

KENNEDY LAW RACING NEWSLETTER

JULY 2026

**CATCH THE
GREEN WAVE**

Top Gun Triathlon Fort Desoto - 8/1



The Largest Summer Triathlon in Tampa Bay!

Don't miss your chance to race right here in our own backyard! Whether you're a seasoned athlete who knows the course or you're tackling your very first triathlon, this event is the perfect place to challenge yourself.

Expect a fun, familiar course, plenty of cheering, and lots of KLR teammates out in full support. We can't wait to see everyone out there—let's race, cheer, and celebrate together! See you at the start line!



Game On Key Largo

August 16th

4th Annual Hot Fun Field Trip

We're Locked and Loaded for an Incredible Getaway!

Our accommodations and team van are officially FULL—but there's still time to join the fun!

There are plenty of nearby hotels, motels, and vacation rentals available. You'll still receive the Game On race discount code and be invited to all of our team social gatherings throughout the weekend.

As always, KLR hospitality will be in full force with our team tent, chairs, hydration, refreshments, and plenty of post-race celebration.

Come race one of the most beautiful courses around, make unforgettable memories, and have some hot fun in the summertime!

Oh... and did we mention the guacamole?



KENNEDY LAW RACING**JULY 2026****NEWSLETTER****CATCH THE GREEN WAVE****ENDLESS
SUMMER WORKOUT
CHALLENGE**

THE ENDLESS SUMMER WORKOUT CHALLENGE WAS ABOUT MORE THAN JUST MILES—IT WAS ABOUT TEAM BUILDING, STAYING ACCOUNTABLE, AND LEARNING SOME NEW THINGS. CONGRATULATIONS TO EVERYONE WHO PARTICIPATED AND MADE THIS IT SUCH A SUCCESS. WE LOOK FORWARD TO BRING NEWS THINGS TO THE NEXT TEAM CHALLENGE THIS FALL!

OVER THE COURSE OF THE CHALLENGE, ATHLETES COMMITTED THEMSELVES TO CONSISTENT TRAINING, CELEBRATED PERSONAL MILESTONES, AND ENCOURAGED ONE ANOTHER EVERY STEP, STROKE, AND PEDAL. WHETHER THE GOAL WAS PREPARING FOR A RACE, MAINTAINING FITNESS, OR SIMPLY ENJOYING AN ACTIVE LIFESTYLE, EVERY PARTICIPANT CONTRIBUTED TO THE ENERGY AND SUCCESS OF THE CHALLENGE.

**WE ACHIEVE GREAT THINGS TOGETHER!**

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**CATCH THE
GREEN WAVE**

**EXCLUSIVE OPPORTUNITY FOR
KLR MEMBERS!!!
TOP NOTCH SCIENTIFIC
STRENGTH & RECOVERY**



Endless Summer Workout Challenge: Empulse

powered by



Empulse is the only internationally certified medical-grade EMS Total Body Fitness Suit in the world— This revolutionary full-body electro-muscular stimulation (EMS) system accelerates fitness results by engaging up to 90% of your muscle fibers simultaneously during each session.



\$120 value provided to
KLR for this special workout
challenge for FREE!

1. You must be a current KLR Member for this challenge- ONLY 10 SPOTS.
2. You must sign-up to participate in the EMS Full Body Electro suit workout, guided "tryout" (15-20 mins) with Instructor Kimberly Kay
3. You may attend the session to just observe and learn.
4. Wear easy changeable clothes, as you will be provided workout clothes- longsleeves & pants that work best with the suits electrodes
5. When signing up, provide your clothing size: S, M, L, XL...
6. You will be provided a time slot that fits best with pairing of others attending.
7. The week of your workout Kimberly will reach out to you via email to get a bit of medical history and prepare you for your workout.

