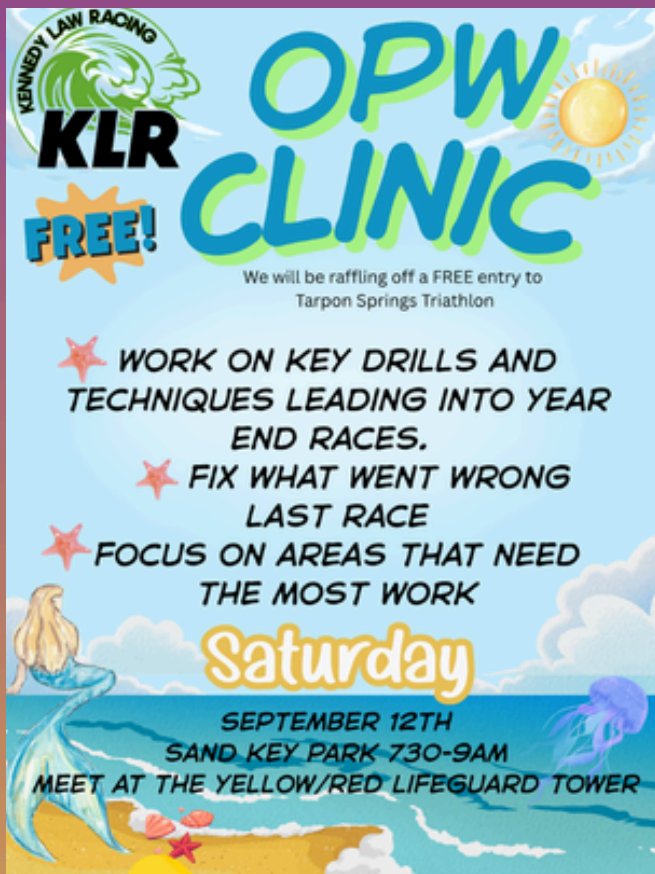


KENNEDY LAW RACING NEWSLETTER

SEPTEMBER 2026

**CATCH THE
GREEN WAVE**

**T D
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**KENNEDY LAW RACING
KLR
FREE!**

OPW CLINIC

We will be raffling off a FREE entry to Tarpon Springs Triathlon

- ★ WORK ON KEY DRILLS AND TECHNIQUES LEADING INTO YEAR END RACES.
- ★ FIX WHAT WENT WRONG LAST RACE
- ★ FOCUS ON AREAS THAT NEED THE MOST WORK

Saturday
SEPTEMBER 12TH
SAND KEY PARK 730-9AM
MEET AT THE YELLOW/RED LIFEGUARD TOWER



**KENNEDY LAW RACING
PRESENTS
SUPER SPRINT TRIATHLON**

FREE AND FUN FOR EVERYONE
SWIM 220YDS, BIKE 5 MILES, RUN 1.5

HYDRATION PROVIDED, TRANSITION TIPS, AND RACE KNOWLEDGE

Sand Key Park at 7:33am on September 19th, meet by the Northern bathroom roundabout.

SEE YOU THERE!




2nd EDITION

Sunday Interval Ride

Join us for a first of it's kind interval ride on the Pinellas Trail. Free and Fun for the whole community and all skill levels welcome. We'll start at Taylor Lake Park in Largo and make our way South on the Pinellas Trail doing interval work in-between road crossings. Approximately 25 miles/1.5 hours. Hydration provided.

Taylor Lake Park Largo September 20th 2026 Start at 7:30 AM

Want to join? Message AI, Comment, or email us at kennedylawracing@gmail.com



KENNEDY LAW RACING NEWSLETTER

**CATCH THE
GREEN WAVE**

**Tarpon Springs
Saturday, 9/26**



REGISTER NOW



**KLR
MEMBER
DISCOUNT
CODE ON KLR
MEMBERS
FACEBOOK
PAGE**

CALLING ALL KLR ATHLETES!

