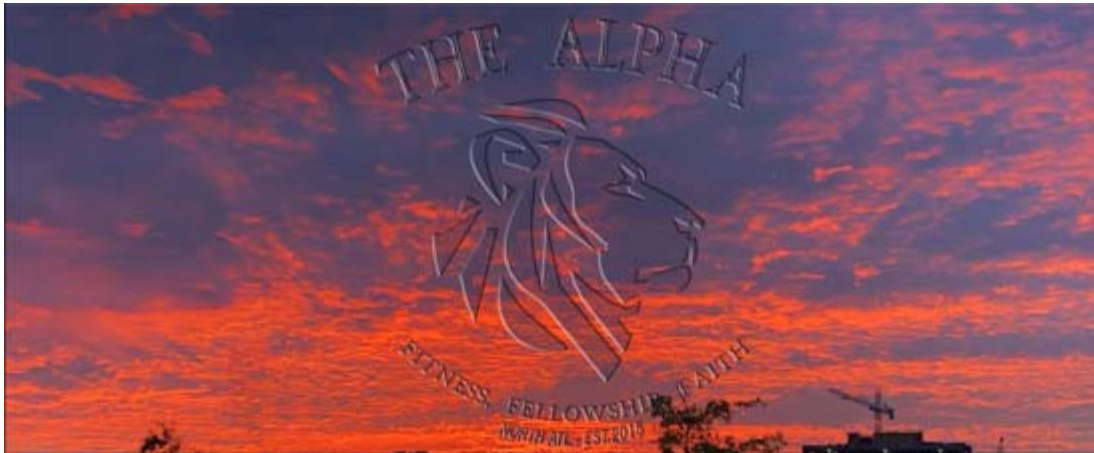




F3 ALPHA

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



Nantan Corner

Let's play a game. Pretend you can change anything about yourself you wanted to. Just a magic wish from the Genie. What would you wish for? Probably the first think that might come to mind is more money in your bank account or a new car or house. Maybe to be taller/thinner/stronger or maybe more intelligent or less forgetful. But as you think longer maybe you would wish for more time with your M and kids, a special vacation. Or maybe a better relationship with your family and friends. More self-control would be nice! Maybe I could run my own business.

Now that you are thinking about that wish, how much would it be worth to you to really get that wish? What would you give up to make it happen? Would you be willing to put in the longer hours to make more money or own your own business? To get that better relationship with your M and kids are you willing to put in the time and effort to make the change? To be stronger/faster are you willing to put in the training and hard work to make it a reality?

Sometimes we find ourselves in a rut wishing our way out. We wish for improvements in our lives but are unwilling to get off the metaphorical couch and make it happen. Is that wish important enough to you for you to make the changes necessary to make it happen? Are the sacrifices it will take worth the outcome?

About 7 years ago I found myself in a situation health wise that finally pushed me to make that change. I found myself overweight by 40 lbs. and it was only getting worse. I got to the point where it was time to make a change and the outcome was important enough to me to stick with it and make it happen. 10 months later and down by 30 lbs I ran my first marathon. The goal kept me training and helped me to improve myself physically to make that run. 3 years later I found F3 and the brotherhood we have and the improvements in my strength and speed have multiplied in the last 3 years of my F3 workouts. Men come for the free workout (1st F) but stay for the fellowship (2nd F). That was the recipe for my continued commitment to my health. I don't have to do it by myself any more. I have all of you to keep me going!

What change do you wish for? Is that change important enough to make? As Michael Jackson sang, we have to look at the "Man in the Mirror" and "make that change". Commit the time to the relationship with your M. And your kids. Make an investment in your professional self. Learn a new trick or two. Take a class or join a group that is striving to improve in the area you are striving to improve. Make that change.

And keep coming to F3. If you want to improve your leadership skills (and improve your health along the way) you are in the right place!

F3's Mission Statement:

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

--Ha-ha

#BeTheBacon



By this point I hope I don't have to explain what GROWRUCK is! The events on the evening of 8/23 and the morning workout and Grow School on 8/24 are free and require no registration. The GROWRUCK Tough challenge on Saturday night 6:00 pm till sometime early morning on 8/25 is \$150 and registration is open up until the event starts Saturday night.

