

February 2026

## B-Ironstrong Newsletter

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

### **Member Spotlight**

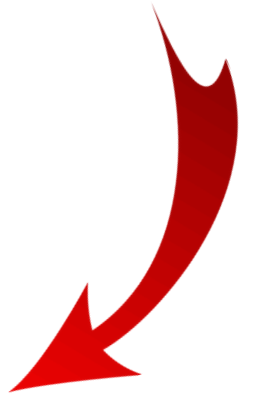
#### **Miguel Crespo**

Our own Miguel Crespo shares a powerful personal journey in *Sports Review Magazine*, *Caution: Kids Are Watching*, reminding us that commitment and consistency matter just as much as results. What started as a casual summer bike ride led Miguel into the world of triathlon, reshaping how he shows up; not just in sport, but in life and at home, too. His message is simple yet profound: the people who look up to us aren't just watching the finish line; they're watching how we show up each day. Give his article a read with the link below!

[https://www.sportsreviewmagazine.com/meet-miguel-crespo-caution-kids-are-watching/?fbclid=IwY2xjawPwe15leHRuA2FlbQlXMQBzcnRjBmFwcF9pZBAyMjlwMzcxNzg4MjAwODkyAAEeU3GtmkfcMz84pyHxf24CfZavbR6TeVX0hoxbLooXy3IAuLrJiHDeUqddoWg\\_aem\\_ct7WkF0R9Fsz55sLgUdGGg](https://www.sportsreviewmagazine.com/meet-miguel-crespo-caution-kids-are-watching/?fbclid=IwY2xjawPwe15leHRuA2FlbQlXMQBzcnRjBmFwcF9pZBAyMjlwMzcxNzg4MjAwODkyAAEeU3GtmkfcMz84pyHxf24CfZavbR6TeVX0hoxbLooXy3IAuLrJiHDeUqddoWg_aem_ct7WkF0R9Fsz55sLgUdGGg)



January 24, Kumquat 5k: Dade City  
Curtis Mast



## Monthly Challenge: ***Run With Intention***



**Goal:** Complete **12 intentional runs** in February.

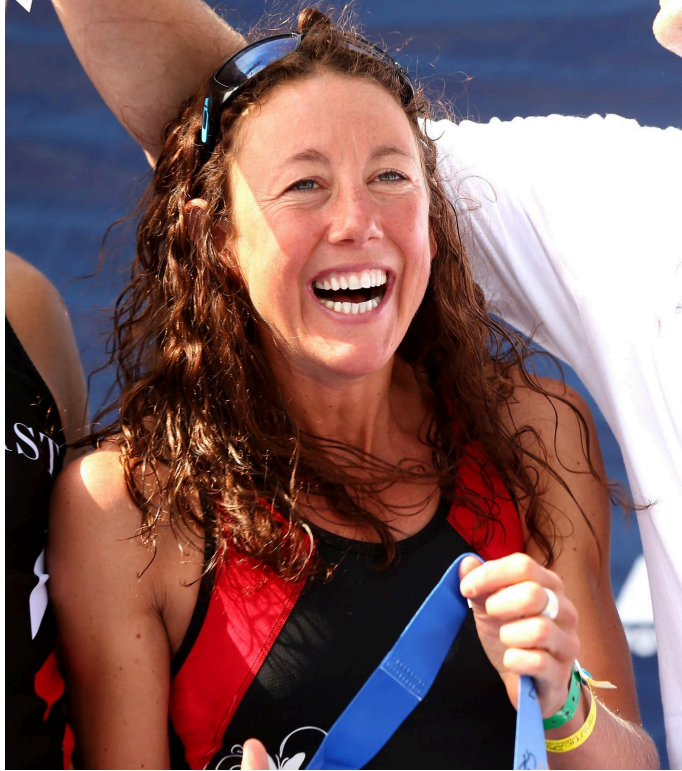
For each run:

- Start with a purpose (easy, form-focused, tempo, recovery, mindset, etc.)  
No music for at least **half the run**
- Finish by noting one thing you felt, noticed, or did better

Why it works:

- Short month, realistic goal
- Focuses on mindset, not miles
- Inclusive for all paces and levels
- Builds consistency and awareness

## Topic of the month: *Running Away*



Chrissy Wellington- always has a smile on her face during her ironmans

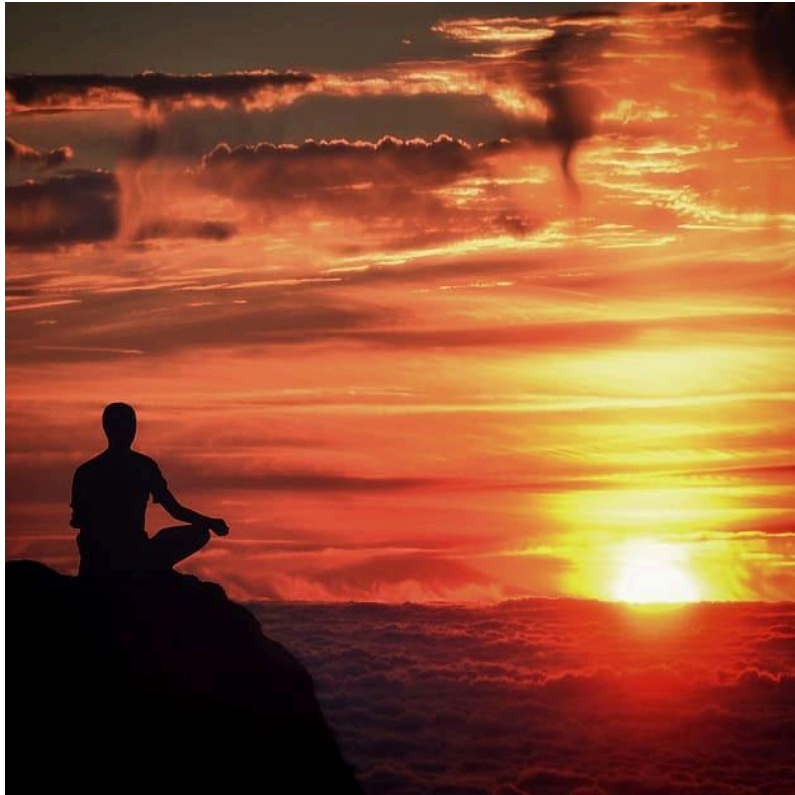
Running is one of those workouts that you can truly let your mind go.

I understand that first you need to learn proper running form. But that really doesn't take that long and then you are out there running. A lot of people like to run with music and other people. Try doing it by yourself and with no outside distractions. So just go out and run. Hear the birds, here your feet hit the ground. Let the rhythm of the run take your mind somewhere else and just smile.

Check out this thought of the month video on our website **B-Ironstrong.com**

<https://www.youtube.com/shorts/R7t-IEHAyW8>

## Training tip for the month: ***Training with Purpose***



Before starting any workout, take a moment to get your mind right. Plan your swim, bike, run, etc., then mentally prepare so you can get the most out of your session.

For example, if you are planning a 30-minute run, visualize yourself completing it before you start:

- Think of your form
- Think of how it will feel
- Think what it is going to do for you
- Envision the finish

Most importantly, think about how good you are going to feel when it is done. Never start a workout in the wrong mindset.

Check out this training tip video on our website at **B-Ironstrong.com**.

<https://www.youtube.com/shorts/YaGSsraRBpU>



## 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](mailto:thanks707@yahoo.com)

And please visit us at [B-lonstong.com](http://B-lonstong.com)