

August 2025

B-Ironstrong Newsletter

June and July Recap

June 15, [Escape Fort Desoto #2 Sprint Triathlon](#): Fort Desoto, FL
Miguel Crespo





June 28, [UTE open water & multisport festival 2.5K Swim](#): Sand Key Park, FL
 Matt Kapper
 Kim Falcon





Topic of the month: Think Positive



How do you perceive what is happening around you.

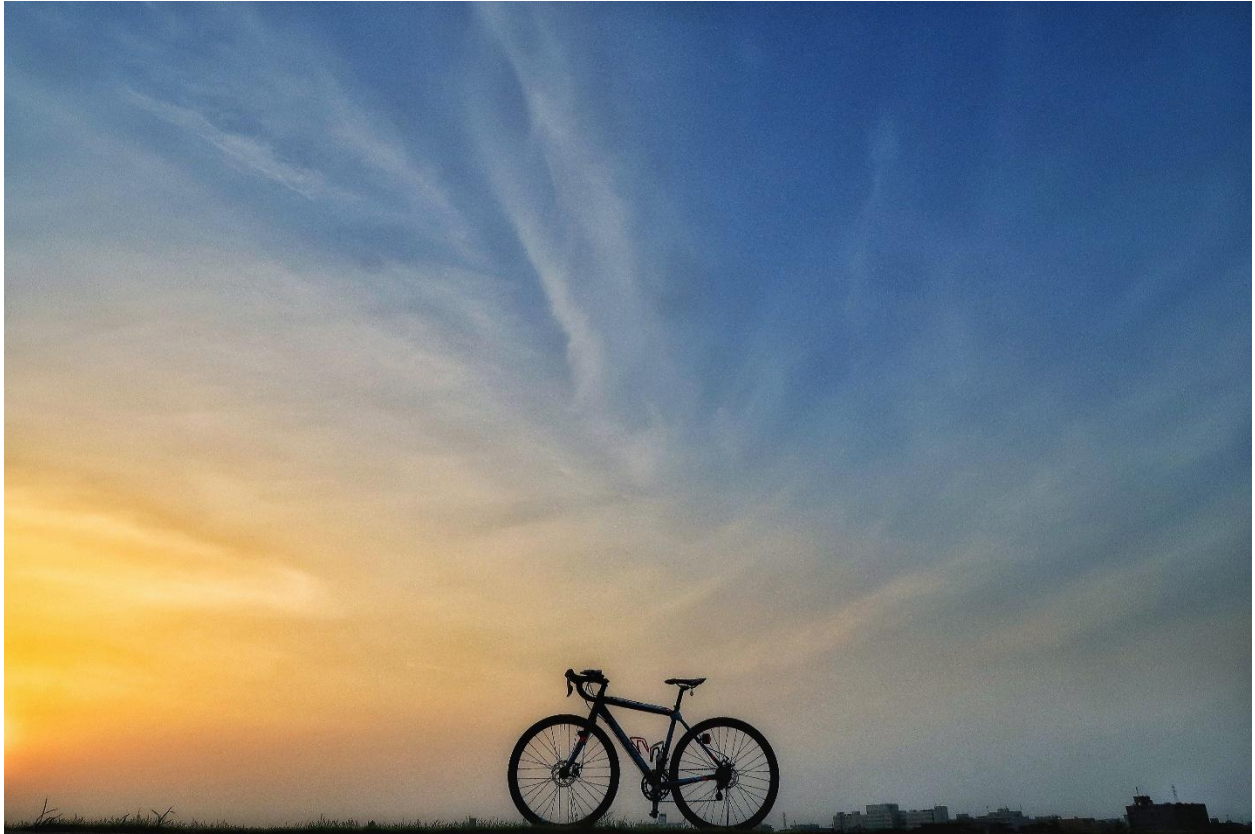
It isn't always easy, but you need to look for the good.

- It's very hot, so I am going to get a hard sweat workout in.
- It's low tied, so I get more time to surf before high tied.

Whatever it is there is normally a good side, you just have to look for it. The only thing I can't find the bright side of, is running through a spider web.

Check out the video on the B-Ironstrong.com web site on this topic.

Training tip for the month: Don't flatten the course



This is a training technique that a lot of coaches promote, I am not one of them.

What it means is to shift your gear on the hill to make it feel like you are still riding on the flat. The other side of this is when training adds hard pushes. So, when you are racing your body is prepared for the hills and doesn't wear you out.

Check out the video on the B-Ironstrong.com web site on this topic.

Events members will be doing in 2025:

The following events all have at least one [B-Ironstrong](#) member participating in it.

If you are a member of the B-Ironstrong family and have an event you have signed up for this year,
please let us know so I can include it below.

The following events all have at least one [B-Ironstrong](#) member participating in it.

Aug. 1, [Top Gun Sprint Triathlon](#): Fort Desoto, FL
Miguel Crespo

Aug. 24, [Fort DeSoto #3 Duathlon Sprint](#): St. Petersburg, FL
Marisa Johnson

Aug. 30, [PTC Ultra](#): Pinellas, FL
Kim Falconio

Sept. 20, [PB&J Run](#): St. Petersburg FL
Dave Barrie
Paige Prave (walking)
Stephanie Swain (walking)
Curtis Mast

Oct. 19, [Fort DeSoto Tri Sprint](#): St. Petersburg, FL
Marisa Johnson

Oct. 25, [Ironman NC 70.3](#): Wilmington, NC
Kim Falconio

Nov 1, [Ironman FL](#): Panama City Beach, FL
Dave Barrie

Dec. 14, [Ironman FL 70.3](#): Haines City, FL
Dave Barrie
Kim Falconio
Matt Kappler

Events members will be doing in 2026:

The following events all have at least one [B-Ironstrong](#) member participating in it.

If you are a member of the B-Ironstrong family and have an event you have signed up for this year, please let us know so I can include it below.

The following events all have at least one [B-Ironstrong](#) member participating in it.

Feb 21 & 22, [Gasparilla](#): Tampa, FL

[5K Saturday](#)

Will Doyle and kids

Paige Prave (walk)

Stephanie (walk)

Dave Barrie

[Half Marathon Sunday](#)

Will Doyle

Dave Barrie

[8K Sunday](#)

Paige Prave (walk)

Stephanie (walk)

Dave Barrie

More to come

It's not about living "longer", it's about "living" longer.

If you are interested in joining, friend request [B-Ironstrong](#) on facebook, text me at 239-825-3506 or email me thanks707@yahoo.com

And please visit us at B-lonstong.com