**THE TARPON SPRINGS TRIATHLON IS A
HOMETOWN RACE—LET'S SHOW UP IN
FULL FORCE! WEAR YOUR GREEN AND
BLACK, SUPPORT YOUR TEAMMATES, AND
MAKE KLR THE MOST VISIBLE TEAM ON
THE COURSE. ♥♥**

**SOMETHING FOR
EVERYONE!**

**SPRINT TRIATHLON
OLYMPIC TRIATHLON
DUATHLON
5K*10MILE BIKE*5K
AQUA BIKE
1/4SWIM*10MILE BIKE
5K RUN**



KENNEDY LAW RACING NEWSLETTER



be part of
a team



SCAN THE QR CODE TO LEARN MORE ABOUT
OUR TEAM, PRACTICE TIMES, & TO SIGN UP.
FEEL FREE TO ALSO EMAIL US:
KENNEDYLAWRACING@GMAIL.COM

REACH YOUR
SWIMMING GOALS



TEAM LED BY 3-TIME
OLYMPIC GOLD MEDALIST
BROOKE BENNETT



USMS CERTIFIED COACHES
ON DECK FOR EVERY
PRACTICE



YOUR KLR MULTI-SPORT
MEMBERSHIP IS INCLUDED
WITH YOUR MONTHLY
MEMBERSHIP FOR KLR
AQUATIC MASTERS



FREE

September



PRESENT THIS FLYER TO THE COACH ON DECK, TO RECEIVE 3 FREE SWIMS IN SEPTEMBER, BEFORE YOU JOIN.

KENNEDY LAW RACING NEWSLETTER



Key Largo

By: Bruce Militello



I HAVE BEEN A MEMBER OF KLR FOR A LITTLE OVER A YEAR AND PART OF THE MULTI-SPORT COMMUNITY JUST AS LONG.

THE WEEKEND OF AUGUST 14-17 I MADE MY FIRST KLR RODE TRIP TO PARTICIPATE IN THE GAME ON KEY LARGO TRIATHLON. THERE WAS A GROUP OF 11 THAT MADE THE TRIP WITH 10 RACING. WE CHECKED INTO THE AIRBNB (KAWANA YACHT CLUB) FRIDAY AFTERNOON. ONCE SETTLED WE ENJOYED TACOS FOR DINNER WITH MARGARITAS.

SATURDAY MORNING WE WENT FOR A SHORT BIKE RIDE AND RUN THEN WENT LOOKING FOR A BEACH TO SPEND THE AFTERNOON AT. NO LUCK THERE, AS WHO WOULD HAVE THOUGHT THAT FINDING A PUBLIC BEACH IN THE KEYS WOULD BE SO DIFFICULT. HOWEVER WE MADE THE BEST OF IT BY STAYING POOL SIDE AND SWIMMING IN THE LAGOON AT OUR AIRBNB.

SATURDAY EVENING WAS A TIME TO RELAX, EAT DINNER, RACE PREP, AND TRY TO GET SOME SLEEP. RACE MORNING, AS USUAL, CAME FAST. ONCE AT THE RACE VENUE WE ALL GATHERED AROUND THE KLR GREEN MACHINE AND PREPPED FOR OUR RACES. AS THE BACTERIA COUNT IN THE WATER AT JOHN PENNEKAMP STATE PARK WAS HIGH ALL SWIMMING EVENTS WERE CANCELED SO RACE ADJUSTMENTS WERE MADE.

TWO MEMBERS OF OUR GROUP DID THE 24 MILE BIKE RACE, TWO MEMBERS DID THE 24 MILE BIKE AND 7 MILE, THREE MEMBERS DID THE 12 MILE BIKE AND 3.5 MILE RUN AND THREE DID THE 1 MILE RUN, 12 MILE BIKE AND A 3.5 MILE RUN.

I AM PROUD TO SAY THAT ALL 10 OF US PODIUMED.

THE COURSE WAS FLAT, FAST AND HOT BUT WELL ORGANIZED. TO ME ONE OF THE BEST PARTS OF THE WEEKEND WAS AT THE FINISH LINE WHERE OUR TEAM GATHERED TO CHEER EVERYONE ON AND CELEBRATE THEIR VICTORIES AT THE PODIUM.

SUNDAY EVENING WAS SPENT AT THE ISLAMORADA FISH CAMP WITH DINNER, FRIENDSHIP AND AN AWESOME SUNSET. THE ONLY DOWNSIDE TO DINNER WAS THAT 5 OF OUR GROUP HAD TO BE BACK HOME SO THEY COULDN'T JOIN US FOR DINNER.

AS THIS WAS MY FIRST KLR TRIP, IT EXCEEDED ALL EXPECTATIONS. THE FRIENDSHIPS, THE TEAM BONDING, RACE WEEKEND AND RACE DAY ADRENALINE RUSH'S LEFT NOTHING ON THE TABLE.

I AM PROUD TO SAY THAT I AM A MEMBER OF KLR AND WOULD LIKE TO SAY THANK YOU TO KLR, TOM KENNEDY AND AL JORDAN FOR A GREAT EXPERIENCE AND CLASS ORGANIZATION.



