

June 2025

B-Ironstrong Newsletter

May Recap

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

Dave Barrie

Kim Falconio

Ran across the finish line with a friendship flag and happily got cheers from everyone.



May 18, [Dunedin Triathlon aquabike](#): Dunedin, FL
Matt Kappler

Matt had a great time hanging out with his sherpa (his son).



May 24, [Luckys Golden Miles swim](#): Orlando, FL
Matt Kappler

Beautiful start to a fun swim



Topic of the month: Let go running



Time to lace up your sneaker, B-Ironstrong have gotten into running events.

B-Ironstrong is going to be running 6 annual running events. These are from 5Ks to a 16-mile run. I am hoping that these races will help me expand the B-Ironstrong cause. I will be donating part of the proceeds of the events to mental health charities.

To hear more, watch the video on Facebook, B-Ironstong or our web page at B-Ironstong.com

Training tip for the month: Salt



I have always known and being told how salt is to help you retain water when racing. Well let me tell you I learnt a valuable lesson at Ironman 70.3 Gulf Coast. I took in too much salt and the body flushed it out.

The problem with that is when you flush out salt it also flushes out your nutrition. And that is a bad thing.

To hear to entire store, watch the video on Facebook B-Ironstong or our web page at B-Ironstong.com

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.

June 1, [Fort DeSoto #2 Duathlon Sprint](#): St. Petersburg, FL

Marisa Johnson

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-Ironstrong.com