

F3 South Sound Quarterly

A Message from Your Nantan

Brothers,

First off, a huge T-Claps to the Qs who stepped up in March to lead “**No OYO**” workouts for Mental Battle Month. The intentional effort to keep PAX working together reinforced the core of what we do—supporting each other through the tough stuff, physically and mentally. Let’s keep that momentum going all year by continuing to lift each other up and ensuring no man fights his battles alone.

The Big Announcement

Last month, I mentioned a major change coming to our region—now it’s time to lay it all out.

This July, we will celebrate **three years as an official region** in F3 Nation. What started with barely a dozen active PAX across three AOs has exploded into **23 AOs and over 150 men posting weekly**—a testament to the power of leadership, acceleration, and the impact of EH’ing new men into this brotherhood.

This growth has been driven by men stepping up to **plant new shovel flags, launch new AOs, and call more men to join us**. In just the first three months of this year, we’ve launched **seven** new AOs, with even more in the pipeline. But with that kind of expansion comes the challenge of ensuring strong leadership support, which is why we introduced **Area Qs** at the start of the year. Thanks to **Axe, Gordito, Jeter, and Flounder**, we’ve seen how local leadership leads to faster, stronger growth.

Multiplication by Division

To continue this momentum and ensure that every man in our region has the support and leadership needed to grow, we have made the decision to **starfish into three new regions this July on our three-year anniversary**.

South Sound will become a “**super region**” comprised of these three new regions. We will still be connected—using the same Slack and representing South Sound collectively—but operating as three distinct regions to expand our impact and reach even further. And as we continue to grow, we’ll be able to add **even more regions in the future**.

The New Nant'ans

As we prepare for this transition, I'm excited to introduce the men who will be leading these new regions:

- **Gordito** – Our current Weasel Shaker and Northern Area Q will become the Nant'an of the new **Crossroads Region** - AOs from Federal Way and Kent North and East. Gordito was instrumental in planting F3 in Kent, which sparked growth throughout the area, and he has been a constant force in invigorating leadership across South Sound.
- **Axe** – A powerhouse of enthusiasm and leadership, and the current Area Q on the East, Axe has been pivotal in expanding F3 across the eastern Plateau, from Bonney Lake and beyond. He will take the reins as Nant'an of the new **Plateau Region**.
- **Jeter** – Our Western Area Q will step up as Nant'an of the new **Defiance Region**, covering Tacoma to Puyallup. With the support of Flounder as Weasel Shaker, these two HIMs have a track record of building leaders and challenging every man to accelerate in all areas of life.

What's Next?

There's a lot to work through in the coming months, and these new leaders will be building out their **Shared Leadership Teams to continue expanding F3's impact**.

To mark this monumental milestone, we will hold a **massive convergence in July** where we'll officially launch these new regions and I'll pass the South Sound shovel flag to these new Nant'ans. Stay tuned for more details, but this will be a celebration you won't want to miss.

Men, **this is a good thing**. More regions mean more leadership opportunities, more impact, and more men being called into something bigger than themselves. **F3 South Sound is not just growing—it's thriving**.

Onward.

Amtrak

Nant'an, F3 South Sound

South Sound Sites and Site Q Leadership

Active Locations & Site Qs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lahar <i>3G / Sigmund</i>	F-Dub <i>Bravo</i>	Hilltop <i>Jeter</i>	The Cage <i>S.O.B. / Rigger</i> <i>Dump</i>	Brother Ruckers <i>Low Clearance</i>	Defiance w/Pre-QSource <i>Violet</i>
Leroy <i>Disc</i> <i>Management /</i> <i>Ransomware</i>	Fairwood <i>Will Call</i>	Kent <i>CrossWire</i>	Glacier <i>Bill Nye</i>	Leroy <i>Disc</i> <i>Management /</i> <i>Ransomware</i>	Maple Valley <i>DOWNSPOUT</i>
X** <i>Hangman</i>	Hop King <i>Flounder</i>	Stacking Stones <i>Bluey</i>	Mill Town <i>Hang Loose</i>	Meeker Mosey <i>Amtrak</i>	Meridian Two Point Ohs* ** <i>CrossWire</i>
Parkland** <i>Guile</i>	Thundering Noise <i>Axe</i>		Ravensdale** <i>DoorMatt</i>	Pavement Pounders <i>Gordito</i>	Mudflow (2.0 Friendly) <i>Busch</i>

