



**F3 ALPHA**  
**SERVING NORTH FULTON, FORSYTH,**  
**GWINNETT AND EAST COBB**



### PAX Spotlight

The "Yes Men" – Thundermeat Endurance Founders

#### Hospital Name / F3 Name / Age:

Jon Lacy "Bronco", 39

Nate Rozell "MillerTime", 44

Jack Johnson "Pellets", 44

### **How long in F3:**

Bronco: 3 years

MillerTime: 4 years

Pellets: 2 years



### **F3 Name Origin:**

Bronco: got lucky - was at inaugural workout and was one of the last of about

20 to be named...drive an old '74 Bronco and that's how it went down

MillerTime: grew up ski racing so Bode Miller was the name thrown out, and since Bode was way too cool of a name, MillerTime came next

Pellets: owned a plastics recycling company that sold reprocessed material (pellets)

### **What does F3 mean to you?:**

Bronco: I love F3 because it puts everything I love and enjoy about life into one platform. If I need help or get to help it's a no-brainer outreach. If I want a beer after a tough day there are arms ready to be twisted. If I need advice, support or an extra push I don't have to look far at all. It's way more than a workout, it's a strange bond occurring in the early morning hours that's put top notch people all around me.

MillerTime: It was mostly transformational for my fitness at first but over time it has been amazing to grow as a better leader, friend and family man. It's without question the best positive influence group of high impact men I have ever been around. The value really can't be quantified.

Pellets: Man, how long do I have? F3 was introduced into my life at the right time. My business and marriage was struggling and through the grind of a tough couple of years I had lost some of my identity which was to be fit and challenged through sports (running). The past couple of years F3 has undoubtedly played a huge role in helping me get re-acquainted with that inner Tiger. I've run longer and pushed myself way beyond where I used to believe my limits were. F3 has taught me to be a better leader in the home which is the most important job I have. Living proof that no matter the circumstances your life and relationships can change for the better if you believe they can and are willing to put in the work. I'm learning this life is all about the type of people you surround yourself with. Recruit as many positive people around you to join your inner circle that want you to succeed and live your best life. F3 is a breeding ground for these types of men that are constantly working on themselves so they can show up for others. I've been blessed to meet so many amazing people through F3 and guys that I've done hard things with that a lifelong bond has formed and one that grows stronger through the challenges we endure together.

### **What is ThunderMeat all about?**

ThunderMeat Endurance is the brain child of Pellets, Bronco and MillerTime. It originated this year when Covid shut down the country. During a virtual 24 hour ultra race one weekend, the idea was born while grinding out those miles. The combo of no scheduled races and PAX having free time was a perfect opportunity to create a series of unique endurance challenges. The name is edgy, funny and a little crazy but it's also memorable. We feel the name represents our group and the endurance community. Nobody is out there grinding their butts off in these difficult physical challenges for money or notoriety. We love the challenge and the community of people and the name says we have fun but don't take ourselves too serious. There is no question that we all have a lot of fun with the name!! As far as the events, the three so far have all been different with a common thread of running and getting uncomfortable. The last event was an elevation challenge to reach the 30,000 foot summit of fictional ThunderMeat Mountain with a team of 4 over 2.5 days. We had over 40 men take the challenge and hit the mark with some far exceeding the minimum!

### **What kind of fitness level does someone need to complete one of these challenges?**

If you have been consistently posting at weekly F3 beatdowns, you are ready! Each challenge is difficult by design, but our completion success rate is close to 100%. Don't miss out because you aren't sure you have what it takes. Be a "yes man" and choose to get uncomfortable. Or do it for the custom collector's item ThunderMeat Tee!

### **How to connect with Thundermeat?**

Join the ThunderMeat Endurance Channel on Slack and follow us on Instagram @thundermeatendurance

## **Nantan Corner**

It's been just over two months since I have taken over the reins of Nantan from HaHa and it has been anything but ordinary. As a region, we are still trying to figure out how to navigate the "new normal" world of Covid we seemed to be stuck in, and the unknown carnage in its wake. What we do know, is that F3 is a solution to a problem even in the midst of a pandemic. As men, we need F3 now more than ever (even if you do not know it yet). Without normal routines of the old everyday life, it is easy to fall into a deep cycle of deceleration – to fall into a state of Sadclown syndrome.

