

F3 South Sound Quarterly

A Message from Your Nantan

Happy Anniversary, PAX! As our region celebrates its second year I am inspired by how far we have come in this journey and I'm looking forward to how far we will continue travel together.

Just two years ago we lunched the South Sound Region with two AOs and barely a dozen men between each. Now, two years later we have over a dozen AOs and over 100 men actively coming out in the gloom to accelerate their fitness, fellowship and faith.

I've been reflecting recently on what it will take for us to get to the next level and accelerate our growth as a region and I've boiled it down to this:

1. EH and Re-EH more PAX - I love when Slackbot announces a new PAX has joined South Sound, because it means we are reaching new men and that will always help us grow and we MUST keep doing that. But, what about the man that shows up once and never comes back? What about the regular poster who doesn't show up and no one asks him where he went? How do we keep those men engaged and keep them coming back out? Part of the answer to that is the second point...
2. Expand the 2nd and 3rd F - The 1st F, Fitness, is the magnet that brings men out in the gloom, but the 2nd F, Fellowship, is the glue that keeps men wanting to return and the 3rd F, Faith - defined in F3 as the belief in something bigger than yourself - is the dynamite that brings it all together and shows men the bigger purpose of all 3 Fs. How many men come out to their first workout and walk slowly back to their car afterward, feeling smoked from a workout that was probably harder than what they've ever done, not feeling the fellowship or faith of F3 and drive away never to return because they couldn't keep up? How many would keep coming back if they knew that this is "more than a workout?" To that point, the third need is...
3. Invigorate Male Community Leadership - We say this every morning, but do we live it every day? Every PAX and Site Q that has ever Q'd a beatdown, convergence, 2nd or 3rd F event or a QSource conversation will attest to the growth they've experienced by leading, but so many times we see the same names on our weekly Q Schedule. How do we encourage more men to step up and Q so we have a broader reach and great variety of leaders? How do Site Qs invigorate leadership of their AO by exhorting men to lead and looking for the next man to hand the flag to?

Take a moment to reflect on the questions posed above and let me know your thoughts. I truly believe that all of the answers lie within the hearts and minds of the men of our region and when everyone feels Freed to Lead by sharing those answers with the PAX that we will absolutely continue to grow and thrive.

Thank you for being a part of this amazing thing called F3. See you in the Gloom soon!

Amtrak

South Sound 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 Clearance</i>	Leroy <i>Colon</i> <i>Ransomware</i>	QSource <i>Defiance</i> <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>		Watchdogs <i>KCup</i>		
				Stadium* <i>Big Short Cake</i>		

*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
- 1st F Q: 5150
- 2nd F Q: Pea Shooter
- 3rd F Q: Train

2024 Q2 Highlights

3rd F

Pearl Foundation 5k (Garfield)

On April 20, a strong group of HIM showed up to support the Pearl Foundation whose mission is to foster self-confidence, leadership, and positive decision-making skills in the under-served population of young men and women in the Puget Sound communities. This was the 4th Annual Pearl Foundation 5k. Congrats to Jeter on his victory! YHC had the pleasure to present our brother Rat with the HIM belt for all the work he's done in the community and building up the Cascades Region as its first Nantan.



Luke's Warrior Run (IP)

My 2.0, Luke, struggles with Alagille Syndrome which is a rare genetic disease that caused cause him to have a liver transplant. Me and my M hold Luke's Warrior Run, a 5k fundraiser that raises money for the Alagille Syndrome Alliance. This is the only nonprofit supporting those with ALGS.

Through the support of F3 South Sound they were able to hit their goal of \$7k with a third of the funds donated coming from our region. HIMs like Amtrak, 2nd String, Downspout, 3g, Spud, and Mallory showed up on the day to help run for the cause. I am truly humbled and thankful for the group of men of our region. Thank you to everyone who donated and participated.

