

January 2026

B-Ironstrong Newsletter

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

Community Announcement:

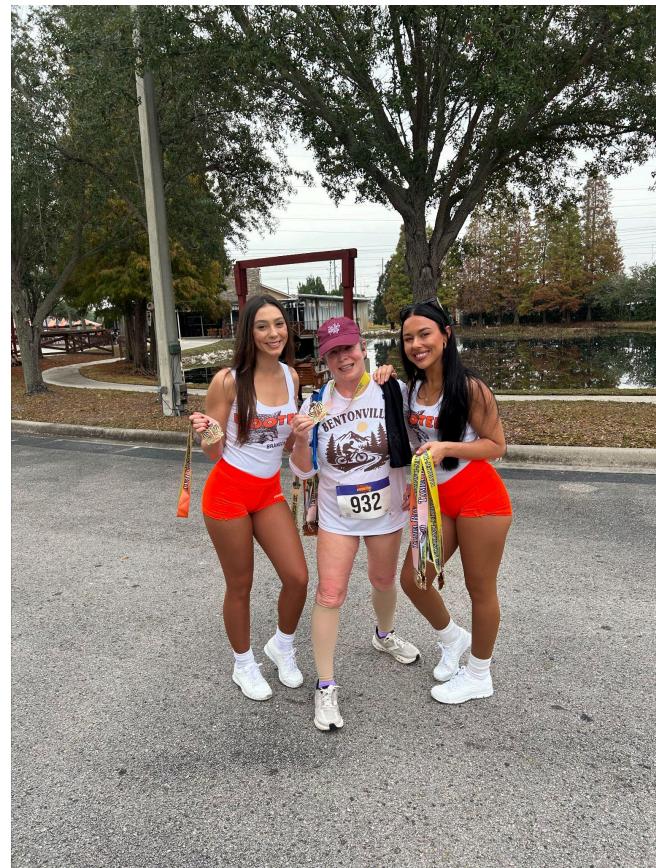
We raised \$250 for Crisis Center Tampa Bay
Hillsborough County has approved our Veterans Run
AND

We held our first 5k!

On December 6th, we proudly hosted our first B-Ironstrong 5K at Tampa Harley-Davidson, and it was an incredible success. With over 50 runners and supporters in attendance, the energy, enthusiasm, and sense of community made it a morning to remember. From start to finish, the event reflected exactly what our run club stands for.

Keep Smiling and B-Ironstrong, and remember our motto "a fit body = a fit mind"







December 14, **Hot Chocolate 15k**: Tampa, FL
Skyler Edge (newest member and creator of the newsletter)



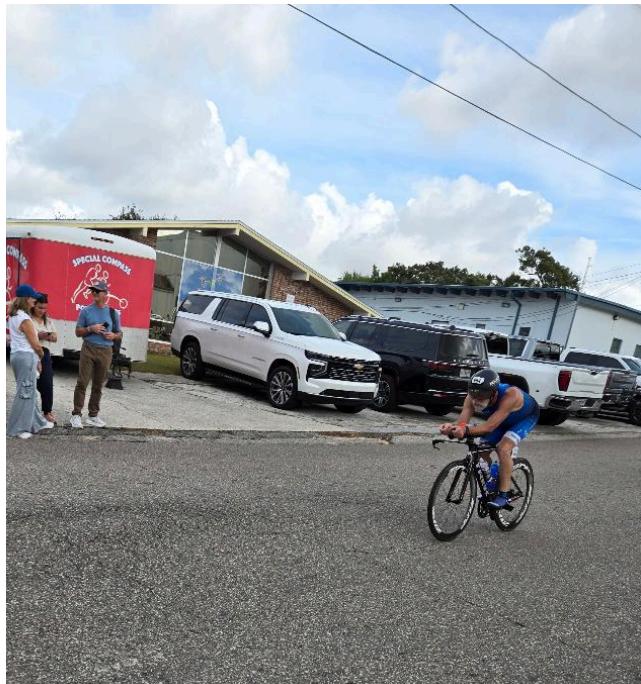
December 14, the Ironman 70.3 Florida race, Haines City

Dave Barrier did the full race

Matt Kapler and Josh George did the relay. Matt did the swim and bike, then Josh did the run.

The water was 65 and it ended up being a hot day. Matt crashed his bike at the start of the ride but was able to finish, then Josh took off on the run and they had a great time.





