



## **F3 ALPHA**

**SERVING NORTH FULTON, FORSYTH,  
GWINNETT AND EAST COBB**

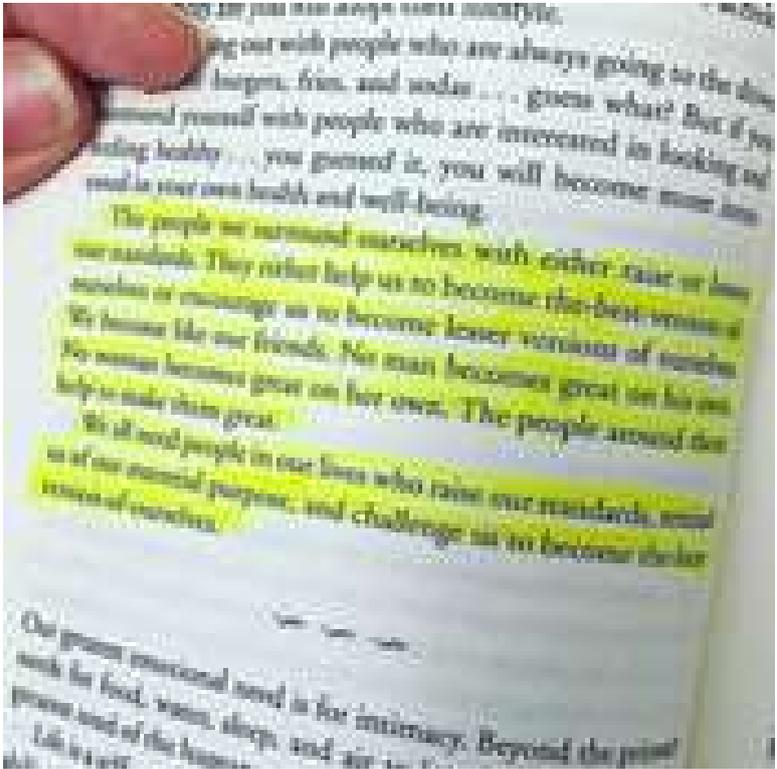


### **Nantan Corner**



We get out in The Gloom to improve ourselves physically. Originally we come for ourselves. For a free workout. To get our bodies in order. But soon we find out that we need more than just exercise. We find that we need the fellowship of other men to push us, to hold us accountable, to be there for us when we can't do it alone. We find that being a part of this group we call F3 surrounds us with men who spur us on to become better men ourselves. We find that we are better as a group than we are alone. We travel farther when we share the

journey with other men who are striving for the same destination. I'm better when I have Mufasa telling me at a low point in a workout that "This is the best part of your day!" I'm better when I run with the young bucks at Hoppy Like on Friday mornings and I run faster and harder



than I would alone. I'm a better person when I am there to help an FNG to get through the "First Bell", his first post. I accelerate my faith when I am surrounded by other men who look to others before themselves, who willingly share their time and treasure to help a fellow PAX. Who ask the hard questions and point the way to the creator.

Like it or not, we become like those we surround ourselves with. The people we

associate with will either lift us up or bring us down. For the most part we have the ability to choose who those people are. Are you choosing wisely? Are the people you are surrounding yourself with lifting you up? Are you lifting them up?

I am proud to be associated with you men and look forward to the future as we strive to better ourselves in Fitness, Fellowship and Faith! **#BeTheBacon**

-- Ha-Ha

## QSource Leadership Meeting



We started with the rest of F3 Nation studying the Qsource leadership guide put together by Dredd. These materials run 50 weeks and cover the same material weekly that Dredd and the Twitter handle “@F3QSource” will be tweeting about weekly and that the 43 feet Podcast will be covering each week.

Do you remember the mission of F3? Are you ready to be invigorated?

***Plant, Serve and Grow men's small Workout Groups in order to invigorate male Community Leadership.***

There are 5 main topic areas that will be covered through the year are:

1. Foundation
2. The First Quadrant: Get Right
3. The Second Quadrant: Live Right
4. The Third Quadrant: Lead Right
5. The Forth Quadrant: Leave Right

The materials are located in the F3Alpha Slack channel “3rd F”. There you will find the entire guide “**The QSource.Final (2018).pdf**”. Download it and join a group or start one in your area. If you want to lead a group there are additional materials in that channel: QSource Deck PowerPoint to use at the meetings and a file “Tips for QSource Leader”.