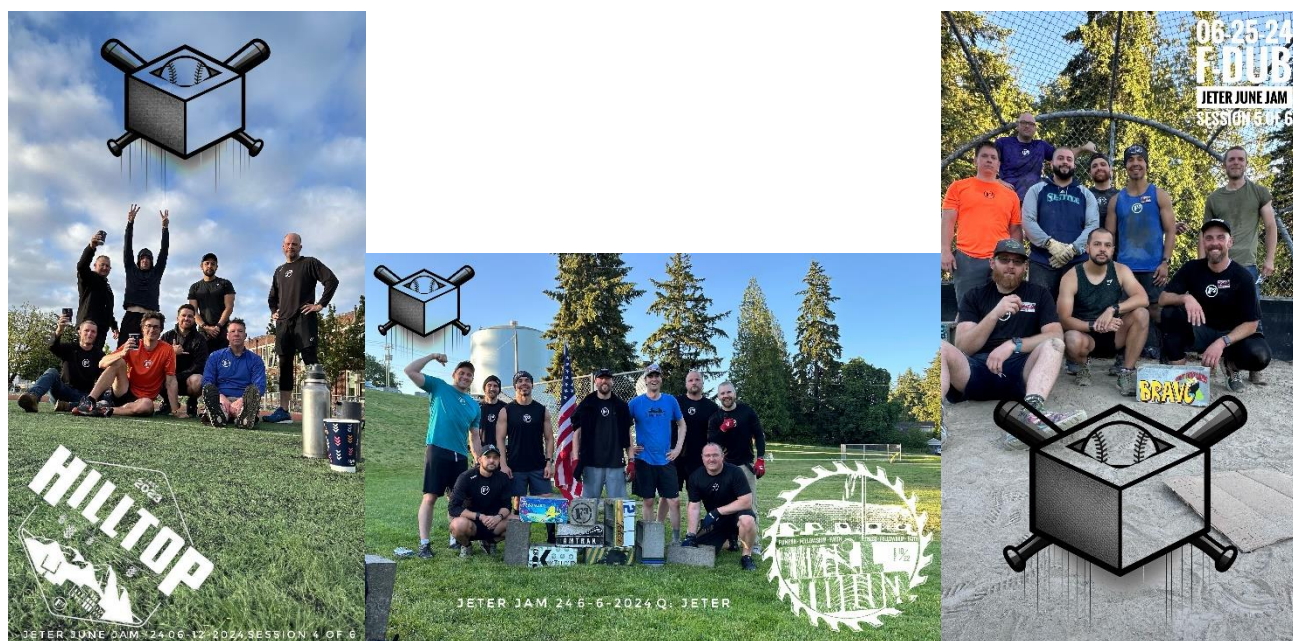


5k for Today (Garfield)

We had another strong group show up in support of the Here and Now project whose mission is to connect and empower the paralysis community in the Pacific Northwest. Through private support groups, community activities, and larger annual gatherings, we have built a strong fellowship of people who encourage and inspire each other to **Do Life in the here and now**. A little over a year ago, we lost our brother Ratatouille only one day after this event. Ratatouille had been involved in a major car accident that left him paralyzed in late 2021. The last time we saw him, he had so much energy and was so positive. There was an annual award created in his honor and presented for the first time this year and we look forward to coming back to support again in 2025.

1st F***Jeter June Jam (Jeter)***

Inspired by Garfield's challenge of the couplets, a new challenge in South Sound was born in June. Jeter June Jam 24 was created to celebrate Jeter's one year anniversary at F3. Jeter Q'ed 6 beatdowns at 5 different locations throughout the month of June: Hilltop 2x, Stadium, Mill Town, F-Dub, and Defiance. The workout was kept secret to PAX until day of, and PAX worked an IPC style workout that was both you vs. you and had a patch challenge to the top scorers at each beat down and in the region. Thank you to the 41 PAX that participated and the 23 unique entries this year. Congrats to each of the patch winners: Gordito, 5150, Bravo, Amtrak, Violet, Downspout, Wrangler, Big Short Cake, Train, Rigger Dump, IP, KCup, & Flounder. Don't be surprised if this beat down gets submitted for IPC and also re-appears next June in some way.

***AO FDub (Bravo)***

We are thrilled to announce the official start of AO-FDub. We joined forces in mid-March and began our Redwood period on May 7th. The excitement and energy at our launch were palpable, and we've been blown away by the incredible turnout from men adding a new routine to their Tuesday mornings.

This all started with a comment to Gordito at the start of Watchdogs: "Federal Way really could handle an F3 site." His quick response of "Let's do it" led to Slack DMs, site tours with False Start, and turning a possibility into reality. The turnout has included PAX from other sites and new FNGs regularly joining us.

This new location and Tuesday morning workouts are just the beginning. We have big plans, including posting flyers in the community, holding IPC workouts this September, and using Steel Lake Park for polar bear plunges and family picnics.

