

## **F3 South Sound Quarterly**

### **A Message from Your Nantan**

PAX of South Sound,

As we gear up for the New Year, I want to take a moment to recognize the incredible efforts every man that has posted in the gloom in 2024, whether you've only just joined or you've logged your 100th, 150th or 200th post of the year - THANK YOU for your dedication. Let's keep it going in 2025!

As we look forward to 2025, I also want to highlight some exciting opportunities to push ourselves and strengthen our bonds:

- First, join us on New Year's Day as we celebrate the 14th anniversary of F3 with a convergence workout at #ao-f-dub. There's no better way to start 2025 than sweating alongside your brothers! Be there and make it count.
- Speaking of starting strong, Make America Burpee Again kicks off January 1st, with a goal of 3,100 burpees for the month. To get ahead, I'll be knocking out my first 100 at 0615 before the convergence—come join me!
- Don't forget, the Unique Q Challenge is still going strong, and we've got seven AOs still in the running - which one will make it the distance? This challenge has prompted so many VQs and unique Qs across the region, let's keep it going!
- Finally, thanks to the addition of several new OTB workouts, we now boast an impressive 15 sites across South Sound, with even more on the horizon in early 2025. This growth is a testament to your dedication and desire to bring F3 to the men of the area that need it. Let's plant even more shovel flags this year!

Thank you for making our region what it is. We've grown tremendously in just a few years and there are some exciting things planned for the near future - join us at the New Year's Day Convergence to hear about them!

SYITG  
Amtrak  
Nantan, F3 South Sound

## 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>Crosswire</i>	Mill Town <b><i>Hang Lose</i></b>	Leroy <i>Colon</i> <i>Ransomware</i>	QSource Defiance <b><i>Violet</i></b>	
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>	38 Special** <i>S.O.B. /</i> <i>Rigger Dump</i>	Watchdogs <i>KCup</i>	Maple Valley <i>Downspout</i>	
	<b>Fairwood**</b> <b><i>Will Call</i></b>			Stadium* <i>Big Short Cake</i>		
				Meeker Mosey** Amtrak		
				Brother Ruckers** Low Clearance		

\*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: **Bugs**
- Expansion Q: Duvall
- 1<sup>st</sup> F Q: IP
- 2<sup>nd</sup> F Q: **Crosswire**
- 3<sup>rd</sup> F Q: Train

## 2024 Q4 Highlights

### 3rd F

#### *FoodRuck (Garfield)*

Our 4<sup>th</sup> annual (5<sup>th</sup> overall) F3 South Sound FoodRuck took place on 14 Aug and was it bigger than ever! Thanks to the generosity of the PAX in the region, we were able to donate 1,990 pounds of food and other items of need to Nourish Food Bank of Edgewood!

After a broken toe sidelined YHC for a little over a month, he made it back in the gloom and out to various AOs around the region to collect donations and promote the ruck. It was great to see so many PAX that YHC hadn't connected with in some time and getting out to places a little outside his workout radii. Thank you for all the beatdowns, fellowship, and support gentlemen.

Also, thank you Trenta for delivering 32 turkeys a week later to add another 496 pounds to our total! This happened thanks to Spud, even though he has moved out of the region, coordinating with his former workplace to once again make this donation happen. Thank you, Trenta and Spud, for your support!

YHC would again like to the Gobbler and his M for all the work they do beforehand shopping for us and providing transportation support of the items to the food bank. This work has been a huge help to YHC over the years.



## 2nd F

### *Coffee Makes the Difference (Ransomware)*

Let me get this out of the way, I do not usually drink caffeine, but I do enjoy a hot beverage. Starting F3 at AO Leroy I usually walked since it's very close to my house, so I brought my own hot beverage to keep me warm while hanging out after a beatdown. Maybe because I was kept warm by a hot beverage, or because I could walk home faster than anyone could drive to their own house, or maybe both. Either way I usually hung out and was last to leave.

After several weeks had rolled by of my newfound F3 addiction I found that I actually knew a couple of the PAX's real names!

Hanging out for coffeteria allowed me to make new friends, receive sage advice, maybe provide some good advice (jury is still out), share burdens, and have others help shoulder the weight of my burdens.

I had no idea what I was getting into when I started F3, my expectation was a janky park workout with a couple of guys that would fizzle out after a couple of weeks. Turns out it has changed my life with new friendships, having a place to share burdens, something to push me physically, a drive to make me better leader in all aspects of life, and it has helped me find my faith.

All because I stayed for coffee that I don't drink.

