



# **F3 ALPHA**

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



### **PAX Profile: Lumbergh**

**Hospital name:** Jimmy (James) Luth

**Age:** 40 (as of June 2nd)

**F3 name:** Lumbergh

**Home AO:** Rubicon, and a Hoppylike regular (weather permitting)

**Name Origin:** I am still not sure and typically defer to Cookie to answer for this. The reference is from the movie Office Space. I think in my intro I talked too much about work and less about hobbies, maybe too many "um...yeah...so.." Oh, and I also carried a coffee mug around during my first workout....



**Who EH'ed you:** DC2 and the Dab were on a project with me at work. They would come in regularly and say words I didn't know (both tech related and exercises I would soon learn). They convinced me that with Wills Park less than 5 minutes from my house that I should try it out. So on May the 4th I finally showed up in the gloom.



**What F3 means to you:** F3 has been a daily source of strength and fellowship that has changed my habits and challenged me when I thought I had reached my pinnacle. In 2016 I took a challenge to run 366 miles in 366 days. That year of running pushed me to keep moving past my annual run of the Peachtree where I typically fall off from any health and fitness regimen.

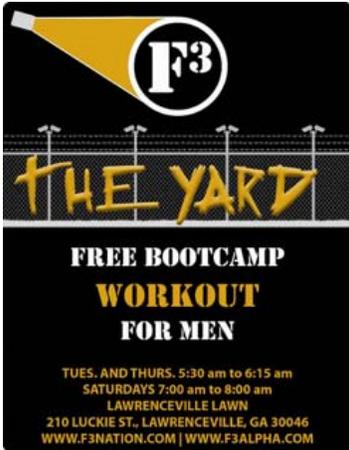
Picking up F3 in 2017 has created new challenges and pushed me past what I thought were my limits in speed and strength. I have hit weight and exercise goals that I couldn't get in a gym setting or running alone where there is no one motivating you like the PAX do. This year I have registered for my first half marathon, and am excited to be part of the Blue Ridge Relay team for F3Alpha. It has been great getting to meet other men in my community and having the chance to get to know them better in the 3 Fs.

**Anything else you want to add:** I am not a manager at work and not much of a decision maker. I am typically an introvert and a quiet observer. F3 is the best place you can work on these skills. This is a group that will listen and support you and your crazy ideas (see: lumbergh-athon backblasts) so I encourage you to Q if you haven't already or to make it a regular thing and bring something new to each workout you lead. Also show up for a pre run. It will quickly become habit and allow you to do more in the BD.



## Nantan Corner

A year ago as I took the reins as Nantan of The Alpha region I issued a challenge to you all to push boundaries. To push the boundaries of your Fitness, Fellowship and Faith. As part of that challenge I urged you to step out and help spread F3 from I-75 to I-85. Well, I have good news!



West Cobb F3 started West of I-75 in Lost Mountain Park several months ago. Our brothers from Cherokee have stepped up to shepherd them through the process. And now we are helping the men in Lawrenceville get a new AO, The Yard, firmly established (launched June 15). They have come to The Widowmaker several times and an F3 veteran from Augusta, GA, Squeeky, is leading the charge in Lawrenceville. This puts F3 AOs across North Atlanta from West Marietta to Lawrenceville and north from Ballground to Piedmont Park in the south. We are just getting started. As you can see below there is still a lot of white space on the map around Atlanta.

The men of The Hooch are studying the possibilities of a Duluth AO. Several are looking at the Harrison High School area for another AO. Keep pushing those boundaries!

Are you interested in helping spread F3 across our region and beyond? Contact our growth Q, Turbine, (on Slack) and let's see how we can get you plugged in! We always need Qs for new workouts and names in the areas we are moving to of men who would be interested in joining us. F3 has 82 (!!) workouts a week in the Atlanta area. Let's keep pushing boundaries!

### **Are you Coachable? Is Whetstone for you?**

Are you coachable? Whether in business, sports, at home... are you coachable? Coaches love to work with athletes that look for constructive criticism in order to improve their performance. We have probably all dealt with a friend/family member/co-worker who knew it all and could not be helped. Be the kind of person who listens quickly and seeks input into how they can perform better. It is not always easy to do but you never learn anything by talking.

