

F3 South Sound Quarterly

A Message from Your Nantan

YHC cannot believe how fast summer came and went, even though we touched 80 just yesterday (10/7)! The gloom is returning, and we have already had some wet mornings. Hello darkness my old friend.

As many of you know, YHC turned 40 years old in July and in celebration attacked the 4x4x48. Thank you to everyone who supported me on one or more of the legs. It wasn't easy and YHC probably would have quit if it wasn't for all of you being there with me. During that 48-hour period, YHC learned a lot about himself and although YHC was unable to run the entire time, he did survive and got through all 48 miles.

YHC has said this many times before and will say it again, challenge yourself and take on hard things. At least once each year, push yourself to do something that you have a 50/50 shot of completing. The lessons learned are so valuable. Put whatever you are doing out there to the region. You will have the support of many men as you take on whatever you decide to do. Push yourself to get better each day. Take your daily red pill.

South Sound Sites and Site Q Leadership

Over the past few months we have had two OTBs Redwood and three OTBs have also been added to the calendar. We continue to grow and evolve. Please get out and support these HIM as they work towards getting the OTBs to thrive and eventually become an AO!

Site Qs

- Defiance: Wrangler
- Lahar: Trenta
- Clamshell (Black Ops): 5150
- Mill Town: Low Clearance
- Kent: Gordito & Train
- Leroy: Train & Colon
- Hilltop: Money Bags
- Hop King: Amtrak
- OTB (Inactive)-Pioneer Park (Tumwater): KnightinGale
- **OTB Auburn: Train**
- **OTB Enumclaw: Axe**
- **OTB Buckley: Bill Nye**

Quarterly Quaestor Update

What's a Quaestor, you ask? During the Roman Republic quaestors were “the lowest-ranking regular magistrate in ancient Rome, whose traditional responsibility was the treasury” In short - a treasurer with a cooler name!

F3 South Sound has a treasurer, you ask a logical follow up question? Yes, we do! Although F3 is 100% Free of Charge and always will be, there are a few minor expenses (like Zoom for #qsource and web hosting for our website) that historically have been paid out of pocket by different PAX. We've also had PAX pay for things like tables at Covington Days and Milton Days that have helped grow the region through the generosity of the PAX that funded those expenses.

To help support these costs and events we've setup a free bank account with US Bank for any small funds we raise through any optional fundraisers or donations we receive, so we can offset the cost of these minimal and infrequent expenses. Fundraisers like the recent Rainiers Game will help to cover our expenses and give us some extra ability to do more table events in the future to help us grow our Region.

Currently we have \$250.01. If you'd like to know more or see a copy of our bank statements, reach out to Amtrak anytime!

2023 Q3 Highlights

AO Hop King (Amtrak):

With the South Sound Region expansion over the past year, YHC was eager to start a new AO in the Puyallup area (selfishly, closer to home) that would give PAX a Tuesday option closer to highway 167. After a brief survey of interest at Coffeeteria one morning to confirm others would show, the search for a new site was on!

Last summer, YHC had Q'd an #ao-roaming PB&J beatdown at Bradley Lake Park in Puyallup, and figured that would be a great place to start, with plenty of open field space and a 1-mile running loop around the lake. So, in early March we posted our first OTB workout at Bradley Lake Park...and very quickly realized that it may not be the best site!

5 PAX arrived in the gloom to find the gate to the park closed (not realizing that the park is locked until 0600) so we parked in a nearby neighborhood and walked across the street and also discovered that the park, not being open at night, didn't have any lights either. Luckily we had headlamps on and ran in the dark. Over the next four weeks of fence-hopping, lantern-led beatdowns with light up cones and way-too-much goose droppings, we realized a new site would be needed if we wanted an AO in Puyallup.

Luckily, YHC had a second option in mind: Pioneer Park in downtown Puyallup. We moved there at the start of April and found a much more inviting space; plenty of parking, lighted workout area and 100% less goose dropping! The site stuck and 16 PAX and FNGs posted at least once over the first several weeks so we decided to plant the flag at start the Redwood period on 7/4/23.

We kicked off the new site with an epic 4th of July “Block Party” that was attended by 22 PAX (including 3 FNGs and 2 2.0s) and officially added #ao-hop-king to our list of AOs in the South Sound

Region, naming the site after Ezra Meeker, a pioneer and the first mayor of Puyallup once known as “The Hop King of the World”.

