

B-Ironstrong Newsletter

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

April Member Event Recap

How is this for a PR: Stephanie Mosher placed 4th in her AG in the St. Anthony's Meek and Mighty



St Anthony's Meek and Mighty
Pedro Crespo
Stephanie Mosher
Tory Alanta
Marissa Johnson



St Anthony's Sprint:
Miguel and Paola Crespo



St Anthony's Olympic:

Kim Falconio

Matt Kappler

Dave Barrie



St Anthony's Olympic: Fun had by all





Topic of the month:
You make it a good day



When you wake up in the morning it is the start of a day. But it isn't a good day it **you** have to make it one.

Have a coffee and make it a good day
Go for a walk and make it a good day
Hug your friend and make it a good day

What ever it is just go and make it a good day

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

<https://youtube.com/shorts/D3A5eB6BsYs>

Training tip for the month: *Train your body for your race*



You need to fuel and hydrate during your race. You need to teach your body when and how you are going to do that.

Check out this train tip of the month video on our website [B-Ironstrong.com](https://www.b-ironstrong.com)

<https://youtube.com/shorts/5dU8ZIFa0jQ>

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

Dave Barrie

Miquel Crespo and Paola Crespo

Stephanie Mosher

Kim Falconio and Matt Kappler, Olympic Relay

May 9, [70.3 Ironman Gulf Coast](#), Panama City Beach

Dave Barrie

May 17, [Dunedin Tri Sprint](#)

Kim Falconio

May 3, [Clearwater Beach Ocean Mile Swim](#)

Mat Kappler

May 17, [Dunedin Strint Triathlon](#)

Mat Kappler

May 23, [Luckys Golden Mile Swin](#) Orlando

Matt Kappler

June 28, [Tri Baby Sprint](#), Fort Desoto

Paola Crespo

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
And please visit us at B-lonstong.com