F3 is rolling out the "Whetstone" project. A whetstone is used for sharpening a knife. Without a sharp edge, a knife is useless for its intended purpose. In F3 the Whetstone is the vertical relationship between men. This is in contrast to your "shieldlock" which is the horizontal relationship between peers. The Whetstone Project involves two F3 men, an older man and a younger man. The older is the "stone" and the younger is the "blade". (See the "The QSource.Final (2018).pdf" that is posted in the 3rd F channel on the F3Alpha Slack for more

details. Section Q1.8)

As a **BLADE** you should expect all interactions to abide by the 3P's:

- Purposeful (see below)
- Periodic (every 2-3 weeks)
- Proximate (in person)
- (Private – assumed but must be stated that whatever is said stays between the men)

To make it Purposeful the **BLADE** should expect to:

1. Schedule the sessions and drive the conversations
2. Be Open (Vulnerable)
3. Be Honest
4. Share and Discuss:
  1. Work
  2. Family
  3. Faith
  4. Fitness (King / Queen)
  5. Shortcomings (Jester)
  6. Anything else in between
5. Get Feedback the STONE
  1. Like
  2. Don't Like
6. Commit the proper time for success

The cornerstone of a strong Whetstone relationship is built on trust. Trust that the Stone has only the best intentions and outcomes in mind for the Blade. Trust that the Blade can be vulnerable and honest without shame or ridicule from the Stone. This trust allows for the delivery, and acceptance, of feedback and counsel for the Blade to become more effective and get right (Accelerate). The Establishment of this trust takes time and should not be rushed by either party.

Either man can end the mentorship with no feelings hurt – sometimes it just doesn't work out,

but it is expected that both men put forth the necessary effort to help accelerate the Blade.

If you are interested in the Whetstone project I am looking to get it started in Alpha. If you are interested in being a part of it let me know.

--Ha-ha

#BeTheBacon

## GrowRuck Georgia



Every community in America is filled with men who have great potential to lead, but find themselves wondering, "What's next?" You may be one of those men who has the potential to lead your family, your F3 Region, and your community. Still you wonder, "What's next?"

Early in the growth of F3 Nation, Dredd and OBT developed GrowSchool as a way to teach the men of F3 Nation the principles and skills that helped them inspire a movement that spread across the gloom of America to invigorate male community leadership. Still, they knew something was missing.

They realized how important CSAUP events are to the growth of F3 as an organization, the Regions that men flock to, and even the individual leaders who participate in these Completely Stupid And Utterly Pointless events. They realized that participating in a GORUCK Tough with the opportunity to immediately apply the skills learned from the F3 GrowSchool solidifies the principles that allow High Impact Men to harden the principles learned in themselves, like iron on a forge.

GrowRuck is a weekend-long event that combines F3 GrowSchool with a GORUCK Tough. By adding a CSAUP event (which brings a huge dose of 1st and 2nd F) to the GrowSchool experience, F3 Nation aims to catalyze and accelerate a location's growth and the bonds of brotherhood that form when several regions join together and accomplish a mission. Sign up for GrowRuck on the Registration tab and make the commitment to answer the question. As Iron Sharpen Iron, so one man sharpens another.

The GA GrowRuck tentative schedule:

- Aug. 23rd Friday night 2ndF Event
- Aug. 24th Saturday AM workout + GrowSchool
- Aug. 24th Saturday PM GORUCK Tough (12-14 hours)
- Aug. 25th Sunday AM breakfast

### **Learn More**

GrowRuck on the F3 Roundtable:

<https://soundcloud.com/f3nation/what-is-growruck>

Sign Up and Info

<https://f3cherokee.com/growruck2019/>

We have 80 men signed up as of this writing. Don't be left out!

## **What's Happening around the Alpha?**

### **F3 Alpha 2.0 Convergence Beatdown**

Mark your calendars for Saturday, August 3 for our combined 2.0 beatdown. This is always a great time for dads and kiddos alike. More details to come.

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### **Fallen Five - F3 Chattanooga**

Join the men of F3 Chattanooga to commemorate the Fallen Five on the 4th Anniversary of the attack with a Ruck Event.

<https://f3chattanooga.com/schedule-locations/fallen-five/>

Date: July 13, 2019

Convergence Bootcamp Time: 0700

Location: Chickamauga Dam aka "The Dame" (3012 Kings Point Rd Chattanooga)

Ruck Completion

Location: Chickamauga Dam aka "The Dame" (3012 Kings Point Rd Chattanooga) to Naval Operational Support Center (Chattanooga)

Cost: \$7.00\*

Special Guest Command Sergeant Major Paul Vallade (ret.) will post and speak on leadership!

All PAX who complete the FULL event will earn a patch.

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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/enQtNDg2NTEwOTY1NTEwLWQ0NDg0YzA1OGVjZDZiZmFkMTk1NjE5ODliYzU2Mml2NjYyMDY1NmQyNTVmNmFmMTI4ODNmZGIwOGJkYTM4NmI](https://join.slack.com/t/f3alpha/shared_invite/enQtNDg2NTEwOTY1NTEwLWQ0NDg0YzA1OGVjZDZiZmFkMTk1NjE5ODliYzU2Mml2NjYyMDY1NmQyNTVmNmFmMTI4ODNmZGIwOGJkYTM4NmI)

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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](#)

**Good Friday Cross Ruck**

The men of F3 Alpha sponsored a Cross Ruck April 20th, Saturday morning. Yes, it was supposed to be on Friday morning but do you remember the huge storm that came through north Georgia that Friday before Easter? We rescheduled for Saturday morning due to the heavy storms.



