

April 2022

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The mission of F3 Pittsburgh is to **plant, grow, and serve** small workout groups for men for the **invigoration of male community leadership.**

We leave no man behind, but leave no man where we found him.

Questions?

Contact Bieber

F3 Pittsburgh PAX Blast

April 2022 Edition

Welcome to the F3 Pittsburgh monthly newsletter: The PAX Blast. Here you'll find important updates about the Pittsburgh region, details of upcoming events for all F's, a peek into the past month's PAX statistics, a look into the lives of some of the PAX, and finally some Thoughts and Prayers (TAPS).

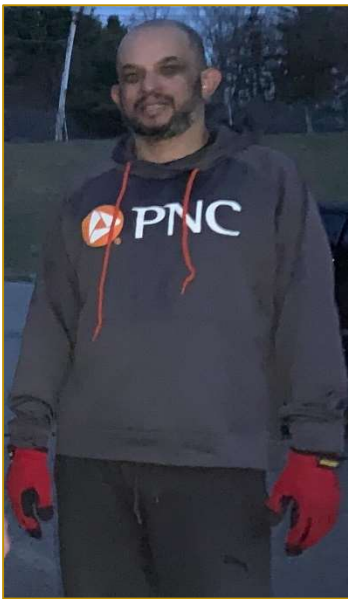


Check out other details of the region and get connected on our website: www.f3pittsburgh.com.

Contact Bieber with any issues, questions, or ideas for next month's issue.



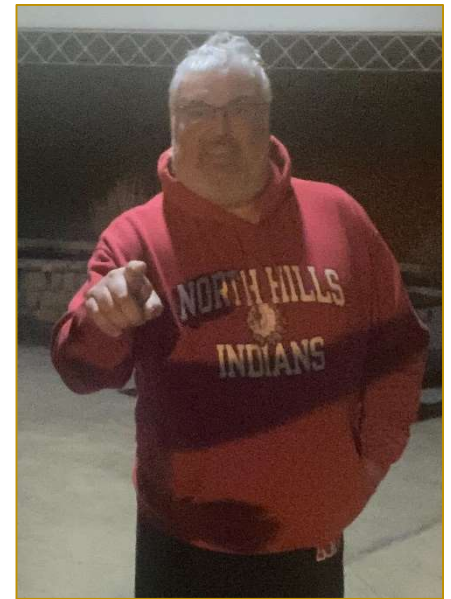
*The F3 Pittsburgh March Mini Convergence at Morning Wood.
What a way to go out! RIP Morning Wood.*



News of the Region

March Passport Winner: Thin Mints

March Postmaster: Kato



Introducing Thin Mints – 3rd F Q

Written by: Thin Mints

The 3rd F of F3 is Faith. When you look up the definition of faith you see that it is both a noun and a verb. As a noun it is an idea. Believing in something greater than ourselves. As a verb it is putting beliefs into action.

In F3 Pittsburgh many of us believe in a higher being. Some grew up in a church environment and some have chosen that at some point in their lives. Some have also made changes to their beliefs and practices. Some believe but follow their own path or journey. But what do we all have in common?

One commonality of faith is wanting to be a part of a community. And here is where F3 Pittsburgh plays a part. First, we get right by getting fit. This begins the path of fellowship. Creating friends and support. And this then leads to the 3rd F. Going into the community and helping it to grow.

I have been asked to take on the role of 3rd F Q for F3 Pittsburgh. I see this role as one to help facilitate our service to our community. My goal is to have some form of a 3rd F activity every month that we can get involved in and support. Thereby getting the F3 name out and supporting the mission of F3. But I need your help. I need you to share. I need to know what you know or who you know that our needs help and the info that goes with it. That way I can help to facilitate getting the word out and help to promote it. Events and activities can be things like we have already done such as road cleanups, support of Urban Impact and Operation OLAF. But it can be many other things such as supporting a young adults Eagle Scout project or volunteering to run a booth at a church festival.

So with that being said here is what is on our current agenda:

- Saturday April 23rd 9am to 12pm Ross Township and West View Borough Community Clean Up.
- Saturday May 28th F3 Adopt a Highway road cleanup. Pierce Mill Road next to Canada.

