

B-Ironstrong Newsletter

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

May Member Event Recap

May 3 Clearwater Beach Lifeguard Ocean Mile Swim: Matt Kappler, it was a little rough and a hole lot of fun.



May 9, Ironman 70.3 Gulf Coast: Dave Barrie, after 15 years of doing 70.3s, this was the fastest and felt the best. Happy happy



May 17, Dunedin Sprint Triathlon: Kim Falconio first place in her AG



May 17, Dunedin Sprint Duathlon: Matt Kappler



May 23, Lucky's Golden Mile Swim: Matt Kappler, it is pretty easy to see why they call it the golden mile.



May 24, Hometown Half Marathon: Skyler Edge, hot race but felt good. Hydrate, hydrate, hydrate.



May 24, Hometown 5K: Stephanie Mosher, got to love the bling. B-Ironstrong



Topic of the month:
Don't put it off one more day!!!



Don't wait for a Doctor to tell you that there is something wrong and you need to change your lifestyle.

Please start today, because later may be too late!!!

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

<https://youtube.com/shorts/8-Gq5CzoBdg>

Training tip for the month: *It is getting hot*



Training in the heat is not like training when it is cool. Be okay with things slowing down.

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

<https://youtube.com/shorts/FQjl0KJ2LxA>

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.

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

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

Nov 7, [Ironman Florida](#): Panama City Beach FL
Skyler Edge

Nov 14, [Veterans Run](#): Tampa, FL
HOSTED BY B-IRONSTRONG

Dec. 13 [Ironman 70.3 Florida](#): Haines City, FL
Dave Barrie

2007

Feb 20-21, [Gasparilla](#): Tampa, FL
Stephanie Mosher
Paige Prave
Dave Barrie

“fit body = 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