

## F3 South Sound Quarterly

### A Message from Your Nantan

Brothers of F3 South Sound,

I want to start by congratulating the 40+ men who crushed the IronPax Challenge last month. You pushed yourselves through the pain and put in the hard work. Seeing so many of you step up to the challenge exemplifies what F3 is all about—becoming stronger together. Well done!

Next, our Unique Q Challenge is in full swing. For those unfamiliar, the goal is to have as many different Qs as possible across our AOs over the next quarter. This is a great opportunity for men who haven't led before to step up and give it a shot, while veteran Qs can try something new. It's a powerful reminder that F3 is led by us, for us, and everyone has something to contribute.

As we move into the colder months, I encourage you all to keep posting in the gloom. The colder mornings can be tough, but they build resilience, and there's nothing like starting the day with your brothers at your side. Remember, F3 is about the men who aren't here yet too. So, keep EH'ing, and invite that neighbor or coworker who's been thinking about it. Let's finish the year strong!

SYITG,  
Amtrak  
South Sound Region, Nantan

### South Sound Sites and Site Q Leadership

#### Active Locations & Site Qs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lahar <i>Trenta</i>	Hop King <i>Flounder</i>	Kent <i>Chief</i> <i>Crosswire</i>	Mill Town <i>Low</i> <i>Clearance</i>	Leroy <i>Colon</i> <i>Ransomware</i>	QSource Defiance <i>Wrangler</i>	QSource <i>Duvall</i>
Leroy <i>Colon</i> <i>Ransomware</i>	Thundering Noise <i>Axe</i>	Hilltop <i>Jeter</i>	Glacier <i>Bill Nye</i>	Hermitage* <i>Money Bags</i>	Lahar (2.0 Friendly) <i>Trenta</i>	
	F-Dub <i>Bravo</i>	Watchdogs <i>KCup</i>	<b>38 Special**</b> <i>S.O.B. /</i> <i>Rigger Dump</i>	Watchdogs <i>KCup</i>	<b>Maple</b> <b>Valley</b> <i>Downspout</i>	

				Stadium* <i>Big Short Cake</i>		
				<b>Meeker Mosey**</b> <b>Amtrak</b>		
				<b>Brother</b> <b>Ruckers**</b> <b>Low Clearance</b>		

\*Does not meet every week – join Slack channels for more information

\*\*OTB (Off the Books) – trial period before launching as an AO (Area of Operations)

*South Sound SLT*

- Nantan: Amtrak
- Weasel Shaker: Gordito
- Quaestor: Garfield
- Technology / IT Q: Rita
- Comz Q: Busch
- Expansion Q: Duvall
- 1<sup>st</sup> F Q: **IP**
- 2<sup>nd</sup> F Q: Pea Shooter
- 3<sup>rd</sup> F Q: Train

**2024 Q3 Highlights**

**3rd F & 2nd F**

***Rainiers (Garfield)***

Our 2<sup>nd</sup> annual F3 South Sound Rainiers Fundraiser took place on 17 Aug and unfortunately like the previous year, we were hit with some rain. This time it was accompanied by thunder and lightning which made getting to our cars after six innings a bit of an adventure! Overall, we had 15 or so PAX attend with friends and family and our ticket sales brought in nearly \$200 for the region. That and some generous PAX donations who were unable to attend, brought us to \$700 for this fundraiser! Maybe next year, we will be able to see a full game...



### *Spartan Race (Jeter)*

On September 14th a few F3 men teamed up to complete a Spartan Race. It was a 10km or 6.2mile obstacle course through mud, barb wire, creeks, hills, walls, ropes and other man-made obstacles. PAX were Amtrak, Indiana, Oodles, Big Short Cake, Bravo, Jeter, and Halon. Also, Segway participated the day before. It was a great experience for all and a lesson on the importance of grip strength. PAX stuck together and picked up the 6 for the whole race and finished with a time of 2 hours 30 minutes.



1st F

### *South Sound Convergence (Garfield)*

On 04 Jul, we had 40-50 PAX converge on Mill Town for the South Sound's 2<sup>nd</sup> Anniversary Convergence. This event was co-Q'd by YHC and Low Clearance. It was a tremendous showing and great to see so many men attend! It is a testament to the growth of the region and work you have all done introducing this gift to other men in your lives.

During the workout, we moved throughout the park performing various workouts including couplets and Doras. The finish was a friendly game of F3 football. The event finished with breakfast burritos and other items. Thank you to Low Clearance for spearheading the breakfast and co-Qing. Also, appreciation for all the PAX who contributed. Let's get to 75 PAX for our 3<sup>rd</sup> Anniversary next year!

**OTB Meeker Mosey & OTB Brother Ruckers**

Running and Rucking AOs are here!

Exciting news, South Sound! We've launched our first running and rucking AOs, meeting every Friday morning from 05:15 AM to 06:00 AM at Pioneer Park in Puyallup. These AOs offer something for everyone, whether you're ready to hit the pavement running or prefer to tackle a ruck at your own pace. Both groups start and end at the same spot, but each has a unique Q and route to keep things interesting. It's a great way to challenge yourself, build endurance, and get stronger—no matter your fitness level.

Afterward, both groups come together for Coffeeteria, making it a perfect opportunity to catch up, encourage each other, and build those 2nd F bonds. If you've been thinking about trying something new or bringing out a friend, this is the perfect time to join us. See you in the gloom!

SYITG,  
Amtrak



## Events

Per usual, there were other events during 2024 Q3 that took place. In the future, if you want them highlighted here, please send them over. If you sent me something and YHC missed it, apologies, please let me know and I will amend the newsletter.

### October

- 10.19.24 | Bridge the Plateau 5k

### November

- 11.09.24 | 2nd F at Narrows Brewing
- 11.14.24 | Food Ruck
- 11.28.24 | Gobbler Challenge

### Words of Wisdom (Garfield):

Amtrak mentioned this in his opening message; the gloom is coming gentlemen. Keep coming out in the mornings and don't let the darkness deter you from doing the important work before others are usually awake. Each morning, we post, we are working on our fitness and leadership skills in a safe environment with your brothers. This is a gift. Spread the word and give other men the opportunity we have all received.

SYITG,

Garfield