Register! Do it! If you participate regularly in F3 boot camp workouts you are ready for GROWRUCK. This is a group event and no one will be left behind. Men learn who they are by doing hard, dirty and sometimes dangerous things. Come learn about yourself and bond with your fellow F3 PAX!

For more information and to register: <https://f3cherokee.com/growruck2019/>

You can borrow a ruck and sponsorships are available if needed.

GrowRuck on the F3 Roundtable:

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

Sign Up and Info

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

We have over 100 men signed up as of this writing. Don't be left out!

Darth Visor Life Celebration



August 24th is Darth Visor's birthday which is also GrowRuck. We will be honoring his memory at the GrowRuck event that weekend. Be on the lookout for orange bandanas we are handing out at boot camps and rucks and wear it or tie it to your ruck for the Georgia GrowRuck. #OrangeForDarth

Around the Alpha

Alpha Runs!

Running groups have been popping up all over The Alpha! Originally we had one running AO, HoppyLike. But like weeds, running groups are spreading all over:

- HoppyLike** Fridays at 0530 at the Container Store parking lot at Avalon
- Hogwallow** Thursdays 0530 at Woodstock Park
- Hogwallow** Saturdays 0700 at Oxbo Road trailhead
- Bandit** Tuesdays 0530 at Leita Thompson Park
- Crop Duster** Thursdays 0530 at Ocee Park
- Fire Swamp** Mondays 0530 at the Bethelview trailhead of the Forsyth Greenway

Plus may PAX are meeting for a pre-run at many boot camp workouts around the region. Check in with the guys at your normal AO and get running!

F3 Athens - The Pound



F3 launched in Athens starting on 8/15 at the Intramural Fields parking deck on the campus of the University of Georgia. We are looking for Qs and PAX to help support this new plant, so let's get behind the Athens men and make this a success! Check out the channel on Slack #pound for the Athens AO.

IronPAX

F3 Greenwood is putting out their F3 Nationwide challenge to all regions in September! You may remember last year's challenge that brought us lovely exercises like Bonnie Blairs last year. Register yourself now for the challenge. It is FREE. During September an AO you go to will host the workout for the week. Complete it at your regular AO boot camp and post your score afterwards. It's that easy. Let's make a name for The Alpha and do this!

<https://f3greenwood.com/ironpax-form/>

Walk a Mile in Her Shoes

With your help, last year's Atlanta Walk in Her Mile Shoes was a great success. F3 Alpha raised almost \$800 which helped the overall walk raise over \$60,000. The 2nd Annual Atlanta Walk a Mile in Her Shoes is scheduled for October 5th and your help is requested. Same as last year, the Walk is focused on helping raise awareness and education to help end sexual violence and to raise funds for Day League, a Rape Crisis Center that provides services to all of Atlanta. You can find more info on Day League at <https://www.dayleague.org/>.

You can donate at <https://atlantawalkamileinher shoes.everydayhero.com/us/F3Nation> and choose F3 Alpha!

Or sign up as a walker! This could be a great opportunity to see which AO in Alpha can walk in high heels the fastest! I would pay money to see DD take on Kegger. What do you say, guys?

More info on the walk is here: <https://atlantawalkamileinher shoes.everydayhero.do/>

Slack Invite

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

https://join.slack.com/t/f3alpha/shared_invite/enQtNDg2NTEwOTY1NTEwLWQ0NDg0YzA1OGVjZDZiZmFkMTk1NjE5ODIiYzU2MmI2NjYyMDY1NmQyNTVmNmFmMTI4ODNmZGIwOGJkYTM4NmI

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](#)

PAX Spotlight



Hospital Name: Jonathan Stelling

Age: 48

F3 Name: Sculley

Home AO: Grindstone

How long have you been in F3: 11 months (September 29, 2018)

Who EH'ed you? Sox and came out that Saturday at the Widowmaker

F3 Name Origin: I was on the crew team in college at Georgetown. Funny fact – I rarely sculled. My first time in a scull, my partner and I flipped our boat in front of the GW women's team at the dock.

What does F3 mean to you: In one word - ACCELERATION. The Alpha HIMs and F3 have spurred me to break through plateaus in every area of my life. Fitness was my primary goal in coming out. I've been blown away by the fellowship and the impact that F3 has had on my

leadership skills at home and work as well as growth in my spiritual life. Looking back, I was a sad clown before F3 and didn't know it.