Sandy Lutes PBJ**

Wrangler

Stadium*

Big Short Cake

Watchdogs *KCup*

Red Fox

w/Pre-Ruck

Rossi / Baby Back

*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
- Comz Q: Bugs
- IT Q: Rita
- 1st F Q: IP
- 2nd F Q: CrossWire
- 3rd F Q: Train
- Expansion Q: Duvall

2025 Q1 Highlights

1st F

Jan 1st, 2025 – A DAY TO REMEMBER! (Gordito)



What. A. Turnout. This wasn't just a convergence—it was a movement. A powerhouse gathering of men who showed up, dug deep, and left transformed. This is why F3 exists. This is what it's all about.

I've told this story before, but it's worth putting in writing: Fitness and Faith changed my life—IN THAT ORDER. Before I could lead right, I had to get right. And when I did, God stepped in. Maybe your journey looks different, but for me, it was clear—this was my mission. When I found F3, I knew I had discovered the ministry I was called to serve.

And on January 1st, 2025, I saw that vision come to life: a massive sea of high-impact men pushing limits, sweating, grinding, and proving that we're better together. The energy was electric. The field was ours, and we moved. No standing still, no slacking—just relentless effort from start to finish. Every man left stronger than he arrived.

Major props to the local Fdub crew—Baby Back, IP, S.O.B., Rossi—you guys showed up and showed out. Your dedication made this happen. And a huge shoutout to Train, who sacrificed his own workout to prep the food and fuel the men. THAT is servant leadership.

But let's talk about F2—the fellowship. The camaraderie was unreal. We didn't just sweat together; we bonded, we shared, and we strengthened the brotherhood that makes F3 more than just a workout. This is bigger than fitness. This is life-changing.

If you were there, you know. If you missed it, don't make that mistake again. 2025 is just getting started. Let's keep pushing, keep leading, and keep transforming lives—one workout at a time.

AO Q Survivor Challenge (Garfield)

As of this writing, March 16th, we are entering the 24th week of the AO Q Survivor Challenge. When YHC initially thought up the idea, the hope was **"To invigorate more VQs, unique Qs, and Q variation at each AO."** We have done that and more. It has been so cool to see PAX traveling around the region, one that continues to grow and covers a wide area North-South and East-West. PAX have brought creative workouts along the way, such as Crosswire's Zombie Beatdown comes to mind, and celebrated milestones like Gordito and Bravo turning 40! There have been so many successes that have come of this, YHC can't list them all. However, there were some challenges along the way...

YHC knew there would come a point, due to where PAX post, Q opportunities may be limited if Site-Qs opted to keep their streaks alive as long as possible. Ultimately, this challenge was going to last as long as the Site-Qs wanted to go. They are the leaders of their sites and the decision to carry on would be theirs to make. YHC appreciates the leadership and recognition by them to end this at certain points to allow PAX the opportunity to lead and grow through Q'ing. Thank you Flounder for your leadership and sparking the conversation.

Well done by Hop King and Maple Valley, the last two AOs standing, and congratulations to all AOs who participated along the way. Your leadership and creativity have made this challenge a success.

Growth Training Exercise Preparation (Garfield)



If you haven't heard, GTE-58 Seattle is coming this June! What is GTE? The Mission of the Growth Training Exercise (GTE) is to reinforce the F3 Mission Formula, Teach Leadership Principles and Transfer Positive Habits in order to Accelerate Regional Growth. The Endstate is to forge HIGH IMPACT MEN through the three F's of Fitness, Fellowship, and Faith.

