

KENNEDY LAW RACING NEWSLETTER



SEPTEMBER
2025

**CATCH THE
GREEN WAVE**



AUGUSTA 70.3 SEPTEMBER 28TH

2017 was the last time we raced Augusta 70.3 as a supported Kennedy Law Racing Team event. Unfortunately last years devastating hurricanes forced a cancellation of the race and our planned return. So naturally we decided to add this race back when we caught wind some of our amazing teammates would be there. In 2017 we took 1st place in the division IV tri club points in Augusta, so no pressure y'all! 😊 We will be there in full support of all KLR teammates and family members who decide to take on this beautiful fast and hot course. Look to Facebook for announcements on Happy Hour and group Meetups for swims, bikes and runs while we're there.



TARPON SPRINGS TRIATHLON SEPTEMBER 20TH

Join us for a special edition local race on September 20th! Tarpon Springs Triathlon is sure to be an incredible time with all the Kennedy Law Racing fully supported race amenities. A locals favorite and a favorite to many of our members! We'll be out in full force! Hope to see you out there!





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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!



100

IRONMAN FLORIDA
JILL'S 100TH
NOVEMBER 1ST

100

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.

Visit Panama City Beach

IRONMAN
FLORIDA



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GAME ON KEY LARGO BY: AL JORDAN

Game On Key Largo was our 4th Big 6 Race Challenge event of the 2025 race season. And it did not disappoint!



First, Game On is without a doubt the best multisport race organization around. They feature incredible medals, finisher trophies, shirts, hats, and other swag. Post race food catered by local foodie spots. Great aid stations and volunteer support. Beautiful and clear race signage and company branding. Premier timing. And much more. All this is accomplished by a hard working team of dedicated workers lead by Race Director Willie Savoie! With years of multisport racing expertise, Game On delivers high quality time after time.



Key Largo, John Penecamp Park is an epic location for multisport racing. Warm summer waters, clear calm waters of a bay, short run to transition, a flat and fast out and back single loop for Olympic distance bike, and a neighborhood run in the shade!

The atmosphere, the hanging out, the group meals and Happy hour... It all hits a little different down in Key Largo. On our now 4th trip down there we've stuck to our tradition of cooking out together in our vacation rental. This year opting for tacos with the best ingredients prepared with all the love. And Guacamole for days! Libations and story swapping into the evening.



The crew? Yes, the crew! We had Stan Fivecoat who is the only member left standing in the Big 6 Race Challenge. Joel McCabe, Kristin Woodward, Heather Sampson and the relay teammates Lulu Duran and Gio, Karen and Russ Westerman, Bella and Clint Freeman and Brother-in-law Scott AND Coach Bethany Walter and Photographer Mark. Everyone raced, cheered and had an amazing time!





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PINELLAS TRAIL CHALLENGE BY: PATTY ZAGAMI

Reflections on my first Ultramarathon

I have always considered myself an average runner. Anyone who has met me at Monday Night Running Group or elsewhere knows this to be true. My rare moments on a race podium are only due to small participant pools, and I have made peace with that. Running in the middle of the pack still brings me genuine happiness and has given me mental resilience I never imagined possible.



When I registered for the Pinellas Trail Challenge last year, I didn't fully comprehend what I was stepping into. This was to be my introduction to ultramarathon running, and I drew inspiration from friends and running companions Deb Turner and Tammy Valkner, who had both finished the PTC multiple times. If they could do it, surely it was possible for me, too. Up until three weeks before the event, I was unsure about participating. Unlike previous marathons, I had neither committed to a training plan (I admit – I didn't even search for one) nor did I dwell on other preparation that might be "required." My longest run in recent months had been just 12 miles, and I was feeling unprepared, thinking I could easily withdraw like I had in 2024. But during a casual Saturday 3-bridge loop with Deb who was also undecided, we made a pinkie promise to run it together. After that 13-miler, we ramped up to 15 and 16 miles in the two weeks prior to PTC along with some shorter runs, and that was the extent of it. Some may call this inadequate training. Deb and I call it running on fresh legs.



Having lived in Chicago and NYC, I've run both of those marathons several times—never by qualifying, of course. For those races, I followed 16-week training plans and enjoyed race day crowds five people deep, with aid stations at every mile. The PTC, however, is a different kind of challenge. Not better or worse—just unique. As with all races, organizers, volunteers, and aid stations can make or break the experience. The PTC team excelled. Not only is there no entry fee (take note, World Triathlon Corporation), but volunteers run aid stations at their own expense, simply for the joy of seeing runners who are mostly strangers take on a difficult challenge. The world needs more people like this. The race director and staff organize and support this event purely for their love of the sport, pulling it off on a shoestring budget—a remarkable feat.

