



## Nantan Corner

Are you *still* a Disrupter?

*Ha-ha*

Wow, what a difference 3 months make! The last time I addresses you in a newsletter was the end of January. At that point we were talking about the F3 Alpha Barkley 5K (which did happen on 2/1/2020), we were talking about the launch of F3 in Flowery Branch (CBluffs) which was a huge success before C19 shut us down. We were looking forward to a big celebration for F3 Alpha's 5 year anniversary on 5/2. Our anniversary celebration was reduced to a virtual workout lead by F3 Nation President Dark Helmet on 5/1 which was well attended by over 60 PAX on Zoom. And in my Nantan corner in the January newsletter I asked if you were a disrupter. Then COVID-19 said "hold my beer".

Being an effective leader means you have to be a disrupter. You have to influence people to move from the "known" place where they are to the "unknown" place where you can envision them being better. An effect leader does this through 4 leadership skills,

### VAPE:

- **V – Vision**
- **A – Articulation**
- **P – Persuasion**
- **E – Exhortation**

An effective leader has a **V**ision for where the group should move, **A**rticulates that Vision to his group, **P**ersuades the group that it is in their best interest to move there and **E**xhorts their movement to the goal. No matter what group you find yourself in the 4 leadership skills above will serve you well if you choose to be a leader. And we all are at some point.

As we have all spending a lot more time at home during C19 season, are you taking advantage of the opportunities you have been given? Are you leading at home? Whether you have kids at home or not, married or not, employed or not, be the leader in the community and groups you find yourself in. Don't use this time to shrink back into the shadows. Lead where you find yourself!

- **Leaders influence movement to advantage**
- **Because it induces movement, leadership causes Disruption**
- **A great Leader's legacy is built on love**

## Nantan Leadership Change

In the last 2 years I have attempted to be an effective leader for this group. F3 is a group of leaders. We are all called upon to lead at some point. We have some excellent leaders in F3 Alpha and so after 2 years I turn the reins of Nantan leadership over to our next Nantan. And so I announce to you our next F3 Nantan, Cookie.

I had the privilege to meet Cookie (Brannon Lunsford) when I joined F3 3 ½ years ago and have enjoyed his friendship and leadership in this group ever since. I'll let Cookie tell you about himself in the **PAX Spotlight** below but I am sure he will do an excellent job in this leadership role for F3 Alpha. Thank you Cookie for stepping up to lead!

Thank you all for your support over the last 2 years! It has been a great ride and I have enjoyed my time leading this group. You have accomplished much over the last 2 years. Chances are if you are reading this you started F3 in the last two years. Continue to pull in the sad clowns to your local F3 AO and continue on the F3 Mission:

## F3's Mission:



Our Mission is to plant, grow,  
and serve small workout groups  
for men, for the invigoration of  
male community leadership.

## F3 Alpha Opening to Post COVID Phase 1

### Disclaimer:

We are not professionals. For guidance on proper social distancing guidelines and best practices to keep yourself and your loved ones safe consult the proper medical agencies and authorities.

### Post COVID Phase 1:

With the Georgia SIPO expiring on April 30th, Roswell, Alpharetta, Forsythe and other parks reopening in some manner, it is time to reopen **F3 Alpha to Post COVID Phase 1 (PCP1)**. Social Distancing is still in effect so Alpha is reopening regular scheduled workouts with the following stipulations:

### PCP1

1. Your local park rules and guidelines supersede everything below.
2. All F3 Alpha gatherings have to abide by social distancing guidelines: 6-9 Protocol (6 feet separation and groups less than 10) If 10 or more show up the group has to split.
3. No sharing of coupons or other workout equipment including playgrounds, pull up bars, etc.
4. Extra distance for in-trail (single file) running. If you are running into the breath of the guy in front of you move to the side or increase in-trail distance.

5. Be aware that everyone is hyper aware of groups in parks so even if you are following 6-9 Protocol the soccer mom in the parking lot with a cell phone may still take pictures of you and report you if she thinks you are too close. So add extra distance when possible.
6. Every F3 guy may not be ready to return yet for various reasons. We are used to EHing guys to get them out of their comfort zone. This is not the time for that. Be sensitive to guys who are not yet ready to return to a group setting. It OK! We are here and will be ready when they are.
7. Virtual F3 workouts are still available. See the #WWW channel on Alpha Slack for communications.
8. Respect the operating rules of the property you are on. If the park/school you use is still closed, respect that and meet somewhere else.
9. COT will observe 6-9 Protocol. 6 feet separation, no touching.

## Time to Accelerate!

1. The world is different now than it was in early February. Workouts will be a little different. But now is not the time to sit by and deaccelerate! There are plenty of opportunities to accelerate your fitness even if you are not ready to meet in a group. **Check out the Virtual Workout option.** See the #WWW channel on Alpha Slack for communications.

However, as Dark Helmet said in his latest address to F3 Nation: **We Own the Gloom!** When you are ready to join in a F3 workout, your brothers are there waiting for you. Check in on Slack, find out what the modified times and locations may be and make it happen!