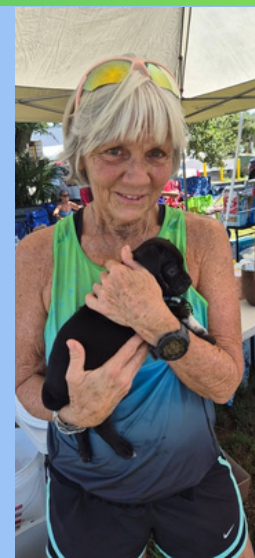
KENNEDY LAW RACING NEWSLETTER



Pinellas Trail Challenge Aid Stations and Puppies



BY: AMY TEBBE
TEAM KLR SHOWED UP
AND SHOWED OUT FOR
PTC!! WHAT AN AMAZING
DAY OF SUPPORTING ALL
OF THOSE RUNNERS TO
NOT ONLY HELP GET
THEM TO THE FINISH
LINE BUT HAVE FUN
WHILE DOING IT! RACE
DAY WAS NOT COMPLETE
WITHOUT EVERYONE!
BETWEEN PUPPIES AND
DANCING AND COW
BELLS AND ALL OF THE
POSITIVE VIBES-THE KLR
FAMILY HELPED MAKE
THE WHOLE DAY A
SUCCESS! NOW LET'S
KEEP THAT ENERGY FOR
TARPON SPRINGS
TRIATHLON



KENNEDY LAW RACING NEWSLETTER



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!

December **4-6**



KLR 250 CHALLENGE

Run/Walk July-September

Individual/Team	Total Mileage	Julyish	Augustish	Week 10
Amy	620.82	265.5	355.32	
Daniel & Chris	380.66	152.14	202.05	26.47
Lori Dunlap	373.71	132.11	206.5	35.1
David H	288.04	120.08	167.96	
Colleen	287.09	101.19	154.8	31.1
Kim & Jiri	266.74	117.09	125.22	24.43
Ron	265	118	147	
Mike Dunlap	264.2	90.9	145.2	28.1
Al & Kristen	256.9	66.2	190.7	
Trish	249.57	93.83	119.56	36.18
Lori Stone	246.25	78.5	133.25	34.5
JP	224	100	118	6
Lexi	206.62	89.13	117.49	
Bobby	201.5	77	124.5	
Lisa	200.99	64.91	123.63	12.45
Paul G	196.08	81.67	93.54	20.87
Stan	162.42	44.21	92.61	25.6
Bruce H	156.6	65.1	91.5	
Patti	115.7	45.45	54.05	16.2
Jennifer	111.75	76	35.75	
Mandy	80.6	26.8	45.8	8
Bruce M	64.7	39.7	25	
Alena	42	6	36	
Elizabeth	40.12	23.57	16.55	



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.



KENNEDY LAW RACING RUN GROUP

Formerly known as Monday Night Interval Running Group. New name, same great group. Sweaty Fun! The heat brings more runners out, come join us!



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.



The Bike Lab- BMC Bikes

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



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!**



**NEW MEMBERS
50% KLR MEMBERSHIP TO
FINISH
OUT 2026**

**EMAIL FOR DISCOUNT
CODE
KENNEDYLAWRACING@GMAIL.COM**



**TEAM
PARTICIPATION
VOLUNTEERING
&
MORE**

KENNEDY LAW RACING NEWSLETTER



2026 Team Schedule

*races are subject to change/add or replace

- ~~_____ Kennedy Law Racing Team Party
@ _____ Saturday, January 24th~~
-  Best D_____ Safety Harbor: Saturday, February 7th
-  Sid C_____ Weekend (Boca Raton): February 14-15
-  Sand Key Swim _____ (Pass A Grift) Saturday, March 7th
-  SCY Ch_____ (Northshore Pool), March 21-22nd
- ~~_____ Mississippi: March 27-29th~~
- ~~_____ Marathon: April 24-26th~~
-  CFB _____ Sunday, May 3rd
- ~~_____ Nashville: Saturday, May 16th~~
-  Just add _____ Marathon: Sunday, May 17th
-  Rainbow _____ powered by KLR: Saturday, June 27th
- ~~_____ Marathon: Saturday, August 1st~~
- ~~!Game _____ August 16th ~ 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





**KLR MASTERS LOVING
THE LONG CENTER!**



KLR MEDALS



HOLY GUACAMOLE!!



**FOR THE LOVE
OF IRONMAN**



**FUN TIMES AT
SATURDAY SWIM/RUN**