In contrast to running World Marathon Majors, I was surprised to learn how much coordination ultras require. I was accustomed to running from start to finish, accepting water, Gatorade, gels, and half bananas from volunteers. Race prep for PTC could have easily become a full-time job. Instead, I recalled that Bruce Hause completed PTC using only the aid stations, without fanfare or elaborate planning. Taking a page from Bruce, I decided to keep things simple, ensuring that I or my wonderful Sherpas—Paul Zagami and Cheri Gray—carried the essentials: ibuprofen, a cooling bandana, and anti-chafing cream.



The first 18 miles unfolded as expected. Deb and I settled into our usual long, slow pace, and I felt fine. I managed my calf cramps with 400mg of ibuprofen and some pickle juice. But around the 20-mile mark, darkness set in—not because of the overcast day, but mentally. Doubt crept in: WTF was I doing? I was only an average runner, with no business attempting 46 miles—almost double my longest distance to date. Yet, with Paul beside me for the final 24 miles and not wanting to let Deb down, I found the strength to keep moving and to cross the finish line, hand in hand with my running partner.



I am sincerely grateful to all those who supported me throughout my race but a few moments stand out: the Clever aid station at mile 13 with many of my running buddies and friends from KLR and Clever, Mary Miedema's impromptu aid station somewhere in the 30s (I was too delirious to take note), multiple appearances by Tammy and Lynne Norring in the late stages of the race, Deb for constantly pushing me and all the friends who appeared at the finish line. Above all, I extend my deepest appreciation to Paul for his unwavering support and patience with my crazy ideas. This certainly won't be the last one.

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



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

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

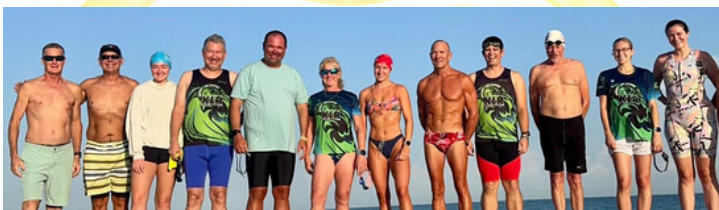
IF YOU ARE INTERESTED IN TAKING PART OF THIS EPIC EVENT FOR THE FIRST TIME IN USA SEND US AN EMAIL:

KENNEDYLAWRACING@GMAIL.COM



SATURDAY SWIM RUN MEETUPS

WITH HEAVY RAINS BRINGS COOLER WATERS ESPECIALLY IN THE MORNINGS. TEMPS HAVE BEEN AROUND 87. JOIN US FOR SOME FUN MIXED SWIMMING AND RUNNING WORKOUTS OR GET YOUR LONGER SWIM IN. SAND KEY PARK IS SHALLOW AND NORMALLY HAS A EASY SOUTH TO NORTH CURRENT. WE MEET AT THE NORTH BATHROOM PARKING LOT AT 7:33AM. JOIN OUR FACEBOOK GROUP, SATURDAY SWIM/RUN MEETUPS POWERED BY KENNEDY LAW RACING TO KEEP IN THE KNOW ABOUT POSSIBLE STORM CLOSURES.



MONDAY NIGHT INTERVAL RUNNING GROUP



THE FIRST MONDAY IN OCTOBER WE WILL BE MOVING TO OUR FALL/WINTER HOME AND OUR INTERVAL WORKOUTS WILL BEGIN AT 6:30PM. FOLLOW US ON FACEBOOK FOR MORE EXCITING DETAILS ABOUT OUR NEW PARK. FOR THE REST OF SEPTEMBER, WE WILL BE AT EAGLE LAKE PARK AT 6:30PM. WE HOPE TO SEE YOU OUT 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 group 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!





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

**SEPTEMBER 20TH: TARPON
SPRINGS TRIATHLON, TARPON
SPRINGS, FLORIDA**

**SEPTEMBER 28TH: 70.3 AUGUSTA,
AUGUSTA, GEORGIA**

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

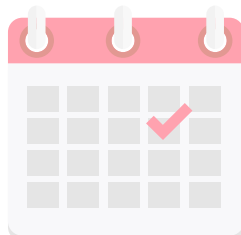
**NOVEMBER 14TH-16TH: ST. PETE
RUN FEST, ST. PETERSBURG,
FLORIDA**

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

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



**CATCH THE
GREEN
WAVE**



KLR MASTER SWIM



LONGCENTER



So far, we've made it through a partial Winter, Spring, and a HOT Summer!! now to settle into Fall, with the water getting a little cooler.

POOL

SOOOOO how much longer??
Late Spring/Early Summer!!!

Here is a visual if you haven't been by recently. The new structure is being added to where the enclosed building will be added. Between will be where the new windows will be placed.



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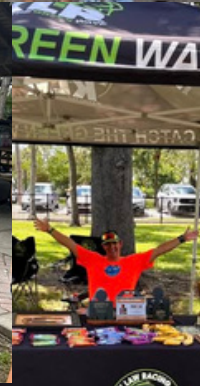
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SPONSORS AND PARTNERSHIP

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



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!





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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.