YHC, Low Clearance, and Wrangler had some discussions earlier in the year about bringing "mini" GTEs to a few AOs in the region to give PAX a taste of what they might experience in a true GTE and to spread the word about GTE-58. We decided on Defiance in February, Maple Valley in March, and Red Fox in April.

There wasn't much traction for the first training. The three of us were there, and Low Clearance and Wrangler led a successful ruck with beatdowns. They also integrated QSource for a piece, which was a nice touch. We rucked from Truman MS down to Pt. Defiance then to Ruston, and walked along the waterfront before heading east back to Truman MS to meet the PAX for a 0700 beatdown.

The second training took place March 8th. YHC reached out to DOWNSPOUT and Special Delivery, two HIM that spurred the start and growth at our most attended AO in the region. Maple Valley averages nearly 20(!)

PAX weekly, and this felt like a no-brainer in my mind to take one of these exercises to. YHC wasn't wrong. There were 13 men that participated in the two hour training event. Special Delivery designed and led the route to take us down and back along the lake, about four miles in total. Stoop(kid) smoked us in a 7s workout along the way, mixing in Navy Seal Burpees, Merkin Variation, and Walking Weighted Lunges. Low Clearance made sure to consistently keep count and make sure sandbags were being moved around throughout the PAX. We also picked up "Wilson" along the way, a large rock spotted on the side of the trail by Colon and

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Stoop(kid). Once back to the start, we knocked out another quick beatdown before meeting up with the rest of the PAX for the 0600 beatdown. Thank you Special Delivery, Stoop(kid), and everyone else who made this a success.

Join us at Red Fox on April 12th, at 0400 for our final organized training on the books. YHC encourages all of you to come out and sign-up for GTE-58 if you haven't already. It truly is a transformative experience. Please reach out to myself, LC, or Wrangler if you have any questions.

AO Red Fox Launch (Garfield)



After a short OTB period, Red Fox (Thomas Jefferson HS) officially became an AO on March 15, 2025! It is the newest Saturday AO starting at 0700. When this first popped up on Slack, YHC was excited to see a group of young HIM pushing this start! Well done to IP for planting the seed and letting Rossi, Baby Back, and others run with it.

YHC grew up in the area around Red Fox and attended TJHS nearly 25 years ago and is still less than a

15-minute drive away. The school YHC knew is no longer there as it has been completely rebuilt and brought from the 1960s into the 2020s. Although no longer recognizable, it still brings back old memories and the excitement of introducing new ones through F3.

The first OTB workout was a snowy one. Unfortunately, YHC came down with a virus, knocking him out of participation in the first beatdown. However, YHC was able to supply coffee and participate in the 2nd F afterwards. The beatdown was well attended even with the snow on the ground, and excitement was in the air.

Seeing the South Sound grow and evolve has been a joy since we first officially launched July 1, 2022. The flag at AO Defiance was planted in 2016, with the next nearest AO almost 30 miles to the north. In F3 terms, we were a bullfrog. We existed, and existed barely, for almost four years before adding Lahar and then existed a little longer. We are finally becoming a lizard and planting mustard seeds throughout the South Sound. This is a tribute to all the HIM and their belief in the mission of F3, the mission we state before we begin every workout. Let's keep this momentum and accelerate each and every day.

Note: Along with the standard bootcamp workout, Red Fox Ruck happens from 0615 to 0650 before the beat down on Saturdays. There are sign-ups on Slack to Q. This is meant to be an open conversation to allow PAX to share things on their mind. It is not solely QSource focused although the Q can bring prompts centered around the topic for the week or anything else.

Invigoration at Lahar (Trenta)



With growth comes change. Here at Lahar we are experiencing both. On March 31st YHC handed off the Site Q duties to two quality HIMs. 3G and Sigmund will team up to take on the responsibilities for Lahar. It's been an honor and joy serving as Site Q but the time has come for me to step aside for the invigoration of other male community leadership. This is still my home AO, so I will continue to help and support in any way I can.