We have a group meets Fridays at Chick-fil-a at the Avalon from 0630-0700 and a group that meets after the Hooch Wednesday morning boot camp. Read up and join in! All are welcome. You can jump in anytime. We are currently in Quadrant Q1: Get Right.

**PAX Profile: Boomer**

**Hospital Name:** Ben Shoemaker

**Age:** 39

**F3 Name:** Boomer

**Home AO:** The Hooch

**How did you get your name?** I'm originally from Oklahoma and went to OU. I was the 34th of 37 FNGs named at the launch of F3 Charleston and was wearing an OU sweatshirt. I didn't even give my name because everyone was tired of standing in the cold. Q just said "You've got an Oklahoma sweatshirt. You're Boomer." I didn't complain.



**Who EH'ed you?** Chaser in Columbia with a virtual EH. He probably doesn't even know he EH'ed me. I lived near Charleston and Chaser put something on Facebook about launching F3 in Charleston. It sounded like what I needed.

**What does F3 Mean to you?** I started in F3 when Charleston launched in early spring of 2014. Then I took a job in Alpharetta in August of 2014 and had to wait for the Alpha



launch in April of 2015. So I knew what I was missing and couldn't wait for F3 to reach us. It is hard to put into words what F3 means to me. I always struggled to consistently exercise after my high school soccer days. I had many acquaintances but few real friends. And my faith was stagnant, lacking the spark that comes when iron sharpens iron. Since committing to the DRP, the consistent habit of starting each day in a community of men who willingly accept a physical challenge has radically changed every area in my life. I'm in

the best overall shape of my life. I completed the Grow Ruck in November 2017 and will attempt to complete the Go Ruck Star Course next month. I have deep friendships with men who know me and are willing to kick my butt when needed. And my faith keeps growing. I'm leading my family with greater intentionality and purpose, and I even launched my own law firm this past fall. Needless to say, I owe much to F3 and the Alpha PAX.

## What's Happening around the Alpha?

### F3 Future Expansion in North Atlanta and Beyond

We have a number of opportunities to continue to expand in North Atlanta and beyond!

- We have an Augusta, GA F3 PAX, Squeaky, moving to **Lawrenceville** and wants to start F3 over there. We will be looking to help him launch after he gets moved in and settled. Stay tuned.
- **Kennesaw** launched The Asylum at Lost Mountain Park in West Cobb March 4<sup>th</sup> with 33 PAX!
- We have a group in the **Greensboro/Madison** area that has been meeting but wants to become official. We will be traveling to help them get started on the official path as well.
- **Decatur/Grant Park** Tommy Boy from the Rubicon moved Smalls from Atlanta is moving to the East side around Grant Park. Look for details soon.
- **Covington** details TBD

These are all exciting opportunities for F3 in the greater Atlanta area we need to get behind ASAP! Someone went out on a limb to start the AO you enjoy. It's time to pay it forward! Send Turbine and me a message if you are ready to help out and when we have a date I will let you all know.

Thanks Turbine for taking on the Growth Q position!

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### F3 Alpha 4th Year Anniversary Cookout

Come join us to celebrate another year for the Alpha. Cookie has the Lake Windward Sports Park for us again this year on Sunday, April 28th. More details to come.

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## **Good Friday Cross Ruck**

The men of F3 Alpha are sponsoring a Cross Ruck on April 19<sup>th</sup>, Good Friday morning. Cross Ruck is a ruck event open to the community that recounts the events of Maundy Thursday, Good Friday and Easter morning. It is a ruck but is open to those who want to just hike along without a ruck. Our meditations will be led by Pastor Brad Greene (F3 Putty).

We will carry wooden crosses from Alpharetta First UMC on N. Main Street in Alpharetta to Wills Park which will be our Garden of Gethsemane, where we will hear the account of what happened there. Then we will ruck to City Hall where we will hear the account of Jesus trial. Then ruck to Golgotha for the account of the crucifixion. The final stop is at the city cemetery where we will hear what happened at the tomb after which we will return to Alpharetta FUMC.

We will start at 0430 and end around 0645. All are welcome but will need to be able to hike 4-5 miles at a leisurely pace. There will even be some PT for those who choose to participate.

Get the word out to your church and those in your Concentrica. This event will be special!