Cross Ruck was a ruck event open to the community that recounted the events of Maundy Thursday, Good Friday and Easter morning. It was also open to those who want to just hike along without a ruck. Our meditations were led by Pastor Brad Greene (F3 Putty).

We carried 2 wooden crosses from Alpharetta First UMC on N. Main Street in Alpharetta to the park at Academy Street and Haynes Bridge next to City Hall which was our Garden of Gethsemane where we heard the account of what happened there. Then we rucked to the front of City Hall where we heard the account of Jesus trial. Then we rucked to Golgotha (the top of the parking garage) for the account of the crucifixion. The final stop is was at the city cemetery where we heard what happened at the tomb after which we returned to Alpharetta FUMC.

The feedback on this event was extremely positive so look for this event to return next year. Hopefully on Good Friday!

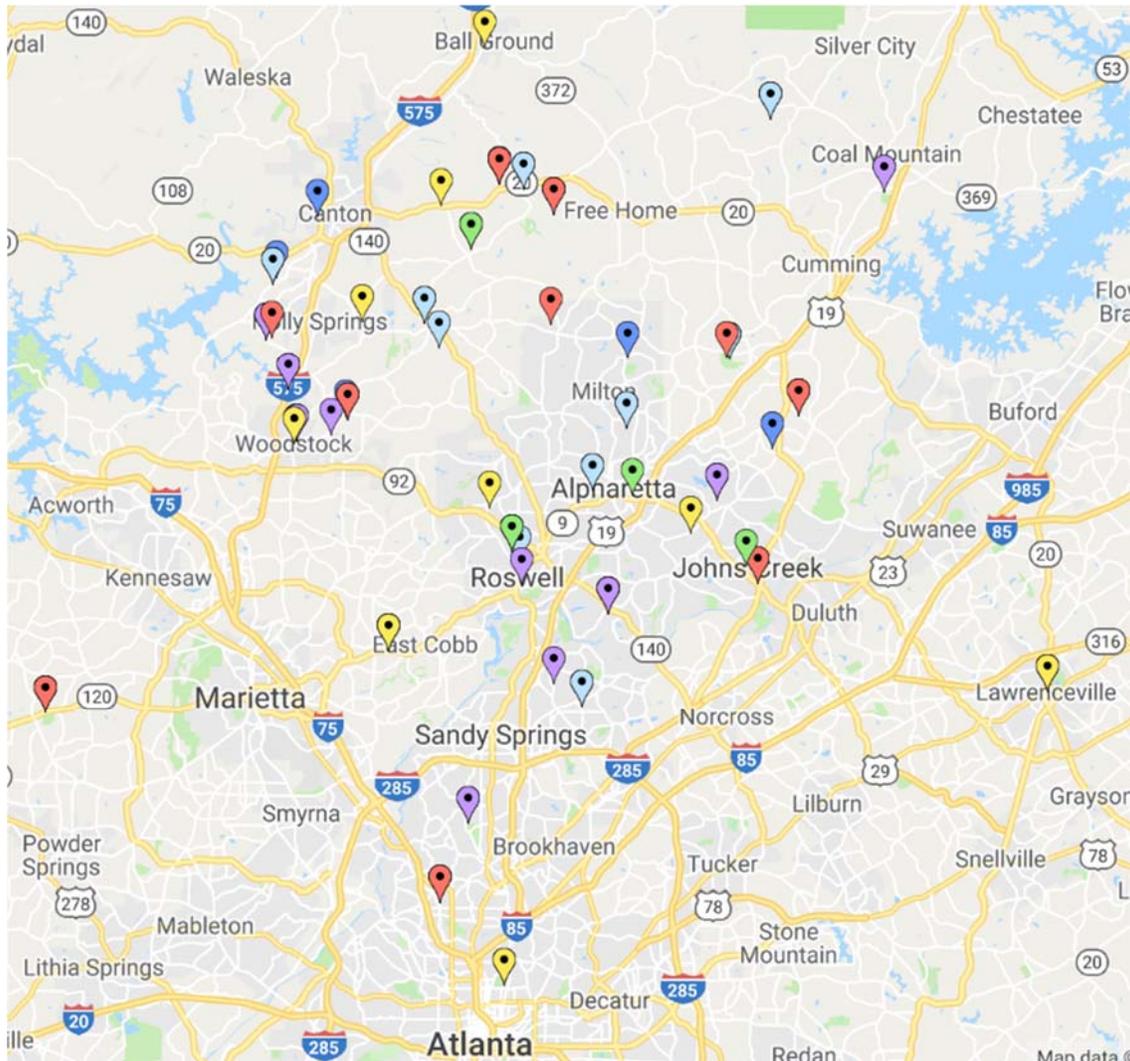
## EH Today!

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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