Another change will be the site location for Saturdays 2.0 friendly bootcamp style workout. Starting April 5th we are moving across the street to Mountain View Middle School. This will be a whole different AO under the leadership of the mighty Busch. A lahar produces mudflow hence our new site name will be called Mudflow. We all feel this site will provide many options for the beatdowns including a football field that is always open.

Lahar started out in September of 2020 under the guidance of the great HIMs of AO Defiance. I have seen a lot of PAX come and go through here but as a result we have been part of launching sites Glacier, Thundering Noise, Watchdogs (which launched Stacking Stones) and now Mudflow. Under the Freed to Lead model, individual HIMs who may have started at Lahar have felt the need to venture out to start another AO. It's been an amazing journey and the great part is that it feels like we are just getting started.

SEE YOU IN THE GLOOM!

Trenta



New site in Ravensdale (DoorMatt)

Excited that another new site was added in the Ravensdale area. Close to AO Maple Valley, OTB Ravensdale was a product of the success and growth of brothers showing up in the Maple Valley community. Plus there was a need for another local day in the week to get after it. The site has everything. Huge parking lots for pounding pavement, trails for coupon carry's and running, turf for those soaking wet days, and more. Tucked into the trees this site is also home to Osprey nests and a herd or two of Elk. Also included is a massive flag pole planted in the parking lot.

Special Delivery, DOWNSPOUT and DoorMatt worked on testing a Thursday morning at Ravensdale Park with some AO Maple Valley men. A lot of potential for this site to grow and support more men and more beatdowns as we roll into better weather. Come check out OTB Ravensdale on Thursdays at 0530.

Five Fundamentals of Fitness (FFF) (Wrangler)

Thanks to Linus for hosting the Five Fundamentals of Fitness (FFF) again; also thanks to the PAX Low Clearance and Segway for making the trek south. Capped off the event with F2 at El Toro. Well worth it. We were even surprised and grateful for Guile's hospitality and support.

FFF was a 90 minute training workout led by Linus. Exercises included were: Squat, Push-up, Deadlift, Press, Clean. For each exercise the group covered: Purpose, Starting position, Movement, Standards, Common Faults, Modifications, Variations. Each participant demonstrated mastery, then taught it to the group. A certificate of completion was provided to each participant. It closely aligned with F3 Motto: leave no man behind, leave no man where you found him.

Serendipity VQ (Bugs)



The man in the middle is Serendipity and March 19th was his VQ!, but many don't know the story leading up to this.

My parents met Serendipity and his wife on a cruise in Greece over a year ago sharing a table for dinner and hit it off. They exchanged contact info and went about their lives. Fast forward to last November, my

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who live in Italy, came to visit me here in Washington. Our neighborhood has some beautiful trails and I took them for a walk. My stepmom posted some pictures from our walk on Facebook and Serendipity's wife commented how much those trails resemble her own neighborhood. My stepmom said "we're visiting my son in Washington", Serendipity's wife said "no way we live in Washington", my stepmom said "my son lives in Bonney Lake where are you?", Serendipity's wife said "we're in Bonney Lake"! my stepmom said "my son lives in a community called Tehaleh"! Turns out Serendipity and his wife also live here in Tehaleh. We immediately all met up in the neighborhood coffee shop, and I met Serendipity and his wife for the first time. Serendipity was a little rushed because he was on his way to a men's Bible study. Before he left I invited him to AO Watchdogs! I said "hey man, if you're ever interested in a men's workout group hit me up, we meet Wednesdays and Friday mornings".

Serendipity showed up and his first time was cold, raining, he didn't bring gloves, and it was one of those beat downs that makes you question life. I wondered if he'd ever come back. He did come back, but unfortunately, due to a family illness, he had to fly back home out of the country and we didn't see Serendipity for a long time. We kept him in our prayers and hoped to one day see him again.