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## **CSAUP**

**Tillman Honor Run, April 27:** Looking for a huge F3 turnout at the Tillman Honor Run at North Point Mall. Our own Sox has organized this run benefiting our veterans for 9 years now and is looking for a bunch of F3 brothers to get out there with him. It will be a great opportunity to let hundreds of men in the area know about F3, many from the North Metro Atlanta area. When you register, look for the F3 Alpha Pac team. Hit up Sox on Slack for more info. [www.TillmanHonorRunATL.eventbrite.com](http://www.TillmanHonorRunATL.eventbrite.com)

**Promise 686 Warrior Dash, April 13:** Our Hooch crew is leading the charge to build a large F3 team to challenge rival Iron Tribe. Get out and get muddy all for the benefit of foster care kids. Hit up Sunshine or Stroller for more details. <https://promise686.org/tough-campaign/>

**Blue Ridge Relay, Sep 6-7:** 5 PAX from Alpha participated in the Blue Ridge Relay last September and all 5 are all in to return! That should tell you something about the good time this is. Last year Mayhem, Turbine, Whiz, Lowes and Ha-ha all ran and had a blast! What is the Blue Ridge Relay? I'm glad you asked! The BRR is a road running race from the VA/NC boarder to downtown Asheville, NC through the Blue Ridge Mountains. This race is all roads (don't tell Mayhem that!) and is made up of 36 legs that average 5.5 miles each. There are 12 men on a team and you rotate through the runners for each leg so on a 12 man team that means you run 3 times with about 10 hours of rest between your runs. The legs range from "easy" to "hard" with a couple that are rated "Mountain Goat Hard". We can arrange the legs to meet your skill level.



Although this is a "race" we are there for the fellowship. More than half of the 200 teams that participate are F3 and FiA teams. Even a few "F3iA" teams (mixed male/female teams). Just like our workouts, we leave no man behind. If you want to walk/run your legs, no problem! We are there to have fun!

The team is broken up into 2 vans with 6 guys in each van. The vans alternate between an "on course" van and a "rest" van. The rest van is free to get something to eat, sleep or take a dip in a creek. You actually spend very little time in a van as you just ride from exchange zone to exchange zone and then get out. The race starts on Friday morning in stages from 0530 till 1200 with slower teams starting first and the fastest teams starting last. The finish is in downtown Asheville with most teams coming in Saturday between 1100 and 1600. Yes, we run through the night but you get to sleep when your van is the rest van.

Registration for the BRR will fill up by April. If interested let Ha-ha, Turbine, Lowes, Mayhem or Whiz know soon!

**Helenback Race Series, Apr 27:** Come and test your endurance in the mountains

surrounding Helen, Ga and support the business partners of Bear who have developed an amazing, yet simple, event. Opportunities for a 5k, half-marathon, and a full marathon, but be prepared for a little extra credit on these trail runs.... A couple refreshments await you at the end. Last year we had a great turn out of 9 runners from The Wreck. One full marathoner, who absolutely crushed it at 4:29:07, 5 half-marathoners, and 3 guys for the 5k. A few of us Wreckers/Hogwallowers plan to make this a yearly CSAUP event! Come join us for a day in hell..en. If interested connect with I-Beam. <http://www.helenbackraceseries.com/>

**Spartan Atlanta Sprint, Apr 13:** Mud, obstacles, running, mud, a few burpees, mud and a bit of fire to cap it off ... all the trimmings of a good challenge for a team of F3 HIMs. Check it out at <https://www.spartan.com/en/race/detail/4360/overview>.

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## **Slack Invite**

Are you in Slack yet? The Slack invite to join our private “workspace” is:

[https://join.slack.com/t/f3alpha/shared\\_invite/enQtNDg2NTEwOTY1NTEwLWQ0NDg0YzA1OGVjZDJiZmFkMTk1NjE5ODliYzU2MmI2NjYyMDY1NmQyNTVmNmFmMTI4ODNmZGIwOGJkYTM4NmI](https://join.slack.com/t/f3alpha/shared_invite/enQtNDg2NTEwOTY1NTEwLWQ0NDg0YzA1OGVjZDJiZmFkMTk1NjE5ODliYzU2MmI2NjYyMDY1NmQyNTVmNmFmMTI4ODNmZGIwOGJkYTM4NmI)

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## **Q Rotation Sheets**

Several of our AO's have Google Sheets Q sign-up rosters out on the F3 Alpha site under the Locations page. Check them out at the link below and sign up to Q a day.

