

September 2025

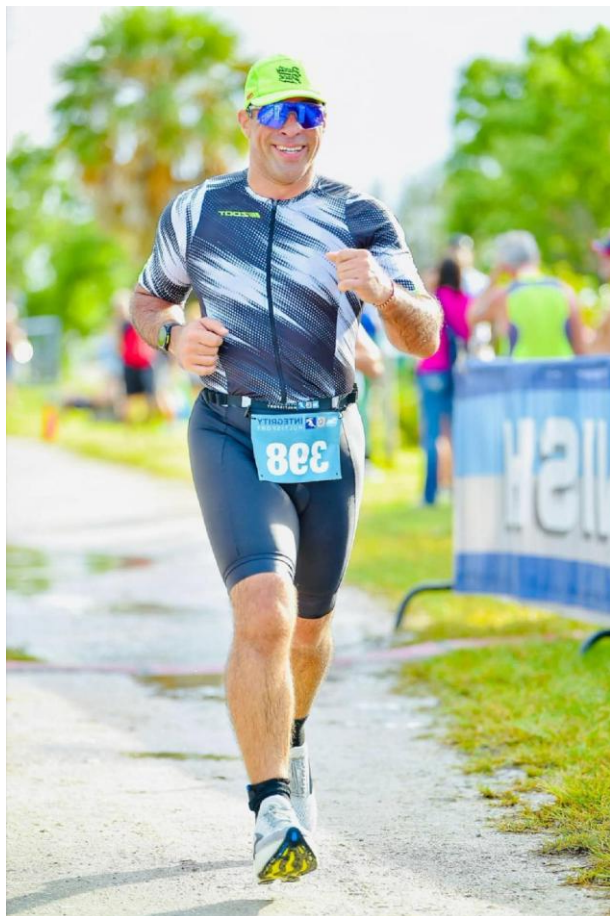
B-Ironstrong Newsletter

August Recap

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

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





Aug. 16, [Rainbow River 3.5-mile swim](#): Rainbow River, FL
Matt Kapper
Kim Falcon





Aug., [Group ride, Withlacoochee trail](#): Dade City, FL

We have been doing group rides in Aug. They are the people that participated this month.

Matt Kapper

Kim Falcon

Migel Velazquez

Malom Velazquez

Nikki Kenyon

Dave Barrie



Topic of the month: “Just saying” is a four-letter word



We need to be supportive.

Wrapping a negative or mean comment in “just saying” doesn’t make it okay! I keep hearing people saying very mean thing and following it with “just saying”. For some reason they think that makes it okay. So, let’s please, please, please go back to what Thumpers Mom said “If you don’t have something nice to say, don’t say anything at all.

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

Training tip for the month: Just have fun



We need to make our workouts fun.

Some one I know just started training for a triathlon. They should have started with a 1-to-2-hour fun ride but instead did about 4 hours and absolutely didn't have a good time. If you don't have fun doing most of your workouts, you won't be doing any.

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
Miguel Crespo

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

Oct. 19, [Fort DeSoto Tri Sprint](#): St. Petersburg, FL
Miguel Crespo
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
Josh George

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