Info on both of these events will be posted on slack and are found below. Thanks for allowing me the opportunity to take on this role as 3rd F chair and I look forward to helping us further our mission and continuing to help create male community leadership.

-Thin Mints

Upcoming Events

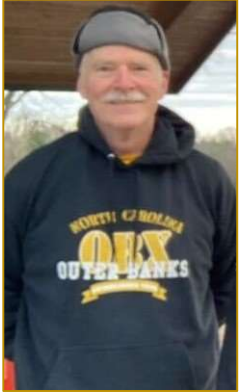
- **April 23: Ross Township and West View Borough Community Cleanup**
What: Spring Community Cleanup
Where: VFW Rear Lot Center Ave
When: 0900-1200
- **April 24: F3 Dads**
What: A 2.0-led beatdown for all PAX and 2.0's to enjoy!
Where: North Park Juniata Pavilion
When: 11:30am, followed by ice cream and fun
- **April 30: F3 Pittsburgh 5-Year Convergence**
What: A celebratory convergence honoring our five years in operation
Where: North Park Deer Browse 1 Pavilion
When: 0700 beatdown, followed by other events and a potluck lunch
Who: All PAX for the beatdown, all families welcome for following events and picnic
- **May 28: Memorial Day WOD + Road Cleanup**
What: A Memorial Day WOD, followed by cleaning up the road that F3 Pittsburgh adopted
Where: Canada AO
When: 0700 beatdown, 0800-0900 coffeeteria, 0900-1200 road cleanup
- **June 24-25: 2nd Annual Keystone Convergence**
What: The PA State Convergence
Where: Harrisburg, PA
See the flyer Sherman posted in the announcements channel on slack for all the details!
- **October 8: Fall Convergence + Chili Cookoff**
Save the date! More details to come.
- **Ongoing: Every Other Sunday Rucking**
What: Rucking with Maxime and other PAX every other Sunday
Where: Location changes, see slack channel #Sunday-Team-Building-Ruck-Group for details



Welcome to the newest members of the F3 Pittsburgh family: Sheldon's son Samuel Christopher, Bieber's daughter Evelyn Kate, and Benchwarmer's puppy!

Meet the PAX

Airshow



Gary Schisler, 71, Air Show. Bestowed upon me by the boys from Charlotte when we did our first "adult supervised" beatdown 5 years ago. I was part of the group of 3 (4?) That met in the pastor's office where the concept was introduced. We all agreed that the concept was good and we needed it. Others that knew FIAB volunteered his name as the logical choice - the energizer bunny one called him. And so it began.

Background:

I am retired Air Force, 26 years as a pilot some active duty and some in the Reserves, and retired airlines, 42 years of flying for them. To those who know me well I am known to have a fondness for classic cars in general and my 1972 Corvette in particular. Beyond that, kids, grandkids and vacations rank very high on my list. After a year or so FIAB, Harley and I were discussing how to open an AO nearer to us than the 35 minute drive to North Park and thus was born our short lived AO at Montour Trail. It turned out to be a very poor AO and we developed Moon Rising which is located in Moon Park and is an excellent AO. While our turnout is usually 4-6 we are small but consistent and a very diverse group. I was approached and asked if I wanted to start an F3 group for Christ Church, open to anyone but we toned it down since our group for the longest time was composed of 62 to 84 year olds. Thus we began the Respect AO. Again we are small, 4-5 regularly. Because I had a 10 year period of inactivity, I embrace F3 and consider it life altering if not life saving . My only frustration is the lack of growth at Respect & Moon Rising.

I close with two anecdotes. Three weeks ago I had my F3 T shirt on at the doctor's and when the receptionist was through gathering information she questioned me on what it was. "Father times 3?" She asked. I said no and mentioned Fitness, Fellowship, and Faith and we meet weekly at Moon Park. She stopped and said "Aha, you're the guys at Moon Park who pray after you exercise!" I was overjoyed to see that a small group can make an impact without saying a word. The other anecdote occurred last summer when the pickle ball crowd would be playing while we worked out. After a fairly lengthy prayer session one of the pickle ball ladies came up and mentioned that they all knew us as the exercise group that prayed after working out and then she said how good it was to see us combine the two.