## F3 5 Core Principles:

1. **Workouts are FREE**
2. **Workouts are open to ALL men**
3. **Workouts are held outdoors heat or cold, rain or shine**
4. **Workouts are led by men who participate in the workout in a rotating fashion, with no training or certification necessary**
5. **Workouts end in a circle of trust**

## PAX Spotlight: Cookie



**Hospital Name:** Brandon Lunsford

**Age:** 40

**F3 Name:** Cookie

**Home AO, other active AO's:** Rubicon has been my longtime home AO, but I am also very active at Grindstone, Hoppylike & Widowmaker among others.

**How long have you been in F3:** 4 ½ years

**Who EH'd you?** My good friend and college roommate, Flo.

**F3 Name Origin:** I am an entrepreneur of service-based businesses by trade, and at the time I owned a pest control business. During the COT when I brought this up, I believe it was DC2 who started singing the jingle to Cook's Pest Control, "lookie, lookie, lookie, here comes Cookie..". And so it stuck.

**What does F3 mean to you & has it changed over time?** At first it meant only a workout to me. I enjoyed coming out twice a week and getting a good workout in. Then after about 6 months to a year, something began to change. I realized the "enjoyment" of the workout was secondary to everything else. I realized there was something special about getting up early and doing hard things with other guys who shared a common bond. We locked shields and we were not only working out together, we were living life together. I began posting more because I wanted more of the genuine conversations we'd have about life, family, careers, good times and even hardship. Things like coffeteria and 2nd F beers became a way of life for me. A few years in I became even more involved with F3, this time with 3rd F opportunities including taking a mission trip to Puerto Rico and attending regular Q Source leadership meetings. I also had the privilege of helping launch the No Longer Bound AO which helps to serve men struggling with substance abuse. Now, 4+ years in, I really enjoy giving the gift of F3 away to others knowing the positivity it will bring to their lives.



**F3 & Fitness Goals:** For 2020, my fitness goals are to workout 250 times and run 800+ miles. As of May 2020, I am on pace for both.

**What would like to see F3 Alpha accomplish in the next year?** When I first posted to an F3 workout, the Rubicon AO was the only location in the region. We had about 10-15 high impact men, some of whom would go on to plant the seed of growth over the few years ahead. Guys like Boomer, Flo, Nacho Libre, Mufasa, Law Dog and Swiper branched out and brought F3 to many more sadclowns in the area. Then guys behind them branched out and touched even more men in our community, including the launch of the Cherokee Region, which has blown up. We've had great success in the northern burbs the past 4 years, but I want to do more. We've had a few satellite AO's pop up in places like Lawrenceville, Flowery Branch and Athens, but very little activity in between. So what I would like to accomplish is to bridge the gap between Atlanta & Athens. I want to bring more F3 workouts to the eastern burbs because I believe there is a big need for it in these areas.

**Additional Comments:** Finally, I want to thank Ha-Ha for his incredible leadership these past two years as Nan'tan of F3 Alpha. The growth of the region has been amazing, and there is no way we could have done it without him. Thank you for your service!

SYITG,

Cookie

## Flowery Branch AO Launch

F3 hit with a BOOM in Flowery Branch when they kicked off in February. They had 4 workouts on Fridays at Cherokee Bluffs Park and by Friday 3/20 they had 21 FNGs and were averaging 10 men per workout with a high of 17! Congratulations, men, on a great launch!

- AO Location Cherokee Bluffs Park in Flowery Branch/Buford
- Fridays 0530
- Want to help or have questions? Contact Kyle Bochat (Favre) on Slack



## Blue Ridge Relay Teams Forming

Alpha is fielding multiple teams for the Blue Ridge Relay (BRR) scheduled for September 11-13. Teams are forming through Slack on the #hogwallow and #brr2020 channels on Slack or you can contact Ha-ha or AFLAC for more details. Also see <https://blueridgerelay.com/> We can always add another team if there is more interest.



## Slack invite

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

[https://join.slack.com/t/f3alpha/shared\\_invite/enQtNTkwNzQ0MzI2NzU5LTViZDRjNTEzZGQ3YjQ5YTY2N2I1YTJiMzI4YzdiOTc2ZDE0Y2QzNzg3MmZIMGRhMTgwYTgzNzk4NWM4NGJhYTg](https://join.slack.com/t/f3alpha/shared_invite/enQtNTkwNzQ0MzI2NzU5LTViZDRjNTEzZGQ3YjQ5YTY2N2I1YTJiMzI4YzdiOTc2ZDE0Y2QzNzg3MmZIMGRhMTgwYTgzNzk4NWM4NGJhYTg)

Here you will find “Channels” for each AO as well as General, 2<sup>nd</sup> F, 3<sup>rd</sup> F and CSAUP.

## EH Today!

This is a friendly reminder that so many people are looking to get out of the house right now. This is a prime EH (Emotional Headlock) season! Talk to your friends and neighbors 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