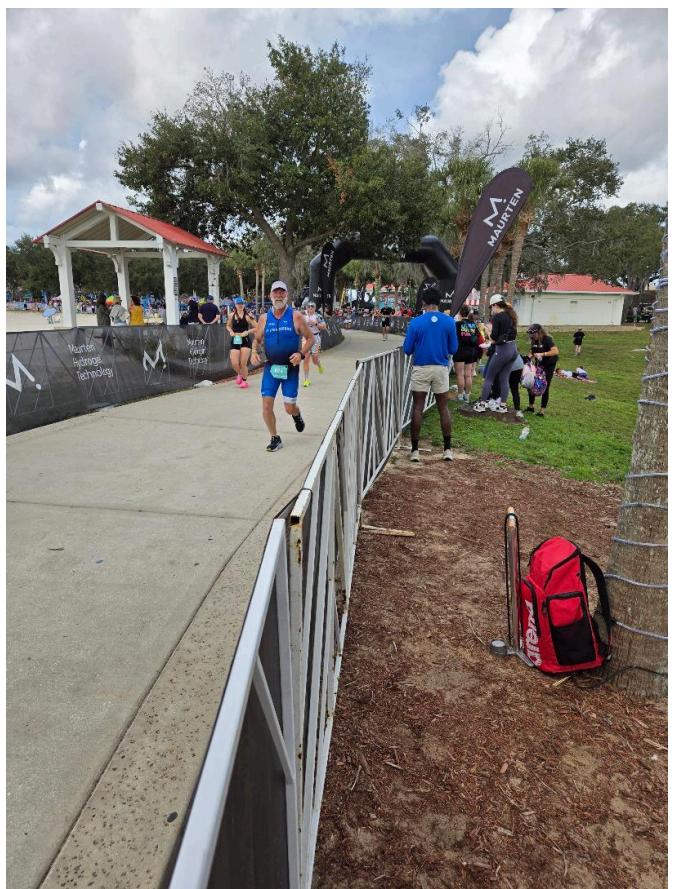
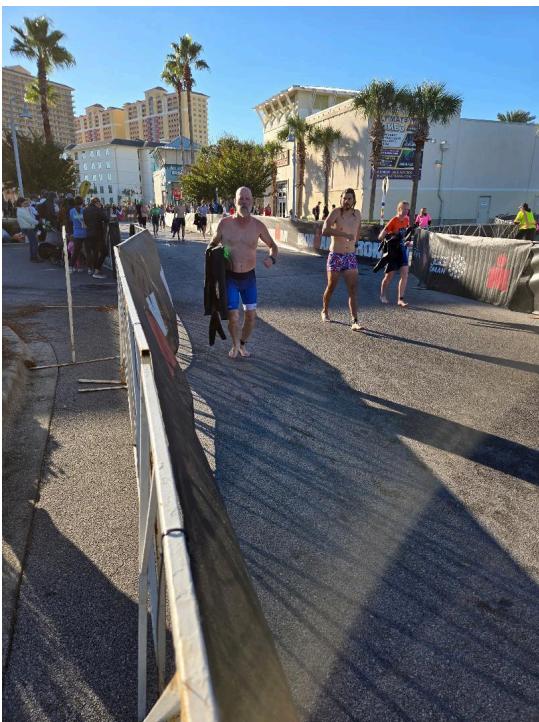
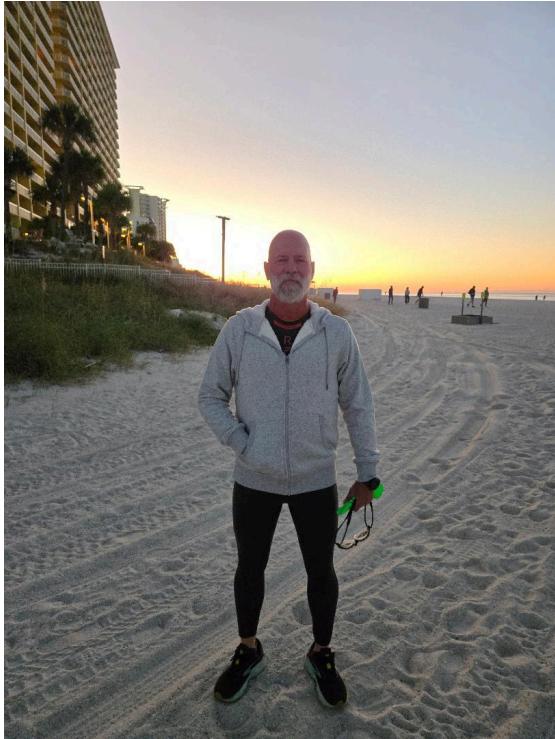