Not only did Serendipity come back, he came back on fire for F3. Coincidentally I was going through a slump, work, family, and health struggles kept me away from F3. I managed to drag myself out of bed one morning and to my surprise Serendipity was there. Last night as I was again contemplating whether to go to the workout I saw that it was Serendipity's VQ at AO Stacking Stones and I couldn't miss it. He brought the heat this morning. I'm so proud of our brother and so thankful for God placing him in our lives. He is an inspiration and a true testament to what F3 is all about. 🦋🦋 🦋🦋 🦋🦋

2nd F

Brotherhood Over Breakfast – A Monthly Gathering for Men (Gordito)



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Each month, on the **third Saturday**, something meaningful happens at **Faith and Victory Church in Auburn, WA**. From **7:00 to 9:00 AM**, men from all walks of life gather for a **Men's Breakfast** — not just for a good meal, but for honest conversation, real connection, and encouragement in their walk as husbands, fathers, and leaders.

It's open to all men. You don't have to be part of a certain group, church, or background. Just come hungry — not only for breakfast, but for **growth, truth, and brotherhood**.



Before breakfast, there's an **optional lift session at 5:30 AM**, for those who want to show up early and push themselves physically. It's a chance to sweat, challenge your limits, and start the morning with purpose.

This monthly gathering has quickly become something many of us look forward to — a space where men can

talk about real issues, lift each other up, and speak truth into one another's lives.

The Men's Breakfast at F&V has quickly become an event I look forward to every month. Though this event is 3rd F focused, I find that it offers a ton of 2nd F as well. Show up to the 5:30am lift session and you've got yourself a perfectly balanced kickoff to the weekend! – Rossi

When I was invited to the Immovable Men men's breakfast, I wasn't too sure what to expect. I figured that I would go and maybe meet a couple of people and listen to a sermon while having some breakfast. Little did I know, I was in for so much more. Upon arriving, I was greeted by a diverse group of men that come from all different backgrounds. Not only did this make me feel more comfortable, but it also put my anxious mind at ease, and I wasn't as worried about fitting in. Breakfast was served, and Pastor Matt gave his sermon. He is very personable and challenges his men to be and do better. After the sermon, we broke up into little

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groups where we were challenged to discuss what we had just heard. These little groups created a circle of trust and allowed us to be vulnerable and really dig into our thoughts. My first experience was more than I was anticipating. I went home with a new sense of brotherhood, dedication to following in the Lord's footsteps, and being more accountable in my faith. – 3G

As someone involved in F3, I see this as another powerful expression of what we call F2 — Fellowship. It's an opportunity to build relationships, strengthen our communities, and encourage each other in faith and leadership.

If you've been looking for a place to connect with other men in a genuine way — no judgment, no pressure, just truth and encouragement — you're invited.

Details:

- **When:** Third Saturday of every month — *next is April 19th*
- **Time:** Breakfast from 7:00–9:00 AM | Optional Lift at 5:30 AM
- **Where:** Faith and Victory Church, Auburn, WA
- **Who:** All men welcome.
- **DM Gordito.** Let's keep building each other up — one conversation, one connection, and one morning at a time.

3rd F

Accelerating Faith from COT (Ransomware)

Envy and jealousy came up in our COT recently at AO Leroy. I thought I would share one of my challenges that I overcame that I've previously shared in a COT.

Last year in February I was laid off from my job and when I got a job offer I was very nervous. This was at a company that I had previously worked for and left on my own accord, so it was a little awkward going back. The major catch was that the position's salary was less than what I was receiving before. I did put in a counter and crossed my fingers. In the days that followed my brain would not stop thinking about that number. I did not sleep. The seeds of rage and anger started to grow. I was envious of my former, and possible to be again, coworkers since they would be at a higher pay then I would be. I thought I had accomplished so much to attain some number, and to slide backwards I would be a failure. As the days went on it got darker and darker.

That week I was scrolling through Slack and saw a post about a PAX, Rat, who moved from Cascade region for his job, his Mammon (f3nation.com/mammon). That word stuck in my brain, Mammon. So I read the chapter in Q-source, then started to research the origin and eventually found Matthew 6:24: *No one can serve two*

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masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.

In that moment I knew I had to make a decision. I was compelled in that instant to choose which master would I serve?