## 1st F

### *From FNG to Site Q: The road to planting OTB Fairwood (Will Call)*

On a clear morning in June 2024, I first posted at AO Leroy, unsure of what I was getting myself into. Booger had mentioned the basics, but call signs? Funky exercise names? As CrossWire led a Battleship-themed workout, I wondered if I'd be better off reverting to rucking solo the next week for exercise. But one post became two the following week, then ten. But in early August... I got laid off from work. Suddenly, my own battleship (of a career) had flipped, and I was flailing in the river of life. But I kept posting.

By September, I posted three times in one week for the first time. In October, spurred by the Unique Q Survivor Challenge, I VQ'd, achieved El Quatro (25 posts), and even hit a 6-pack (6 posts in one week). The physical gains were real, but so was the camaraderie at Coffeteria, where I began to get to know and learn from other PAX. Although the callbacks from job applications weren't coming in, I kept posting.

By November, the idea of planting an AO closer to home started to take shape. The Site Qs I'd met displayed a confident, servant leadership I aspired to build. Around then, I discovered QSource from Ransomware and Duvall, and realized F3 wasn't just workouts—it really was leadership development disguised as fitness. This perspective reshaped my journey. Posting at a downrange Q-School up at AO Purple Haze springboarded me to finish IPC, plus achieve Golden Boy (50 posts) and Leader of Men (Qing 4 workouts in a month). Job interviews came and went with little traction, but I kept posting.

What struck me most was how F3 balanced a push for fitness along with showing up and being real and

vulnerable. HIMs like DOWNSPOUT embodied the spirit of pushing others, while being open about their own challenges. Supporting the launch of AO Maple Valley and becoming a Redwood Original deepened my appreciation for not only F3's magnet (MV Wide Boys go hard!) but also F3's glue and dynamite—connections forged at COT, Coffeeteria, thru EH'ing, and beyond. To some it may seem like there's something in the coffee up here in the northeast of the region, but in reality, there's something in the men. Even when I was often on the six, I kept posting.

By December, with the encouragement of several HIMs (many already mentioned, plus shout out to Gordito and Chair Force), I scouted over a dozen parks in Southeast Renton and Northeast Kent, ultimately landing on Petrovitsky Park as my top pick. On Tuesday, December 10, 2024, I planted a shovel flag and led OTB Fairwood's first workout, welcoming 12 other men, including 5 FNGs. I was freed to lead—finding that if the men don't come to F3, we bring F3 to the men!

In the midst of job loss, F3 became a lifeline, helping me Get Right, Stay Right, and begin to Lead Right. Designing and Qing workouts challenged my leadership, while *QSource* and *Freed to Lead* reframed how I viewed growth and service. Now, posting is automatic—habits built from a series of non-decisions that are easy to make because I don't have to make them.

For men who post or Q infrequently, haven't yet seen the fitness or fellowship results they hope for, are still running near the six, or facing the flux of life—keep posting. There are men around you that are like-minded, won't leave you behind, but won't leave you where they find you. Whether it's a VQ, a leadership role within a site, planting a new flag, or simply showing up, there are men here to help you identify and seize opportunities to grow as a leader in your home and community.

Thank you men of F3 and see you in the gloom. - Will Call



*Post number 1 - Battleship at AO Leroy | Q: CrossWire*



*Post number 60 - DORA the (new site) Explorer at OTB Fairwood | Q: Will Call*

### ***New Innovation: Lighted Buckets of Freedom (Will Call)***

As the gloom has set in this fall, glowing orbs have started appearing at AOs across the northeast of the region. Introducing, the latest in F3 lighting innovation, the illuminated flag bucket. Powered by an LED lantern or headlamp, these white, 5-gallon buckets have become a part of YHC's standard kit at OTB Fairwood and inspiration for a team-based workout entitled: "Capture the flag bucket 🇺🇸🇺🇸". We put in hard work each morning we post. Remember to bring some levity and new ideas now and then.



## Reflections on the Zombie Beatdown (Crosswire)

It all started as an idea to introduce some sort of unifying or shared cultural experience to the South Sound Region. After yet another beatdown in Kent with zombies shuffling through the gloom, Colon, Rigger Dump, Ransomware, and YHC spitballed some ideas about how to bring Kent's unique flavor (i.e. zombies) to all the other AOs.

At Kent, zombies aren't a bug. They're a feature. IP had almost already lost a backpack to a zombie-on-wheels. In fact, the very first Kent beatdown saw a zombie nonchalantly meander through the AO with an axe.

We thought the zombie theme could be like the Sasquatch flag from up north – if the Zombie flag lands at your AO, you've got 30 burpees to start the beatdown. Or maybe a green sandbag or coupon. But how do you get Q buy-in, and who moves it from AO to AO? We concluded coffeeteria and left the idea hanging.