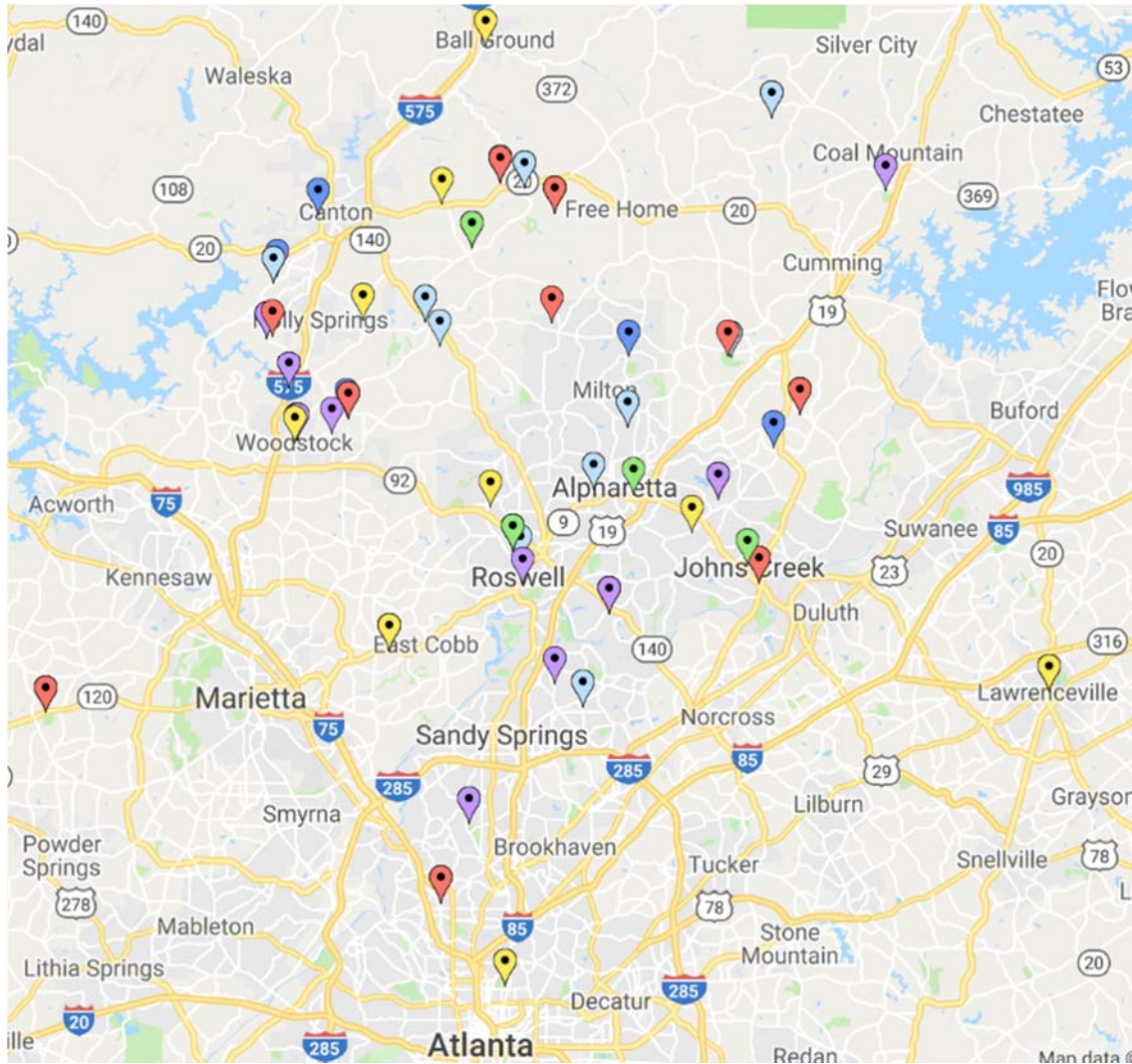
F3 Goals: F3 and its impact on my life have become a favorite topic of conversation with anyone I meet. My goal in Year 2 is to do more to EH and help grow head count in the Alpha region, specifically the Forsyth County AOs.

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!

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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