Thanks to all the PAX that have posted to #ao-hop-king over the past few months. Keep coming out and brining new men with you! SYITG. – Amtrak



4x4x48:



AO Leroy (Train):

AO Leroy successfully launched and finished their Redwood period with five guys patching. Colon and Train are excited for the HIMs and the habit they have established by coming to this AO. 6-10 PAX come out weekly despite the parking lot being locked up, making getting in and out of the AO more challenging. AO Kent and Leroy provided a spot up north for IPC, though most PAX went Popeye's when they saw how challenging the workouts were. Over the next year, we'll build the strength and power of the PAX so they are ready to go super sonic at IPC next year.

***AO Hilltop (Money Bags):***

Summer highlight on Hilltop was the seven him who showed up for a volunteer service project at a local community garden. We had several neighbors stop by and say thanks with one even picking up some tools and helping out. We've been asked to come out again and will plan to do that later in 2023 or early 2024.

Big thanks to Papa D and Trenta who brought the tools.



AO Lahar (Trenta):

It has been three years and four weeks since we began the journey at ao #Lahar. Early on for me it was a mental battle to “hang in there”. The F1 workouts were extremely hard especially for a man well into his years of receiving discounts at Denny’s restaurant. Our group was small so I felt obligated to keep showing up because fellow PAX were counting on me to be there. F2 was crucial during this time as we were well into covid shutdowns and I personally needed that connection with men.

We went 2-1/2 years of what I would call stagnant growth. We had a core group of 4 or 5 PAX committed to #Lahar but many times only 2 or 3 would show up however, we hung in there. We all had exhausted our rolodex and probably seen 25 – 30 guys come and go. F3 is not for everyone. It takes a special mind set and physical push to be willing to get up early for a beatdown.

When going through difficult times, I am a believer of holding on and hanging in there, because right around the corner something good could happen. A better job offer, a restored relationship or a virtuous blessing will soon arrive. It did for Lahar 6 months ago as we were joined by more great men that added new life to our group. Just keep going HIM, don’t give up. Keep fighting the good fight.

2 Timothy 4:7 – “I have fought the good fight, I have finished the race, I have kept the faith”

GrowRuck (Wrangler):

GrowRuck GTE-38 | Boise, Idaho

50% chance to succeed, equal 50% chance to fail:

Carpooled out with Linus and Low-Clearance for the 12 and 24 hour GrowRuck back in September 15-17.

Grateful for the Advice and support received before and during the event. Even hit failure from decreased level of nutrition and electrolytes. Later, fatigue. During those times, YHC was able to keep at it. This was possible because of the other men stepping up and helping.

Awesome to witness Low-Clearance as Platoon leader leading the platoon. High-octane level of energy. Gave support where needed. Thanks to both him and his assistant platoon leader, the platoon was kept moving and together through one leg of the night.

Thanks to Linus for driving and for the opportunity to stay at the house with the cadre.

Despite not-feeling nor being 100% prepared months/days beforehand, GTE-38 was one experience YHC was glad to have undertaken.

Paraphrasing - forget who said this -

Go alone, you will go faster. Go together, you will go further.



Covington Days & Milton Days

Many HIM came out in support of Covington Days and Milton Days in July/August. We had a table at both events and saw a lot of engagement with the community. The workout challenges were a big hit! In Milton, we have had two men come out after meeting us at Milton Days. Welcome **Feeny** and **Duplo**!



Tacoma Rainiers Fundraiser

Huge thank you to Amtrak for organizing an outing at the Rainiers game in September. It was a ton of fun and we had a great turnout even if it was a little gloomy!



IPC 2023:

It happened. That is all that will be said.

F3 South Sound**2023 Q4 Events:**

Here is the current list of events happening over the next few months. Have future ideas, guess what? You are Freed to Lead!

- CPR Sunday – 08 OCT
- Oh My Gourd – 28 OCT
- FoodRuck – 09 NOV
- Chad 1000X – 11 NOV
- Gobbler Challenge – 23 NOV
- South Sound Convergence – 01 JAN

Words of Wisdom (WOW):

Show up. That's all. Just show up.

There are going to be days you don't feel like getting out of bed and you have to fight through that urge just to go back to sleep. We all love the fart sack. It is so nice and cozy. As YHC said earlier, do hard things. Push yourself to get out of bed and be where you are supposed to be...in the gloom. Be at the beatdown not only for yourself, but the man next to you. You can do it because you have done it before, and you'll feel better when it's over.

SYITG - Garfield