

March 2026

## B-Ironstrong Newsletter

If you hit a PR or milestone let us know, so everyone can congratulate you!

### Member Spotlight

### Miguel III Crespo

On February 14th, Miguel's son at 6 years old learned to ride his bike without training wheels! 🎉 Shoutout to Coach Matt at Learn2Ride for his coaching!



February 7, Best Damn Race: Safety Harbor, FL  
James Stark- 10k



February 21 & 22, **Gasparilla Race Weekend**: Tampa, FL

5k, 8k, & Half Marathon

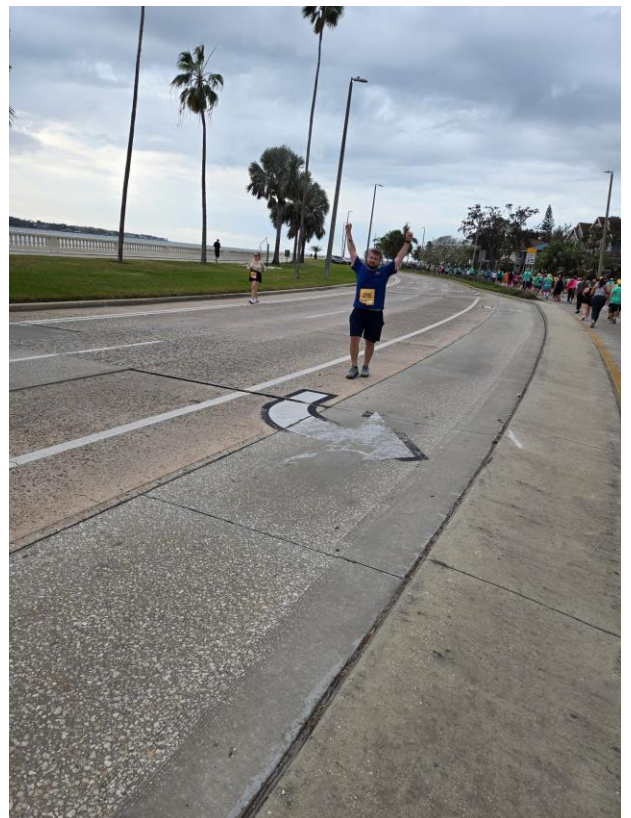
Dave Barrie- 5k, 8k, & Half Marathon

Stephanie Mosher- 5k & 8k

Paige Prave- 5k & 8k

Will Doyle- Half Marathon

Skyler Edge- 8k





February 27-March 1, [Disney Princess Half Marathon Weekend](#): Disney World, FL  
Skyler Edge completed her first Half Marathon!



February 28, Thrive & Strive 5k: Tampa, FL  
Paola & Miguel Crespos



## Monthly Challenge: *Distance Builder Challenge*



Each week we increase our longest run distance:

- Week 1: 3 miles
- Week 2: 4 miles
- Week 3: 5 miles
- Week 4: 6+ miles

Perfect for anyone building toward longer races. Post a picture or screenshot of your longest run each week.

Topic of the month: *Be in the NOW*



Nothing matters but right now. Not the past and not the future, just now. Stop worrying about what is going to happen tomorrow, because it isn't here yet.

Check out this thought of the month video on our website [B-Ironstrong.com](http://B-Ironstrong.com)

[Thought of the month, be in the now. B-Ironstrong.com](http://B-Ironstrong.com) March 6, 2026

Training tip for the month: *Stay Motivated*



Staying motivated can be one of the hardest parts of training.

You just need to know your

Why? Music, visualization, or who is waiting for you at the finish line. Being motivated is a personal thing and it needs to be yours.

Check out this thought of the month video on our website [B-Ironstrong.com](http://B-Ironstrong.com)

[Training tip of the month, how to be stay motivated. B-Ironstrong.com March 6, 2026](#)

## 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.

April, [St. Anthony's Triathlon](#): Tampa, FL

Dave Barrie

Miquel Crespos

Stephanie Mosher

Nov 1, [NYC Marathon](#): New York, NY

Skyler Edge

Nov 14, [Veterans Run](#): Tampa, FL

HOSTED BY B-IRONSTRONG

More to come

“a fit body = a fit mind”

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-lonstong.com](http://B-lonstong.com)