November 1, **Full Ironman, Florida**

Dave Barrie

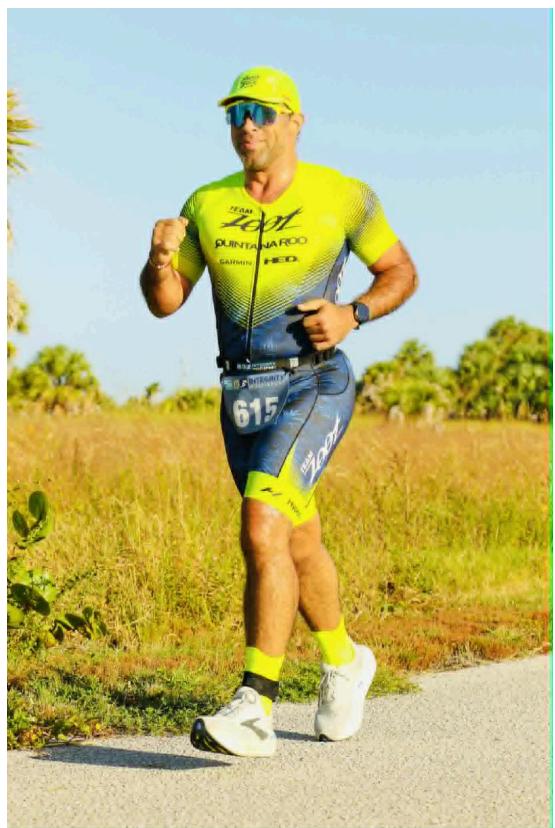
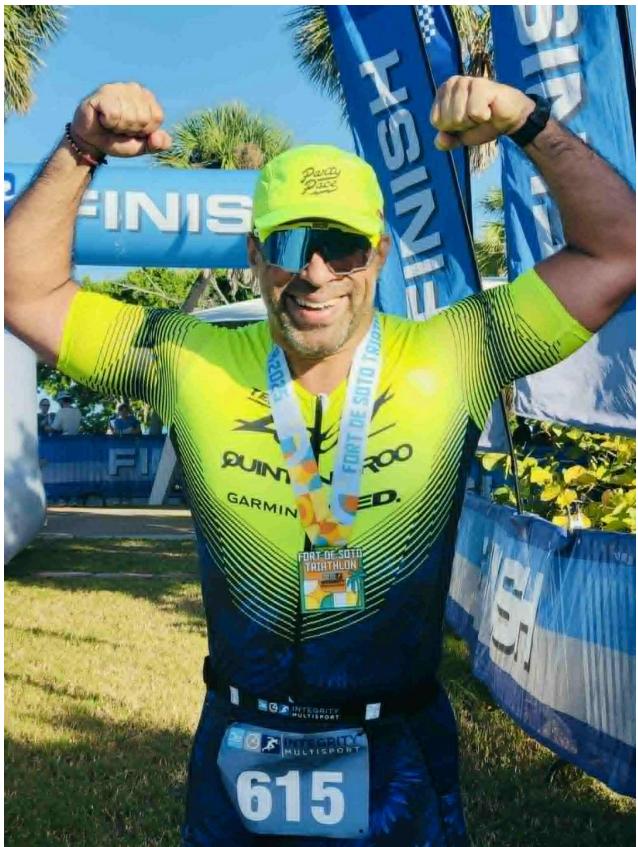
Hit a personal obstacle of tweaking knee at mile 2, so he had to walk the remaining 24 miles. Dave did not give up! Mind over matter!



October 19, Escape Fort Desoto, Sprint Distance Triathlons

Miguel Crespo

This is the fourth race in the series run



November 16, St Pete Run Fest

Kim Falconio



Monthly Challenge: ***January Mileage Challenge***



New year, new goals, new resolutions! Kick off the new year with purpose by joining our January Run and Walk Challenge. From January 1st through January 31st, aim to complete 20 total miles at your own pace. Whether you run, walk, or mix both, every mile counts. This challenge is about building consistency, creating momentum, and starting the year strong together. Show up, stay moving, and let each mile remind you that progress is built one step at a time.

Topic of the month: ***How to change the World***



It Only Takes One!

The world becomes what you choose to make it. Change does not start with crowds or movements. It starts with ONE person, and that person is you.

So many people want the world to be better but feel powerless. They think, “I am just one person. What difference can I really make?”

The truth is, you can make every difference.

If you do not like cruelty, choose kindness.

If you are tired of seeing trash everywhere, take responsibility for your own actions.

If you want less rudeness in the world, lead with respect.

You cannot control others, but you can control yourself. And when you live the change you wish to see, you become an example. That example may inspire someone else to change too.

That is how the world changes. One choice. One person. One moment at a time.

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

<https://youtube.com/shorts/oMyzLqtIhT8>

Training tip for the month: ***Slow Down***



You have to be slow before you can be good.

Speed is built, not rushed.

Slowing down allows you to focus on proper form, breathe with control, and move with intention. It gives your muscles time to adapt, your body time to build strength, and your joints time to stay healthy. Stretching, listening to your body, and running easy all help prevent injury and keep you consistent.

Easy runs are not wasted runs. They build endurance, muscle, and confidence. Run at a pace that feels like *your* best easy. That is where progress begins.

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

<https://youtube.com/shorts/GDRfDHdF1>

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

Skyler Edge

March 1, [Disney Princess Half Marathon](#): Kissimmee, FL

Skyler Edge

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

Skyler Edge

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-Ironstrong.com](#)