A special appreciation to the men who stayed consistent during our Redwood period: YHC, Gordito, Side of Beef, Jeter, Downspout, Big Short Cake, and Riggerdump.

Thank you for your unwavering support. Join us Tuesday mornings at 05:30 at Karl Grosch Field, Federal Way. Here's to many more successful workouts and milestones together!



AO Lahar (Trenta)

We at Lahar are excited about our 3rd annual camp Muir climb on July 27th. Our friend Flounder will be heading this up and the goal is to depart Lahar (Bonney Lake High School) at 4am. If this is your first time to Camp Muir then please reach out to Flounder or YellowBook on the necessary equipment to bring. You absolutely need to be prepared for this climb.

For a good warm up to the hike, Flosser will be leading us on July 13th for a hike up Pinnacle Peak (Mt Peak for the locals). We will carpool and leave Lahar at our typical 7am start and rendezvous with Flosser and the other locals right at 7:30am. Pinnacle Peak Park, 26838 SE 481st St, Enumclaw, WA 98022.

It was an absolute blessing to see 42 men show up to our 2nd annual 4th of July block party at #ao-Milltown. Shout out to Garfield and Low Clearance for the great job of organizing and leading this memorable event.

I believe last year we had 22 at the Hop King inaugural block party. And as Busch reminded us, just two short years ago on July 4th we had 7 show up at Lahar with probably close to the same amount showing up at Defiance. At that time there were only 2 AOs and though we were separate we were united with Defiance and looked to them as our big brother showing us the ways and traditions of F3. With the great leadership that South Sound has and some committed HIMS we have seen growth in numbers and in men's personal development. It's great to be part of this.

Hope to see you all in the sunny gloom soon!

Trenta

July

- 7.13.24 | Mt. Peak Hike
- 7.14.24 | Summer BBQ & Cornhole Tourney
- 7.19.24 | Beer Ruck
- 7.27.24 | Camp Muir Hike

August

- 8.4.24 | Unleashed Stadium Bowl
- 8.17.24 | Rainiers Game

September

- 9.15.24 | Spartan Race

Words of Wisdom (YellowBook):**A Journey of Resilience and Brotherhood: My Connection to F3 Nation**

In the ever-evolving tapestry of life, sometimes threads from our past reappear to weave new patterns of support and strength. My journey with F3 Nation began unexpectedly, through a connection made years ago during a web conference call for a project. At the time, the acquaintance seemed fleeting, but it laid the foundation for something much more profound.

His name was Trenta, a name I would come to associate with resilience, encouragement, and unwavering support. During one of our catch-up conversations, he introduced me to F3 Nation and its early morning workouts, scheduled at the crack of dawn—5:30 AM. Little did he know, his invitation came at a time when my life was shrouded in uncertainty and heartache.

In recent months my M, had been diagnosed with breast cancer. The news hit us hard, compounded by the fact that she had been laid off from her job just less than two weeks prior. Our world was turned upside down, and I found myself thrust into the role of her primary support system, navigating surgeries, chemotherapy visits, and additional procedures. The weight of it all was immense, and there were moments when I felt isolated in my struggle to remain strong for her.

When Trenta extended the invitation to join F3 Nation, I was hesitant. The thought of waking up before dawn for intense workouts seemed daunting, especially given the emotional and physical exhaustion I was already facing. But something about the camaraderie he described intrigued me. He wasn't aware of my personal battles, but his timing was impeccable.

I decided to give it a try. On my first day, the early morning air was crisp, and the sky still dark. As I arrived at the workout location, I was greeted by a group of men, all united by a common goal: to better themselves and support each other. From that moment, I was hooked. Special note to Axe, Spud, Bill Nye, Mr. Maigo, Spinner, Prancer who unselfishly welcomed me.

F3 Nation became more than just a fitness group for me; it became a sanctuary. The men I met there showed up for me in ways I hadn't anticipated. They offered not just physical training, but also emotional and moral support. It wasn't about individual achievements; it was about the collective strength and the bonds we forged. Each workout session was a testament to our shared resilience, a reminder that we were never alone in our struggles.

As I stood alongside these men, I realized that F3 Nation was about more than just fitness. It was about the brotherhood, the shared experiences, and the unwavering support we provided each other. It wasn't about me; it was about the men I stood with, and the strength we drew from one another. Thank you for this experience. My F3 family only started in the South Sound and will continue on and on.