

May 2025

B-Ironstrong Newsletter

April Recap

April 13th Transition workshop at Vinoy park





April 20th Transition workshop at Vinoy park.





Coach Leo's St Anthony's practice swim



April 26th Meek and Mighty St. Anthony's triathlon in St. Pete



Marisa did a great job keeping focus!



Stephanie & Paige helped volunteer.



We had the pleasure of cheering on Ben in his first triathlon.

April 27th St. Anthony's triathlon in St Pete



Miguel celebrating with family.



Miguel full of spirit as he heads to the finish



You never know who you will see at the finish line.



Kayla made a friend along the way



Kim waving just before she crosses the finish line.



Dave coming out of the water



Jose getting ready to start his swim.



Matt had a great swim

Topic of the month: Be nice for you

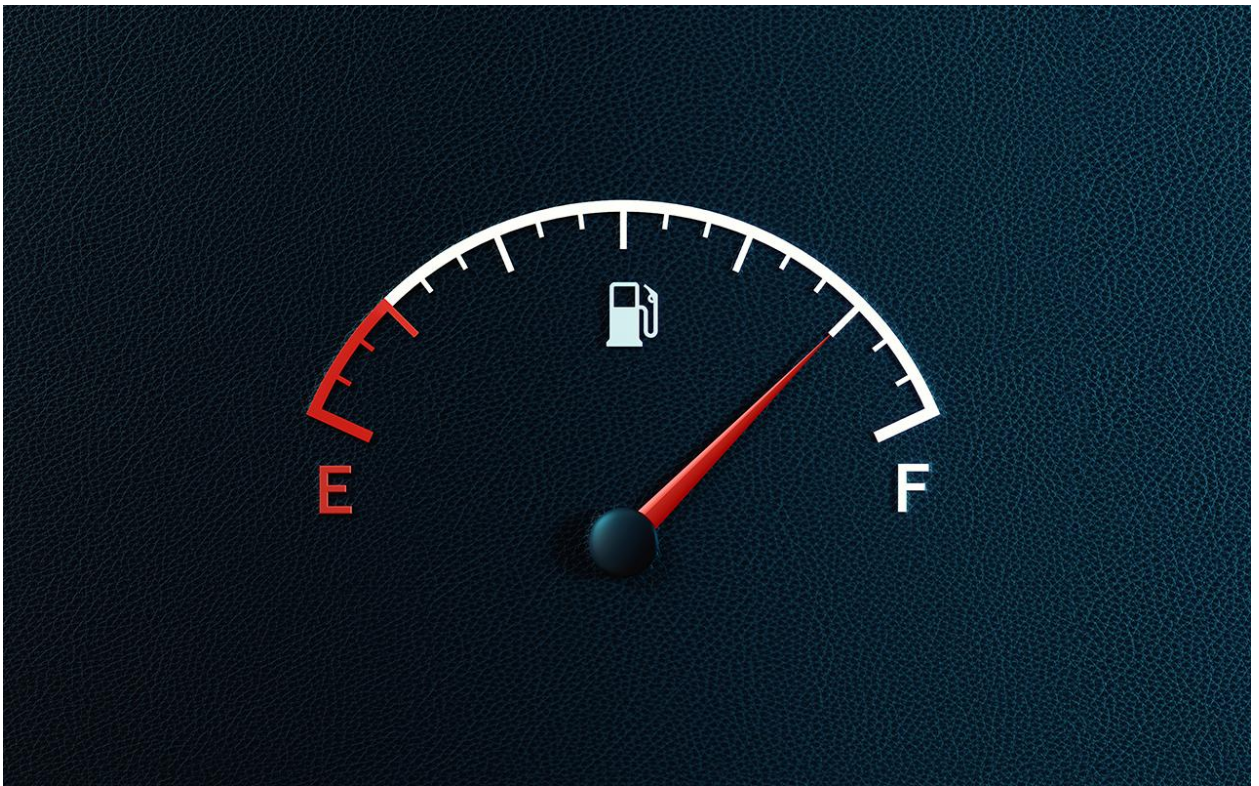


Say good morning, hello, wave, or give a gift. These are all things you need to do just for you. If you give someone flowers or a gift, it is to make them feel good, and that should make you feel good even if they don't know it is from you.

So be nice for you!!!! Try and remember, if you are wanting to do something for someone, do it. Just because it makes you feel full.

Check out the video on the B-Ironstrong.com web page.

Training tip for the month: Fuiling



It doesn't matter how far or how far you are going; you need fuel to get there. A Car needs fuel and so do you.

There are 2 big differences:

1: If your car is getting low, you add fuel and go. That is not the same with you. If you are run low and take in just enough fuel to get going, it is going to take about 20 minutes before you start feeling it. Or if you are run low and take in what you think you need to refill, you will likely be throwing it back up. The gut isn't going to take it.

2: Start every workout or race with a full tank. Your car will run properly until it is empty. Your tank starts getting low and your body starts shutting down.

Check out the video on the B-Ironstrong.com web page.

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.

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

Dave Barrie

Kim Falconio

Miguel Crespo

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

Marisa Johnson

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

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

And please visit us at B-Ironstrong.com