

KENNEDY LAW RACING

OCTOBER 2026

NEWSLETTER



THE BIKE LAB PRESENTS

RIDE & RUN

JOIN US! WAIVER MUST BE SIGNED AT THE BIKE LAB BEFORE PARTICIPATING!

Sunday, October 18th

7:30-10am at The Bike Lab
357 Scotland St
Dunedin, FL 34698

Meet at 7:30am. Wheels down at 7:45am for a fun ride to Wall Springs and back. B-Group ride available. Afterwards we'll get in a little Fun run along the beautiful Dunedin waterfront. Hydration and snacks provided.

KENNEDY LAW RACING RUN GROUP PRESENTS

AWESOME AUTUMN WORKOUT CHALLENGE

MONDAY OCTOBER 19TH
@ 6:30PM + SPECIAL WORKOUT!

TIMED 1/2 MILE

FUN FREE

COACHMAN PARK IN CLEARWATER

Join us for our Timed 1/2 Mile! Test your speed in our Fall Winter home. Warmup laps, Timed 1/2 Mile, Special workout. Cool down fun and then meet at Downtown pizza afterwards.

FREE AND FUN FOR ALL. HYDRATION PROVIDED EVERYONE WELCOME.

Powered by Kennedy Law Racing

PATTI DANIEL STAN GORDIE JULIO

RAGNAR TEAM

KLR GETS THE HONOR OF PARTICIPATING IN THE VERY FIRST SUNCOAST RAGNAR! UNLIKE THE USUAL FORMAT, WE GET TO DO IT FLORIDA STYLE WITH A BREAK/PARTY AT NIGHT ON CLEARWATER BEACH! LOOK OUT FOR 8 KLR MEMBERS AND THE BIG GREEN VAN RUNNING LOOPS FROM FORT DESOTO TO TARPON!

SAMANTHA DAN SAVANNA

VOLUNTEERS NEEDED

FRIDAY 10/23: TIME: 11:00AM-4:15PM

LOCATION: FORT DESOTO PARK (SOUTH PARKING LOT)

SATURDAY 10/24: TIME: 10:00AM-3:15PM

LOCATION: TARPON SPRINGS ELEMENTARY SCHOOL

SIGNUP TODAY:
KENNEDYLAWRACING@GMAIL.COM

KENNEDY LAW RACING NEWSLETTER

**CATCH THE
GREEN WAVE**



Just under a month from our annual trip to Panama City Beach for Ironman Florida! We'll have an epic cheer station featuring the infamous dancing shark! Plus, all the fun and camaraderie that we are known to deliver! If you haven't already?! Shoot us an email at kennedylawracing@gmail.com to get on the text chain and stay in the know why KLR is on the Emerald Coast, bringing the Green Wave!



December **4-6** **CLASH**
ENDURANCE



**3 days of racing, 3 days
of FUN!!**

**The more racing you do
the more TEAM Points!!
BE on the look out for
more TEAM News
as we near the FINAL
KLR Stop on our 2026
TOUR!**



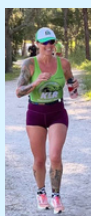
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**CATCH THE
GREEN WAVE**



THE RACE IS PRESENTED BY THE ROTARY CLUB OF TARPON SPRINGS. FOR OVER 30 YEARS IT HAS RAISED FUNDS FOR PARTIAL AND FULL COLLEGE TUITION SCHOLARSHIPS FOR LOCAL STUDENTS.

THANK YOU TO THE ROTARY CLUB OF TARPON SPRINGS FOR THE INVITATION AND FOR THE WORK THEY DO YEAR-ROUND FOR LOCAL STUDENTS. KENNEDY LAW RACING IS HONORED TO HELP POWER EVENTS THAT GIVE BACK LIKE THIS ONE. SEE YOU NEXT YEAR!



Olympic Results:

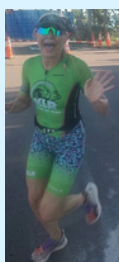
Elite Women: Brooke Bennett

M 50-54: #2 Ron Favali

M 60-69: #1 Jeff Baker

Olympic Mixed Relay: #2 "I thought this was a 5k"

Kim Novak, Bobby Piper, Jiri Novak



Sprint Results:

Mega Master Women: #1 Mandy Zipf

W 60-64 #1 Natalie Mage, #3 Colleen Murray

W 65-69 Trish Taylor

M 40-44 Steve Matoni

M 50-54 #1 Josh Shannon

M #60-64 #3 Bruce Militello

***Great races by Steve Mage, Jason Stoddard, and David Wrassmann**

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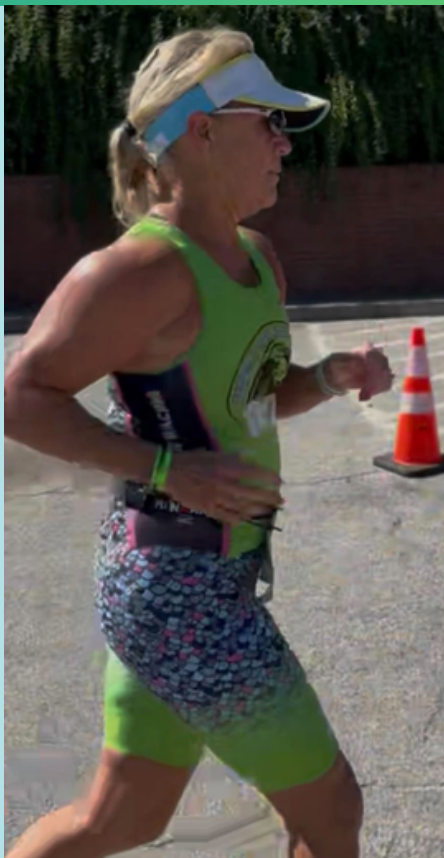


KLR Racing in Augusta & Chatty

AUGUSTA WAS A BEAUTIFUL PLACE AND THE COURSE AND WEATHER COULDN'T HAVE BEEN MORE PERFECT. RIDE AND RUN WERE HILLY BUT SCENIC. NO GATORS GOT ME SO IT WAS A GOOD DAY. ~ LISA

"IT WAS FUN TO RETURN TO THE PLACE WHERE I DID MY FIRST HALF IRONMAN THREE YEARS AGO.

LOT OF FUN RACING THIS WEEKEND WITH TEAMMATES AND A LOT OF FRIENDS AS WELL. DEFINITELY WOULD DO IT AGAIN!"
~LEO



WHAT HAS STOOD OUT THE MOST FOR ME THIS YEAR IS THE AMOUNT OF FIRST TIMERS AND YOUNGER GENERATION GETTING INVOLVED IN IRONMANS. I LOVE IT! ~ JILL #112,
DOUGIN #92



KENNEDY LAW RACING NEWSLETTER



KLR 250 CHALLENGE

Run/Walk July-September



Individual/Team	Total Mileage	Julyish	Augustish	September
Amy	803.32	265.5	355.32	182.5
Lori Dunlap	530.31	132.11	206.5	191.7
Daniel & Chris	478.06	152.14	202.05	123.87
David H	413.66	120.08	167.96	125.62
Colleen	370.59	101.19	154.8	114.6
Al & Kristen	364.7	66.2	190.7	107.8
Kim & Jiri	350.71	117.09	125.22	108.4
Lori Stone	320.25	78.5	133.25	108.5
Trish	312.52	93.83	119.56	99.13
Mike Dunlap	310.4	90.9	145.2	74.3
Bobby	297.9	77	124.5	96.4
Lexi	295.63	89.13	117.49	89.01
Lisa	293.4	64.91	123.63	104.86
JP	272.5	100	118	54.5
Ron	265	118	147	0
Paul G	256.88	81.67	93.54	81.67
Stan	215.32	44.21	92.61	78.5
Patti	139.7	45.45	54.05	40.2
Mandy	116.6	26.8	45.8	44
Jennifer	111.75	76	35.75	0

NICE
WORK

Thank you to everyone who participated in our 250 challenge! This was a fun way to stay motivated during the Florida heat! Look out for some more challenges coming up!



Nov 13-15

ANY ONE
DOING THE
DOUBLE OR
TRIPLE??

Ask us for KLR Discount

This is such a fun event right in the heart of St. Pete! Races for all abilities and such a fun course to volunteer and cheer on!

Sat- 5k & 10k

Sun- 1/2 Marathon

KENNEDY LAW RACING NEWSLETTER



IN PARTNERSHIP WITH

WFLA
MASTERS

AND

GMX7

POWER BUILT THROUGH PRECISION

OCTOBER 17TH 7:00-9:00AM
(IN WATER 7:30-8:30AM)

PRECISION AQUATIC RESISTANCE
TRAINING

CLINIC- FOR ALL LEVEL SWIMMERS!!
LEARN ABOUT & TRY GMX7
WITH FOUNDER & CEO DAVID MCCAGG

@ SOUTHWEST REC POOL- 13120 VONN RD LARGO

**MUST BE A USMS MEMBER
SIGN UP TODAY -CONTACT
FOR QUESTIONS**

KENNEDYLAWRACING@GMAIL.COM



IF YOU ARE NOT
USMS- WE WILL HAVE
A 30 DAY TRIAL
WAIVER YOU CAN
SIGN IN TO
PARTICIPATE IN
CLINIC!

