together the 'Three Amigos' shared every mile, every laugh, and every struggle along the 140.6 mile course. On Saturday's half, we were had the pleasure to share the course with Cheri Gray and Jamie Clark, whose energy and encouragement carried us through the whole weekend, first as fellow racers and then as great supporters! We also had Jim Polacek and little Leo supporting us the whole weekend. Shout out to Leo for completing his first Ironkids event!



What most people didn't see, though, was the quiet challenge of Saturday night. After finishing the 70.3, the adrenaline wore off and reality set in...I believe Patty Zagami said it perfectly in this newsletter last month, "WTAF was I doing?" (seems to be a theme in this group 😊). We still had 140.6 miles waiting for us the very next morning. I think it is safe to say that each of us were wrestling with doubts – questions about whether our legs, minds, and bodies had enough left to finish what we started. It was in those moments, the strength of the team mattered most. Neither one of us were willing to let the other down. We drew confidence knowing that we were in this together and knew all of the miles we put in with all of our training friends.

The early morning hours before the full were filled with the usual pre-race jitters and tension. In true Paul Gray fashion, he shattered the tension like a baseball bat through frail glass with a 6:07 am text message, "Group workout today. Meet me at 6:15 in the lobby."

Racing alongside teammates transforms the challenge into something bigger than yourself – every high is celebrated together, and every low is met with someone at your side reminding you to keep pushing forward. Taking on two races back-to-back was daunting, and there were plenty of moments the day of and during the training leading up to it, where the finish line felt far away. But the support of my teammates, the shared smiles at the start line, and the determination throughout the weekend gave me the strength to keep moving. When we finally crossed the finish line in Madison, with the crowd cheering, and with the capital dome lit up behind us, it wasn't just my accomplishment – it was ours.

Triathlon is often called an individual sport, but weekends like this prove otherwise. It's the long training sessions shared, the encouragement on the hard swim sets and during intervals, the laughter on recovery runs, and the camaraderie on race weekends that make milestones like this possible. Without this team, the journey to my first Ironman finish would have looked very different.

I am incredibly grateful to be part of a club where support, friendship, and community matter as much as miles and medals. This Ironman wasn't about testing my limits – it was about being reminded that with the right people around you,

ANYTHING IS POSSIBLE

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!



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CATCH THE GREEN WAVE

Kennedy Law Racing KLR

fall festival

workout challenge

- 1** Saturday: October 11th 7:30-9am
Mock Super Sprint Triathlon and transition clinic at Sand Key Park
- 2** Sunday: October 12th 7:30-10am
Ride/Run Brick workout at The Bike Lab
Roll out 7:45a
Group A: Klosterman Rd & Back
Group B: Wall Springs & Back
into a 30 minute Run
- 3** Monday: October 13th 6:30pm
MNIRG Timed HALF Mile at Coachman Park Clearwater
Join US for
ALL 3 and get a beer and pizza slice on us after Run Club on the 13th!!

catch the green wave

KENNEDY LAW RACING AND THE BIKE LAB PRESENTS

RIDE & RUN

BRICK WORKOUT
PART OF THE FALL FESTIVAL
WORKOUT CHALLENGE

JOIN US
Sunday, October 12
7:30-10am at The Bike Lab
357 Scotland St
Dunedin, FL 34698
We will meet at 7:30am.

Wheels down at 7:45am for a fun ride to Wall Springs and back. BGroup ride available. Afterwards we'll get in a little Fun run along the beautiful Dunedin waterfront. Hydration and snacks provided.
Powered by KLR

Kennedy Law Racing presents

Mock SUPER SPRINT TRIATHLON

and transition clinic

OCTOBER 11TH 7:30-9AM
JOIN US!

We'll be out at the pristine Sand Key Park for a Mock Super Sprint Triathlon and transition clinic. We'll meet at 7:30am and spend about 30mins going over transition etiquette and safe practices. Followed by a 220yd swim, 5 mile bike and 1.5 mile Run. All within the park!

Please email us at kennedylawracing@gmail.com if you plan on attending!

Part of the Fall Festival Workout Challenge





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

**OCTOBER 11TH-13TH: FALL
FESTIVAL WORKOUT
CHALLENGE,
CLEARWATER/DUNEDIN, FLORIDA**

**NOVEMBER 1ST: IRONMAN
FLORIDA, PANAMA CITY BEACH**

**NOVEMBER 14TH-16TH: ST. PETE
RUN FEST, ST. PETERSBURG,
FLORIDA**

**NOVEMBER 15TH-16TH:
OCEANMAN
MIAMI, FLORIDA**

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

CHRISTMAS PARADE: TBA

2026 TEAM PARTY: TBA

**CATCH THE
GREEN
WAVE**



NUTRITION TIPS

THINGS WE HERE OFTEN BUT A LITTLE REFRESHER IS ALWAYS GOOD!

A bottle every hour: not just h2o. You need salt, magnesium, and potassium. keep the sugar out!

Not the day of the race, hydration starts 7-10 out.

ideas: Coconut Water, Pedialyte (the day/night before)



Hydration comes from food too- think juicy!

Solids make the body work- find those calorie and protein packed mixes that absorb quick

Pickles anyone?? Yes Pickle Juice isn't just the craze, it is magic on the course for those pesky cramps.

30-minutes after a workout is the bodies max to absorb protein for gains and recovery.

Protein up leading into race week

Carb up the night before, for those longer races you need more.





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CATCH THE GREEN WAVE

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



Dunlap & Dunlap

MORE PICS OF KLR BEING LEGENDARY



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!