YHC created a private discussion channel to hash out the details and YHC and Ransomware both posted zombie beatdown ideas. Next step: beta testing! AO-Leroy got to be ground zero, with YHC's version up first on August 19, a beatdown attended by a record -at that time- 17 PAX!

The course was 0.7 miles with 8 stations, there was no sharing of human reps, and zombies' rep counts were the same as the human count but divided by the number of zombies – the idea being that the horde would get faster over time. The format worked, with only the fastest humans (Downspout, Spoke) escaping, frantically performing Jillian Michaels at the evac zone as the horde closed in.

With only 15 minutes left YHC got gun shy (and honestly was a bit winded – if you can't Q it, don't do it) and opted to run an extended Mary instead of a round 2. The AAR revealed PAX wanted a second go-round, the zombie math was too hard, and the gamified workout was fun. Special Delivery's rave review gave YHC confidence to continue pursuing it.

And then came Big Shortcake's Baby Cake Bash beatdown, which YHC attended at Lahar. YHC had missed Jeter Jam earlier in the summer while on vacation, but both themed Q-on-tour beatdowns inspired YHC to make a decision: I would take the zombies on tour myself in the month of October.

**There had been multiple points along the way where I could have just let the idea die. But I realized I had to stop waiting for others to help me carry the torch. If I wanted it to happen – it was up to me to execute. Freed to Lead.**

YHC re-designed the workout, shortened the length and reduced the stations, added human rep sharing, clarified the zombie vs human rep count, begged/borrowed/stole Q slots at all weekday AOs in the month of October, did recon on AOs (in person and on Google Earth), and designed courses at each AO.

Kent got the beatdown first on October 9th. Duvall and YHC made it out with DOWNSPOUT and Special Delivery gifting us Thruster reps as Zombies train and Gordito arrive at the evac point in Round 1. Ironically, round 2 of the workout was cut short to chase down a zombie who had stolen Rigger



Dump's phone. But the beatdown format worked – and the PAX enjoyed it, complete with trash talk in Slack.

Mill Town got it next, and no humans survived either round. Zombie Amtrak was too fast in Round 1 and bagged all the humans after a long slog up the hill. Zombie Crosswire bagged all the humans mid-way up the hill in Round 2 because Human Amtrak opted to help the team instead of saving himself. At the AAR, the PAX noted that some sort of power-up might be good for Team Human.

No battle plan survives contact with the enemy. As more AOs got the zombie beatdown, hidden issues came to the surface.

- Lahar Monday featured a photo finish between Zombie IP and Human Axe banging out Thrusters as fast as possible. Who does the tie go to? Will Call showed up with a power-up. How should it work?
- F-dub's course was too confusing, with Zombie Train cutting a corner and skipping station 2. Does YHC need to review the remaining courses?
- At Thundering Noise, YHC noticed he only ever survives if DOWNSPOUT is out ahead of him and gifting him reps. Was there a way to level the playing field so slower PAX aren't always zombie food? A second power-up?
- At Hilltop, YHC's explanation of the workout was not clear enough, and resulted in a confusing round 2 finish where we were unsure if Zombies Wrangler and Guile had converted humans or not. Bravo made it out, and maybe YHC. How should I explain this more clearly?

**At this point (week 3 of Qing this beatdown) YHC was fatigued and lay awake nights dreading it. In the COT at Hilltop, Gobbler offered some WoW that gave me new life: We conquer through continuing. How do we face a daunting challenge? One step at a time.**

Week 4 (Halloween week) featured 4 Qs in a row for YHC – something I'd never attempted. One day, one step at a time. One question hung over my head: how do I keep the slower PAX engaged? They know they're zombie food. The beatdown had become all about whether fast PAX 1 could beat fast PAX 2. The slower PAX were taking a back seat. But F3 is Open To All Men. We need the slower PAX in the FRONT seat.

Leroy was up first, and YHC introduced a new twist to level the playing field. Team Human couldn't win unless they could get their "Helicopter Pilot" out safely (the PAX with the fewest reps in the fitness test). The new game mechanic worked. Zombie Catnap proved too fast in Round 1, but in Round 2 Human Special Delivery did nearly all of Pilot O-ring's reps for him and they got out safely.

Hop King, Watchdogs, and Glacier all saw very close finishes that week as well. In every round, the zombies arrived at the evac point as PAX were assisting the pilot with his reps. Zombies downed the helicopter as it was lifting off in 3 of those 6 rounds, humans made it out with only seconds to spare in the other three. The pilot version of the workout was the best one – the closest finishes, the best storylines, and the most teamwork.

