

# April 2025

## B-Ironstrong Newsletter

### March Recap

March 13, [Croom Zoom trail run](#): Florida

Kim Falconio

Mat Kapper

This is a 3.7 mile down river swim.





## Topic of the month: Don't be a Couch potato



Let me start by saying I am like everyone else, have no problem laying on the couch watching TV. Secret is to do it at the end of the day after you have gotten out and got fresh air through your lungs.

Make it a habit. It takes 3 weeks to a month to make anything a habit. Everyone wants to talk about bad habits, but they don't have to be all bad. Why not make getting out and enjoying being healthy a habit. You can even start by having your morning coffee outside, then turn that into a walk. But the first thing you must do is GET UP.

First walk and then run. The people I have coached, that are just starting. I have always started with a walk. From there we would go to a walk-run system (with a lot more walking than running). And then just build

## Events being organized and hosted by B-Ironstrong in 2025:

### April 13, Triathlon Transition workshop:

We are teaming up with Coach Leo and will be holding this workshop after his St. Anthony's swim clinic.

I will demonstrate and practice transitions. This is a skill that is very overlooked but is the easiest way to decrease your overall race time with the least effort. It can be stressful and confusing, but it doesn't need to be.

We will also talk about the 2 spring Florida triathlons (St. Anthony's and Ironman Gulf Coast 70.3). We will discuss how the transitions are laid out in both races. Also, I will discuss things to watch for in each part of the event.

Cost is by donation.

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## 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.

April 5, [7 Mile Bridge run](#): Marathon, FL (The Keys)

Curt Mask

April 26, 27, [St. Anthony's Tri](#): St Pete, FL

[Meak and Mighty](#)

Nick Brown

[Sprint](#)

Jose Velez

[Olympic](#)

Kim Falconio

Mat Kapper

Dave Barrie

May 10, [Ironman 70.3 Gulf Coast](#): Panama City Beach, FL

Dave Barrie

Kim Falconio

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

Kim Falconio

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

## Events members will be doing in 2026:

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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](mailto:thanks707@yahoo.com)

And please visit us at [B-Ironstrong.com](http://B-Ironstrong.com)