Strength-Endurance-Recovery

Saturday, July 11th 9:00-11:00AM

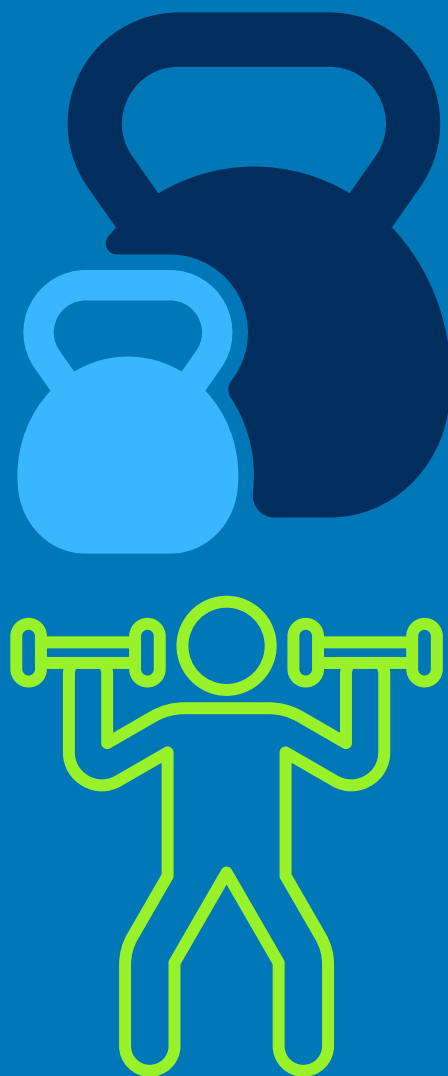
Sign-up: kennedylawracing@gmail.com



LEARN MORE



Bring your
race backpacks
for donations
to foster kids!



SIGN UP



KENNEDY LAW RACING NEWSLETTER



RAINBOW RIVER RECAP

BY: 1ST TIMER, KRISTIN WOODWARD

HOW CAN YOU LIVE IN THIS AREA
AND NOT PARTICIPATE IN THE
RAINBOW RIVER SWIM THAT LEO
HOSTS? THAT IS ME!

AS MANY YEARS AS I HAVE LIVED AND
PARTICIPATED IN RUNNING AND
TRIATHLON EVENTS I HAD NEVER
DONE THIS SWIM. FOR MY 1ST TIME
SWIMMING IN THE RAINBOW RIVER,
THE WATER WAS COOL, SUPER CLEAR
AND A REFRESHING SWIM WITH A
GREAT CURRENT! IT WAS WORTH THE
LONG DRIVE AND OF COURSE TO EAT
AT SWAMPYS AFTERWARDS!

I HAVE TO THANK MY TRAVEL MATES,
DANIEL AND DAVE FOR THE LAUGHS,
CONSERVATION AND GOOD TIMES.
YALL MADE MY FIRST EXPERIENCE A
GREAT ONE!

LEO IS VERY ORGANIZED WITH THIS
EVENT FROM PARKING AND FEES AND
TAKING PEOPLE UP RIVER TO THE
START. A HUGE THANK YOU TO LEO
FOR ALL HE DOES FOR THIS FUN
RAINBOW RIVER SWIM AND WHAT HE
DOES FOR OUR COMMUNITY. I
WOULD HIGHLY RECOMMEND THIS
SWIM TO ANYONE WANTING A NEW
AND DIFFERENT ADVENTURE AND
EXPERIENCE!



KENNEDY LAW RACING NEWSLETTER



We're halfway there!

Our year-round season has reached "glass half full!" status. What a ride it has been! We have been all over and tried new things! Costal Mississippi! Timed Half Miles! Jacksonville! Group rides and bike clinics! It's been a whirlwind experience so far but the best is yet to come!

Moving back into the Long Center! The 2 more Four Locals Races and the three more Big 6 Challenge races! Awesome Autumn Workout Challenge! It's gonna be epic!

Brooke, Al and Samantha are excited to hear from each of you, be there for your accomplishments and cheer you on! Kennedy Law Racing is thriving with new members, new partners and an ever expanding footprint in the Tampa Bay area multisport world. Join us today and Catch the Green Wave!



**USA 250
KLR RUN!**

JULY 1ST - SEPTEMBER 30TH

KLR IS RUNNING/WALKING 250 MILES THIS SUMMER!

SOLO OR IN A TEAM OF FRIENDS THE GOAL WILL BE TO ACCOMPLISH THE TOTAL OF 250 MILES IN WALKING AND/OR RUNNING FROM JULY 1ST-SEPT 30TH. USE YOUR CHOICE IN MILEAGE APP AND WATCH. WE'LL POST OUR PROGRESS EVERY SUNDAY ON THE KLR PAGE AND STRAVA GARMIN GROUP! SIGNUP WITH US AT MONDAY NIGHT INTERVALS, SATURDAY SWIM RUN MEETUPS, OR SEND AN EMAIL TO KENNEDYLAWRACING@GMAIL.COM.

FREE & FUN  **COMMUNITY**

CHALLENGE

Every Tuesday we will be posting our progress! So message Samantha Northrop on Facebook, email Kennedylawracing@gmail.com or report at Monday Night Intervals your weekly mileage to make the chart! Don't forget, you can join as a team!

KENNEDY LAW RACING NEWSLETTER



NEW!

HFB TRAIL RECAP

TAMPA BAY'S NEWEST AND MOST EXCITING ADDITIONS FOR RUNNERS, CYCLISTS, AND WALKERS IS THE HOWARD FRANKLAND BRIDGE SHARED-USE PATH. SPANNING APPROXIMATELY 5.8 MILES, THIS SCENIC TRAIL CONNECTS PINELLAS AND HILLSBOROUGH COUNTIES, OFFERING A SAFE AND DEDICATED ROUTE ACROSS OLD TAMPA BAY.