I chose God.

Immediately after I made that decision I felt all the shit that had been building and churning deep in my soul be lifted away. It was all gone. I could now receive the joy that was waiting for me, to be blessed with a job at a pay that was more than enough to provide for my family.

I consider myself early in my journey in faith. The PAX and F3 have been a big accelerator in me finding my path. Whatever that is for you, find your faith. If you want a starting point check out Q-Source 1.10 Prayer at f3nation.com/prayer.

Also, there are great moments and WOW shared during the COT in the gloom. More of us could benefit if they are shared with everyone. **Join #disc-wow in Slack** to share your experiences and encourage other PAX.

SYITG



Upcoming Events

April

- 3.4.25 - 4.22.25 | South Sound Redwood | AO Fairwood
- 3.14.25 - 5.2.25 | South Sound Redwood | AO Brother Ruckers
- 3.14.25 - 5.2.25 | South Sound Redwood | AO Meeker Mosey
- 3.15.25 - 5.3.25 | South Sound Redwood | AO Red Fox
- 3.28.25 - 5.16.25 | South Sound Redwood | AO Pavement Pounders
- 4.12.25 0400 | GTE Training Ruck | AO Red Fox

May

- 3.14.25 - 5.2.25 | South Sound Redwood | AO Brother Ruckers
- 3.14.25 - 5.2.25 | South Sound Redwood | AO Meeker Mosey
- 3.15.25 - 5.3.25 | South Sound Redwood | AO Red Fox
- 3.28.25 - 5.16.25 | South Sound Redwood | AO Pavement Pounders

June

Words of Wisdom (Will Call)

During YHC's Qs this quarter, three topics have come up consistently during WoW–M, Shield Lock, and Mammon. And as I've thought about these topics week over week, it's maybe not surprising how much they can be intertwined. As I shared in the last Quarterly, I became unemployed through a layoff in late Summer last year and F3 became an outlet in a lot of ways to channel energy toward something very tangible, personal fitness. And as I write this, I'm still without full-time work, but have continued to Stay Right, in large part because of the acceleration that has happened in my relationships with my M, Shield Lock with other men, and Mammon.

I want to pass along a few of the questions I've left the men with in the Gloom these last few months, with the hope that you Stay Right and check out QSource (at f3nation.com/q-source) to deepen your understanding of each one.

M, your wife. The Transformative Relationship Between A Man And A Woman. (QSource point 1.5)

- Are some relationships more important than others? If so, which ones and why?
- Is your relationship with your wife Accelerating or Decelerating?

Shield Lock, other men. The Horizontal Relationship Between Men. (QSource point 1.7) • Are some

men born to be lone wolves? Do Communities benefit when men combine? **Mammon, your work. The**

Sustaining Relationship Between A Man And His Work. (QSource point 1.9) • Is work anything more

than something we do? What priority should a man give to his work?

Thank you men of F3 for being such an encouragement to YHC and, by connection, my family. Each morning out in the Gloom is a reminder of what we *get* to do out there. Let's get after it.

SYITG

◆◆ Will Call

AO Fairwood Site Q / Newsletter Q, F3 South Sound

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P.S. – If you've **joined F3 as an FNG recently–Welcome!** Below are a few terms from the **F3 Lexicon** (published at f3nation.com) used in this issue of the South Sound Quarterly.

- **AO:** Short for Area Of Operations
- **Q:** A Leader who takes responsibility for the Outcome
- **YHC:** Short for Your Humble Correspondent
- **VQ:** A man's first Q of an F3 workout
- **PAX:** Men who participate in the workout
- **Site Q:** The Leader charged with overall responsibility for a particular Workout
- **OTB:** Short for Off The Books
- **HIM:** Short for High Impact Man
- **Bullfrog:** An Organization whose primary goal is Existential Continuity
- **Lizard:** An Organization that is dedicated to the Effective achievement of its Mission • **Mustard Seed:** Planting a new Workout through a Q who has moved from an established AO to a new Community