Sheldon

Steve Doyle, Sheldon, Started F3 in March of 2021. He hails from the suburbs of Philly and has been in PGH since 2017. His wife, Cari, and him were married in her hometown of Buffalo, NY and subsequently moved to Pittsburgh. They now have 2 kids - Molly Wren (19 months) & Samuel (1 month). After the plethora of beatdowns he receives at mostly the Playground and Observatory, he goes to Capado which is a software development firm where he serves as a Customer Success Architect.

As of the writing of this newsletter he is serving as a logistics officer in the Army Reserves, but will be discharged on May 15 if all goes to plan.

Prior to joining F3 after being EH'd by Red Eye, Sheldon struggled with being motivated to workout on a regular basis and do different types of workouts. Jumping in on bootcamps has added a solid structure to his days. He's also enjoyed getting to know fellow PAX and the solid convos he has before, during and after workouts.

Sheldon loves his Lord and savior! He feels that it is mission to love others in a way that reflects His savior's love for him. He desires to do whatever he can to care for his family, fellow PAX, colleagues, and neighbors.



Meet the PAX

FNG Corner

Welcome to these newest members of F3 Pittsburgh! We're glad to have you with us and look forward to seeing you at the next beatdown.

Pong

First Post: 2/5/22

AO: Pierogi Hill

Matlock

First Post: 2/24/22

AO: Point of Pain

Papa Smurf

First Post: 3/4/22

AO: Violet

Wall-E

First Post: 2/19/22

AO: Pierogi Hill

CPU

First Post: 2/25/22

AO: The Observatory

Dunkin'

First Post: 3/19/22

AO: Moon Rising

Penny Bags

First Post: 2/21/22

AO: Nebby N'at

AC

First Post: 3/4/22

AO: Violet



2nd F Spotlight: Million Merkin March

In an effort to ensure that the PAX of F3 PGH don't have arms that resemble a pipe cleaner and a chest like a frying pan (see Belding), but more like the chiseled physique of our Nantan, we instituted a Merkin Challenge. Our Million Merkin March ran through the 31 hellacious days of March. (Just a disclaimer to those gutter-minded PAX: this was not a merkin purchasing contest, but rather a push-up contest. For those of you that took this as the former, please don't show us your Amazon receipts!) We knew that 1,000,000 would be a stretch, so this has set a solid baseline for some upcoming challenges that may be thrown out there. Kato volunteered (not really) to pay for lunch for whoever purchased...I mean...pumped out the most Merkins. (Side note: it's amazing that Kato never seems to win when he doesn't control the data...hmm...) Congrats to our 1st ever Million Merkin March winner who smashed out over 8,000 Merkins! Cena, those pecs gonna make some PAX weak in the knees!

MILLION MERKIN MARCH - Total = 49,367 Merkins

PAX Results:

Cena - 8410 (WINNER WINNER @Kato buys a CHICKEN DINNER)
Ramblin' - 4440
Maxime - 3529
Big Unit - 2125
Benchwarmer - 1711
Belding - 1230
Lindbergh - 1000
Roadie. (Tom K) - 445
Runner-Up - 250
Tool Time - 100
Gemini - 90
Thin Mints - 60
724 - 40
Gutterball - 30
Abacus - 5

AO results:

Canada - 1374
LoG - 5880
Morning Wood (RIP) - 858
Observatory - 2016
OT - 2330
Pierogi Hill - 2910
Playground - 3979
SAP - 1394
Pit - 1230
Violet - 825
Zoomanji - 1868

3rd F (Faith) Spotlight: Urban Impact

Service is part of f3 Pittsburgh's DNA. Helping others is what we do best. Service is also an integral part of Our Mission... plant, grow, SERVE. Inherent in the third F is the idea of serving an idea, person or Mission greater than ourselves. On March 20th I had the honor of serving at Urban Impact with Tool Time and Lindbergh. What manual labor that we did really doesn't matter (other than the fact that we were effective). What does matter is that the energy expended helped us as much as the recipients of our assistance. I'm reminded of the prayer of St Francis (which may not be original to him)

... by giving we truly receive.

Let's lean into it brothers and serve those around us, everyday and everywhere we find ourselves.

Aye!