IF YOU ARE
PLANNING TO
PARTICIPATE PLEASE
SEND US AN EMAIL
SO WE CAN GET AN
IDEA ON #'S

THIS IS FOR ALL
SWIM LEVELS!!

THE OPPORTUNITY
TO LEARN & TRY
SOMETHING NEW

KENNEDY LAW RACING NEWSLETTER



GMX7

POWER BUILT THROUGH PRECISION

**FEATURED MONDAY'S: TRAIN WITH THE
FUTURE OF SWIMMING**

**KLR MASTERS AQUATICS MEMBERS WILL
HAVE THE UNIQUE OPPORTUNITY TO
EXPERIENCE THE GMX7 X3 PRO SYSTEM
(50M) AND TRAIN ALONGSIDE ITS
DEVELOPER, WORLD CHAMPION DAVID
MCCAGG.**

**THE X3 PRO SYSTEM IS DESIGNED TO
REDEFINE HOW ATHLETES TRAIN FOR
SPEED, POWER, AND PERFORMANCE IN
THE WATER. WHETHER YOU'RE
PREPARING FOR OPEN WATER, TRIATHLON,
OR POOL COMPETITION, THIS CUTTING-
EDGE RESISTANCE TRAINING SYSTEM
CHALLENGES YOU TO GENERATE MORE
POWER WITH EVERY STROKE WHILE
MAINTAINING PROPER TECHNIQUE.
DON'T MISS THIS CHANCE TO LEARN FROM
ONE OF THE SPORT'S INNOVATORS AND
DISCOVER HOW THE GMX7 CAN ELEVATE
YOUR TRAINING TO THE NEXT LEVEL.**



The Bike Lab- BMC Bikes

**Prices you can't beat- + taking your
trade ins!! Go See Jesse**



KENNEDY LAW RACING RUN GROUP

**We are now at our Fall/Winter home
of Coachman Park in Clearwater!
Join us for the best and most
friendly group to get your
speedwork done in the area! Every
MONDAY at 6:30pm. Pierce Street
access under the causeway bridge.**



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.**

KENNEDY LAW RACING NEWSLETTER



**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.



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@nsscenter.com

(727) 939 - 6095 (voice or text)

ANCHORED PHYSICAL
THERAPY & RECOVERY
ROOM

PROVIDING KLR MEMBERS
EXCLUSIVE DISCOUNTS
BRIAN@ANCHORTHEBODY.COM

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 ♥ our
Volunteers*

**PART OF KLR IS BEING A
VOLUNTEER TOO, THE
OPPORTUNITY FOR US TO BE OUT
IN THE COMMUNITY!!**



**SHARE A STORY WITH US
A GOAL
A RACE
A FEEL GOOD**

WHY YOU LOVE BEING PART OF KLR!!!

EMAIL:
KENNEDYLAWRACING@GMAIL.COM

Story

KENNEDY LAW RACING NEWSLETTER



- ~~Kennedy Law Racing Team Party~~
~~@ Hogg Park Saturday, January 24th~~
-  Best Damsa Beach Party Harbor: Saturday, February 7th
-  Sid Cassin Beach Weekend (Boca Raton). February 14-15
-  Sand Key Swim Series (Pineapple Grill) Saturday, March 7th
-  SCY Championship (Northshore Pool), March 21-22nd
- ~~ICL Challenge Mississippi: March 27-29th~~
- ~~1# St. Anthony Marathon: April 24-26th~~
-  CFP Oceanfront Triathlon: Sunday, May 3rd
- ~~Ironman Florida: Saturday, May 16th~~
-  Just added! ~~1# St. Anthony Marathon: Sunday, May 17th~~
-  Rainbow Bridge Triathlon by KLR: Saturday, June 27th
- ~~#Tampa Bay Triathlon: Saturday, August 1st~~
- ~~!Game On KLR August 10th Olympic/Sprint~~
- ~~#Tampa Bay Triathlon: September 26th~~
- ~~!Ironman Florida: 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 15th
- ~~!Clash Daytona: December 2026~~



! Big 6 Challenge
Local 4 Challenge



Catch the Green Wave

KLR MOCK TRI



KLR SMILES



KLR RUNNERS & HIKERS



TARPON SPRINGS TRI



DON'T MISS OUT ON SAT SWIM/RUN



MAINE 1/2 MARATHON



CFR BEACH LIFEGUARDS- REMEMBER 9/11