F3 is the ultimate solution to Sadclown syndrome by focusing on the 3 biggest common voids in a man's life - **Fitness, Fellowship & Faith**. After just a few months of F3 workouts, a man will find himself in the best shape of his life. But it doesn't stop there.

The man then forms a strong bond with those that he is working out with. This fellowship derived from these deep male friendships is essential when the world shakes around him. And inevitably it always does. The third F stands for Faith, which has nothing to do with religion. Rather it is a belief in something outside of oneself. The outward-turning-man is what makes F3 dynamic.

It's simple, at any given point you are either accelerating or decelerating. Which are you doing? If you are accelerating, remember F3 is about the invigoration of male community leadership, so I challenge you to reach out to someone who may be struggling and invite them back out to F3. Encourage them without judgment. If you find yourself decelerating, you are not alone. All of us have struggled with something these past 4 months. But lots of us found our way back to F3 (and some never left at all). If you are healthy and able, I encourage you to come back to the Gloom. It belongs to all of us.

-Cookie

\*\*Our Covid Protocol includes staying 6 feet apart at all times and not sharing coupons or equipment



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#### F3 Five Core Principles



##### Free of Charge

Never a charge to workout, ever.



##### Open to all Men

No matter the man, you are welcome here.



##### Held Outdoors

Rain or Shine, Heat or Chill, we are out there.



##### Peer Led

Rotating fashion of men leading each other.



##### Ends with COT

Always ends with a Circle of Trust

## The Magical Glue of CSAUP

What is a CSAUP? A CSAUP is a 2nd F gathering that is Completely Stupid And Utterly Pointless, usually involving a challenge with some degree of difficulty to complete. “Done in the context of F3, CSAUP’s are something different – something we do not in spite of their difficulty, stupidity, and pointlessness, but because of those things. After each CSAUP, there is always great emotion, fatigue, and (the point of it all) massive Fellowship. Without exception, CSAUP = Glue. The world is probably divided up roughly between those men who seek things CSAUP, and those that avoid them for the very same reasons, because they are stupid and pointless. If you are reading this and see yourself in the latter camp, you are not wrong or crazy. You agree with our wives/significant others, and they are both smart and sane. However, we will point out that (in our limited and unscientific observation) men who do things CSAUP (as illogical as those things are) often also end up being guys who accomplish things, even though what they accomplish is not always what they set out to do.” - DREDD



### **Darth Visor Memorial CSAUP Weekend Aug 21-22**

It's been nearly 2 years since Randy Faile aka "Darth Visor" passed away at an F3 Alpha workout in October 2018. Come join us on his birthday weekend for two CSAUP events we will complete in his honor. The "Yes Man" challenge put on by Thundermeat Endurance and the F3 Quad hosted by the Hooch. Details below.

## **Around the Alpha**

### **Yes Man Mile**

Will take place Saturday 8/22 at 7 AM on beautiful private property located in Ball Ground, GA. The 1 mile loop is a great mix that will have you running through trails and open field on wide jeep track roads. The course has a few rolling hills and there will be 170 feet of elevation per mile. This event is fashioned after a Last Man Standing type race but with a



set time limit, and as always a Thundermeat twist. Runners will be given 17 minutes (or there about) to complete the loop and must be back in the starting corral ready to start the next loop. There is a 5 hour and 8 hour challenge. Jump on the Slack channel to join the waitlist.

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## F3 Quad Challenge

Can be performed on your own or with a group. Launching at 7pm on Friday 8/21, you have 24 hours to complete a 1k Swim, a 10k Run, a 20k Ruck and a 50k Bike. Jump on the Quad channel on Slack for more details.



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## F3 Classic City is launching Aug 29<sup>th</sup>



Serves the men of Athens, GA and the surrounding areas. PAX from F3 Alpha will be leading the launch beatdown. Sign up for the Newsletter at <https://f3classiccity.com/>

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## 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:

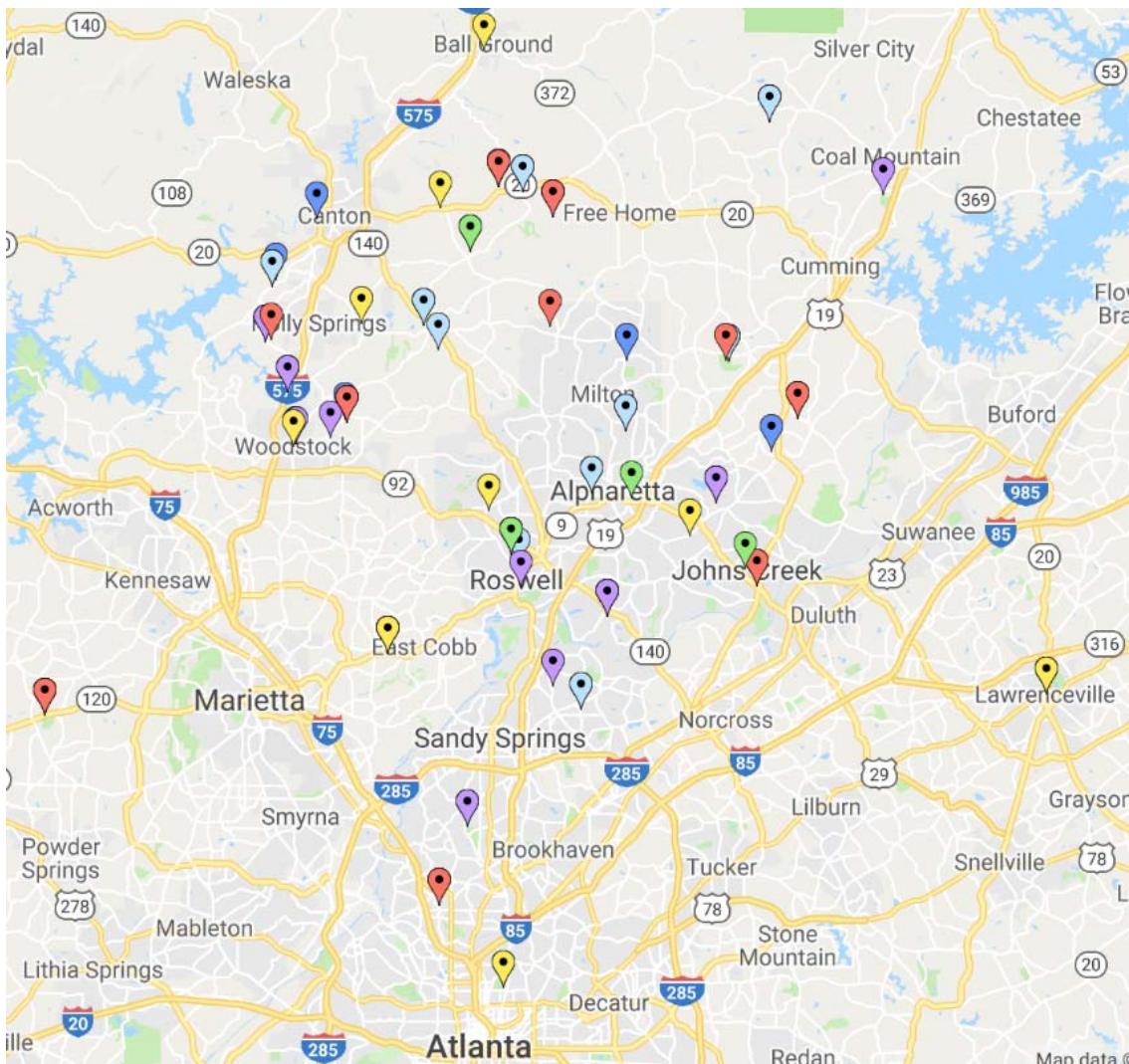
[https://join.slack.com/t/f3alpha/shared\\_invite/enQtNTkwNzQ0MzI2NzU5LTViZDRjNTExZGQ3YjQ5YTY2N2I1YTJiMzI4YzdiOTc2ZDE0Y2QzNzg3MmZIMGRhMTgwYTkzNzk4NWM4NGJhYTg](https://join.slack.com/t/f3alpha/shared_invite/enQtNTkwNzQ0MzI2NzU5LTViZDRjNTExZGQ3YjQ5YTY2N2I1YTJiMzI4YzdiOTc2ZDE0Y2QzNzg3MmZIMGRhMTgwYTkzNzk4NWM4NGJhYTg)

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

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## WHERE ARE WE? AND WHEN?

Click on the map below for workout details.



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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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