**Nothing is perfect on the first go-round. YHC had to consciously choose not to be attached to the design, hear the AAR feedback, and then keep tweaking for the good of the PAX.**



This was a tough challenge for me. The planning, the leading, the recon, the extra beatdowns each week, going to AOs I'd never been to before, leading PAX I'd never met before without the Kent/Leroy PAX to be my security blanket. It took me out of my comfort zone. And I came out of it more confident, better at being a leader at home and at work, and with a bigger comfort zone.

**Growth happens outside your comfort zone, and then your comfort zone grows. Rinse and repeat.**

Leading the zombie beatdown was absolutely worth it. I'd recommend to other PAX that they put together a workout to take to multiple AOs. It doesn't have to be every AO. It doesn't have to happen in a single month. But there's learning and growth there when you push outside your comfort zone. There are plenty of guys who have done a beatdown-on-tour who can help you: YHC, Big Shortcake, Jeter, K-Cup, Train to name a few.

Reach out. Take the initiative. Push yourself. You're freed to lead.

And after the dust settled in the final zombie beatdown at Glacier on Halloween, the zombies retreated into the gloom, not to be seen or heard from again... Or did they?

### ***Meeker Mosey & Brother Ruckers (Amtrak)***

Exciting news, South Sound PAX! We've officially launched our region's first dedicated running and rucking sites: #otb-meeker-mosey (running) and #otb-brother-ruckers (rucking).

Both sites meet at 0515 every Friday at the Puyallup Public Library. Each group sets out on a unique course, designed by their rotating Q, who creates a fresh path for the week. Whether you prefer pounding the pavement or grinding it out under weight, there's something for everyone!

After the workout, both groups come back together for a joint Circle of Trust (COT) and Coffeeteria, strengthening our bonds over a well-earned cup of joe.

Both sites are still in the OTB phase but with regular weekly attendance we may turn them into full-fledged AOs in 2025. This is a great opportunity to diversify your fitness and connect with PAX from different workouts. Come join us and see what it's all about!

### ***Brother Ruckers Origin Story (Low Clearance)***

I love rucking. I love the challenge of moving distance under the weight of a heavy backpack. It was at a GORUCK event that Linus invited me out to check out F3 at Mill Town about 2 years ago.

When Garfield mentioned that he wanted to start a rucking AO, I was immediately interested. We chatted with Wrangler and tried to figure out the best time and place for it. When I heard Amtrak and Flounder were starting up the first running AO for South Sound at Pioneer Park in Puyallup (AO Hop King), I reached out to them and asked if they were open to collaborating to share the start location and time. I was elated that they agreed. OTB Brother Ruckers was launched alongside OTB Meeker Mosey on October 11th.

We meet in front of the library at Pioneer Park in Puyallup every Friday morning at 5:15 and finish up at 6:00.

If you want to run, come on out and join the runners. If rucking is more your pace, join us for a 2-2.5-mile ruck.

We move with a purpose to get a good workout, and I love the fantastic mumble chatter we have every week.

**Did you know there's a Grow Ruck Training Event coming to Seattle this June 20-22? Come join us in the gloom to get trained up!**



## Events

### January

- 01.01.25 | South Sound Convergence | AO F-Dub | 0630
- 01.09.25 | South Sound Redwood | AO 38 Special | 0530
- 01.22.25 | South Sound Redwood | AO Stacking Stone | 0530

### Words of Wisdom (Garfield):

Over the last 2.5 years, YHC has collected stories and pictures from many of you and it has been an honor to head up the South Sound Quarterly. YHC cannot express his appreciation enough to the PAX that have contributed to this newsletter at some point or another throughout the years. Thank you.

The initial vision was to be able to have historical documents for us to be able to go back to and track the history of the South Sound. With Slack, we lose so much great information after three months. This includes write-ups and pictures. YHC didn't know how long this venture would last and am pleased it has gone this far.

Putting together the quarterly was easy the first year or so as YHC was in the gloom and plugged into everything going on in the region. We were also much smaller then and it made it a little more manageable to comment on most things since YHC was either directly or indirectly involved. Not being as active has made it more difficult to compose this each quarter and is why YHC relies on all of you to make it happen.

In F3 there are many reasons we should only hold leadership positions for 12-18 months and two stick out to me:

1. It gives others the opportunity to lead and bring new ideas.
2. It eliminates burnout and fatigue.

When leading, you should give your whole heart into whatever it is and when you can no longer do that, it is time to walk away. Just as it was time as Nantan, it is, and has been, that time with the Quarterly. The "flag" is now being handed off to a HIM who has the same passion as YHC once had and YHC is sure he will reinvigorate life and add something new to the quarterly. **Please congratulate Will Call and provide him the same support you have given to YHC over the years.** You are going to crush it brother! SYITG - Garfield