SAFE FROM TRAFFIC- PARKING AT THE 4TH STREET ALDI SEEMED TO BE GOOD MEETING POINT TO ACCESS FROM THE PINELLAS SIDE; WHETHER YOU'RE TRAINING FOR YOUR NEXT RACE OR SIMPLY LOOKING TO EXPLORE A NEW ROUTE, THIS BRIDGE OFFERS A MEMORABLE WORKOUT! IT'S DEFINITELY WORTH ADDING TO YOUR LIST OF FAVORITE LOCAL TRAINING DESTINATIONS.



7/19

TENATIVE RIDE: OUT AND BACK
RIDE 7A
LEAVING DEL ORO PARK, OVER
CCC, AROUND ROCKY POINT
ACROSS THE HFB



KENNEDY LAW RACING NEWSLETTER



OPENING SOON

schedule coming soon

KLR Masters
6 month
(July-Dec 2026)
Membership



WELCOME BACK!

The Long Center

1501 N BELCHER RD
CLEARWATER, FL 33765

July 2026

*ALL PRACTICE ARE ONE HOUR
*TIMES ARE SUBJECT TO CHANGE
*COACHED BY USMS CERTIFIED COACHES



**MEMBERSHIPS VIA
RUNSIGNUP ONLY!**

\$75 MONTHLY

\$45 NIGHTS & SATURDAY

*6MONTH OPTION \$70/\$40 RATES

VISITORS \$10 DROP-IN *CASH

SCAN THE QR CODE FOR MORE INFO AND
SIGN UP TODAY!

POWERED BY:



**OWS LEO HOSTING
THE 10TH ANNUAL
OPEN WATER ON
JULY 4TH AT 7
ROCKAWAY
CLEARWATER
BEACH FL 33767, BY
THE LIFEGUARD
STATION 7 AT 8:00
AM**

**AS we have
more
workouts
outside,
dealing with
the HEAT &
SUN**



KENNEDY LAW RACING NEWSLETTER



ANCHORED PHYSICAL THERAPY

DR. BRIAN HATLELID, PT, DPT, CERT DIN
CALL: 602-502-67623
EMAIL: BHATLELID@GMAIL.COM
LOCATION: 2672 US HIGHWAY 19N
PALM HARBOR, FL 34684
*LOCATED INSIDE FITNESS 360



Brian Hatlelid, PT is a physical therapist and owns a physical therapy clinic in Palm Harbor and specializes in treating the injured athlete and assists active individuals avoid dysfunction. With a focus on functional physical therapy, a patient centered and an evidence-based approach to exercise and a commitment to one-on-one patient treatment, he strives to help the endurance athlete and triathlete achieve their goals. Brian is also certified in Dry Needling, a modality proven to reduce pain, decrease spasm and assist in recovery. If any KLR/CAM member has an orthopedic issue, please reach out to Brian to schedule an appointment. If you want to improve your resilience, increase your capacity and avoid injury, Brian would be happy to assist you reach your training goals. Brian also owns the Recovery Room which has infrared sauna, cold plunge tub and red light therapy to further assist in cutting edge athletic recovery and sleep. Please reach out to Brian to schedule a consultation or a quick phone call to discuss your goals. All KLR members receive 10% off! Stay Anchored and Catch the Green Wave!



The Bike Lab- BMC Bikes

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



KENNEDY LAW RACING RUN GROUP

Formly 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.



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**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.

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!**



NO!
**Saturday
Run/Swim on
July 4th**



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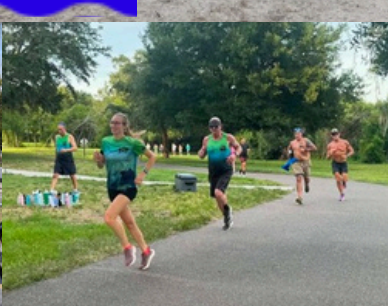
-  Best Beach Triathlon Safety Harbor: Saturday, February 7th
-  Sid Cay Triathlon Weekend (Boca Raton): February 14-15
-  Sand Key Swim Club (Mass A-Gift) Saturday, March 7th
-  SCY Championship (Northshore Pool), March 21-22nd
-  Triathlon Mississippi: March 27-29th
-  #St. Pete Triathlon: April 24-26th
-  CFB Triathlon: Sunday, May 3rd
-  Ironman Triathlon: Saturday, May 16th
-  Just add the Ironman Triathlon: Sunday, May 17th
-  Rainbow River Triathlon: Saturday, June 27th
-  #Top Gun Triathlon: Saturday, August 1st
-  !Game On Key Largo: 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



Catch the Green Wave



ENDLESS SUMMER CHALLENGE



KLR LOCAL



KLR WORLDWIDE