[F3 Alpha Locations and Q Sheets](#)

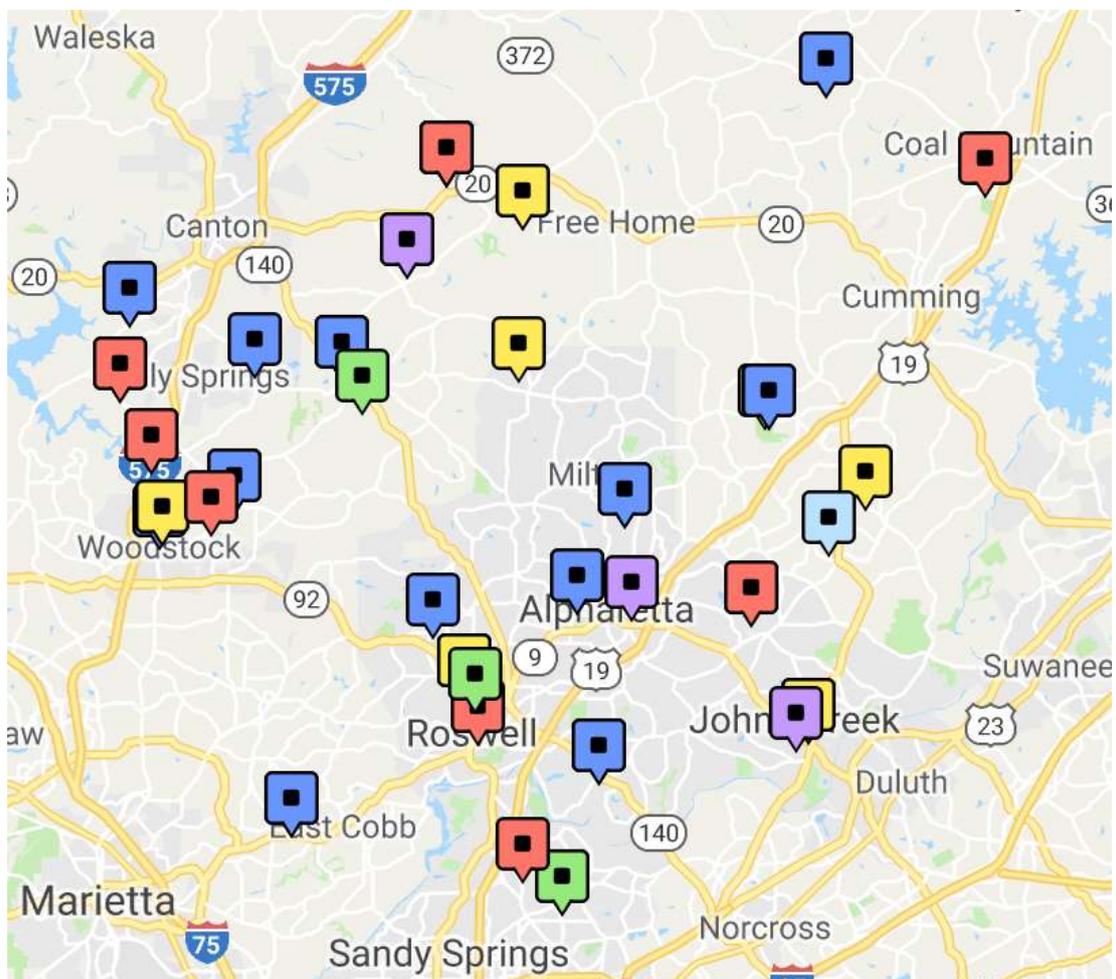
**EH Today!**

This is a friendly reminder that so many people are looking to start a fitness routine. EH (Emotional Headlock) your friends today and get them to a workout! Post on your social media of choice and use the NextDoor site or app. Most often guys show up because someone asks them to come. Be that guy!

**#BeTheBacon**

## WHERE ARE WE? AND WHEN?

Click on the map below for workout details.



### Where to get more info:

- Follow @F3Alpha on [Twitter](#) for real-time announcements, schedule changes, and random #mumblechatter from the PAX.
- [Alpharetta Schedules](#)
- Region [Backblasts](#)
- Are you new to F3, an “FNG?” Read this: [10 Steps for a New Guy in F3](#)
- [F3 Lexicon](#): a scattershot listing of lingo, sayings, expressions, acronyms, etc.
- [F3 Exercises](#): make sense of the exercises you may hear called at an F3 bootcamp
- [Read the F3 Disclaimer](#)



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You are receiving this email based on posting at an F3 North Atlanta workout, in an effort towards the mission to plant, grow and serve small workout groups for the invigoration of male community leadership.

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F3 Alpha  
Old Milton Parkway  
Alpharetta, GA 30009

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