FIAB



TAPS (Thoughts and Prayers)

Below is a current list of thoughts and prayers for the PAX of F3 Pittsburgh and beyond:

ShamWow

Vowel's Dad

Flash Dance's Grandfather

Sherman's Family

Jack (icicle)

FIAB's BiL

Sherman's Friend

Safari

Max's Daughter

Peep Show & Family

Roadie's niece's FiL

Mr Sneed

Quip & Family

Bam's Family

Bieber and his M

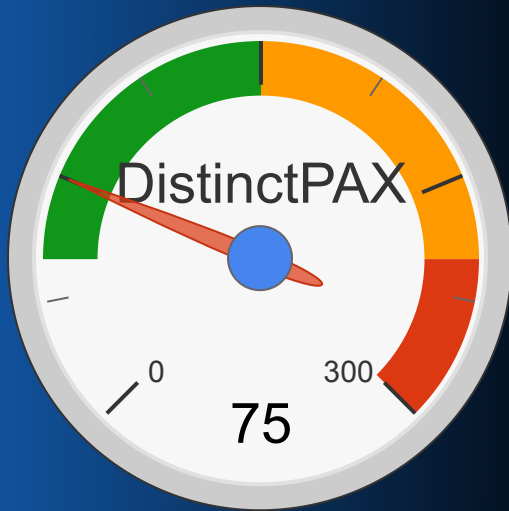
Rate Hike's Neighbors

Tapout & Family

Lindbergh & Family

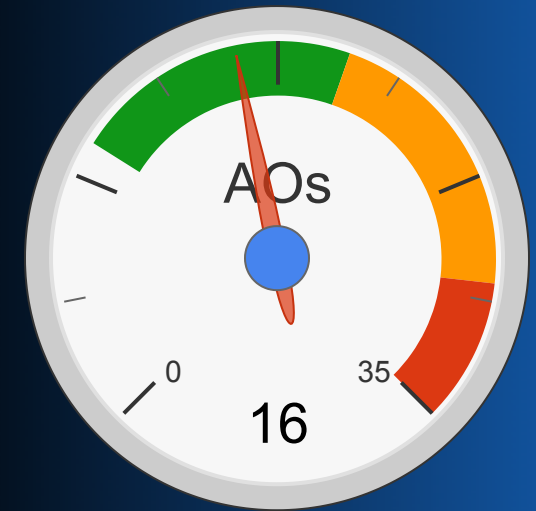
Have a Thought or Prayer that isn't on the above list? See a TAP on the list that's outdated or needs removed? Let Bieber know so we can get it updated!

2022 F3PGH Active PAX Count



2022 Region Summary

F3PGH AO Count



Total Workouts
This Year:

237

PAX Posts:

1,419

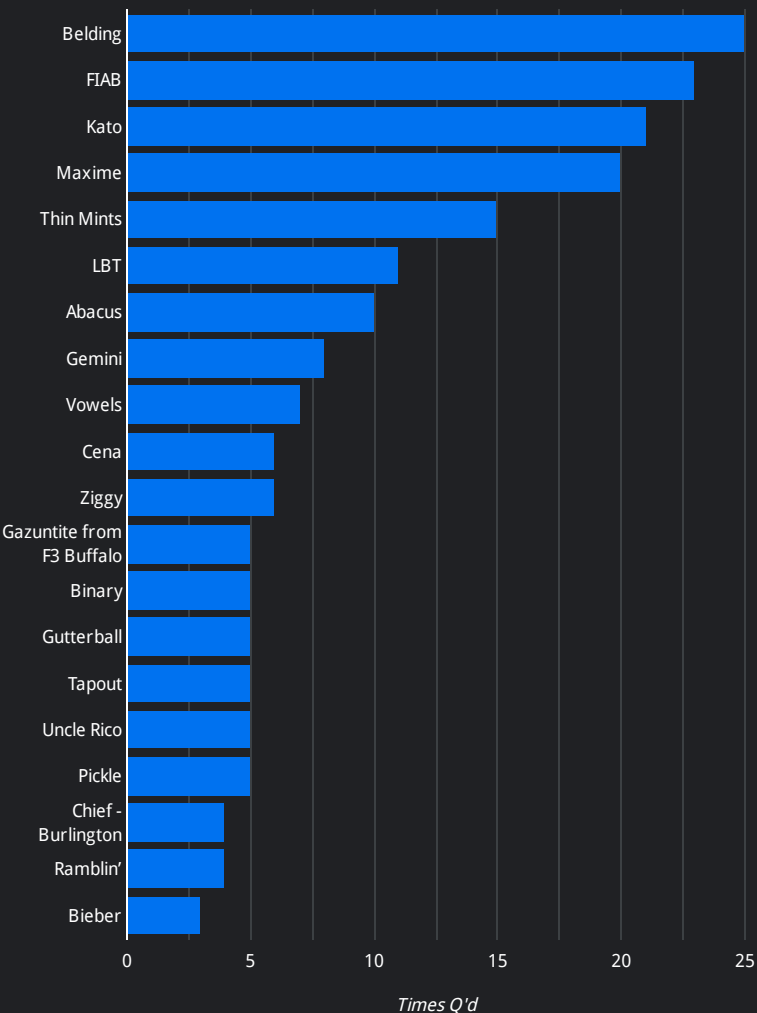
PAX that have Q'd:

43

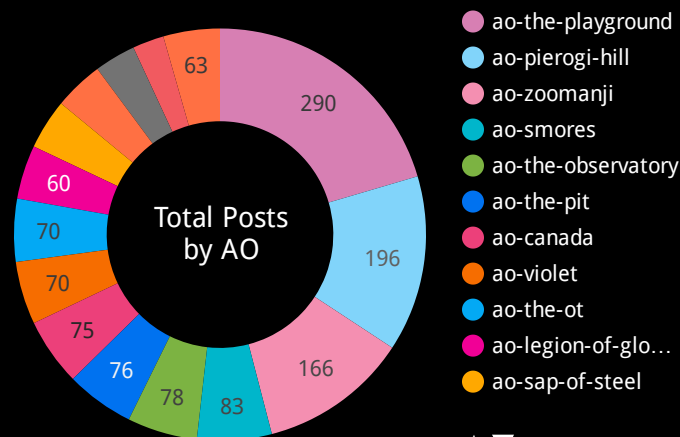
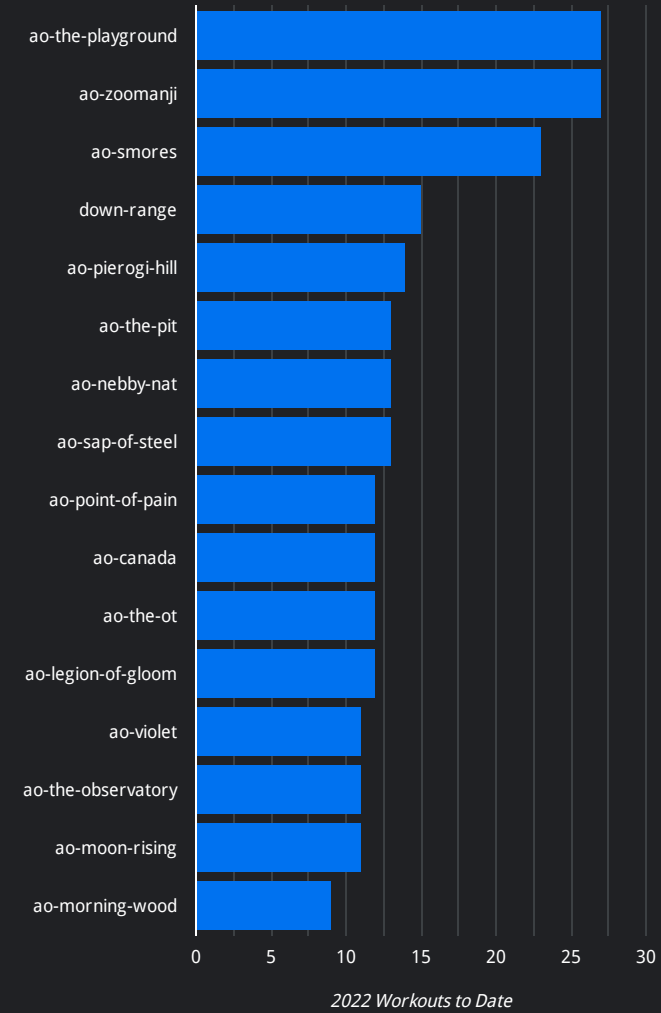
FNGs:

12

Top 20 Q's in 2022



Total 2022 Workouts by AO

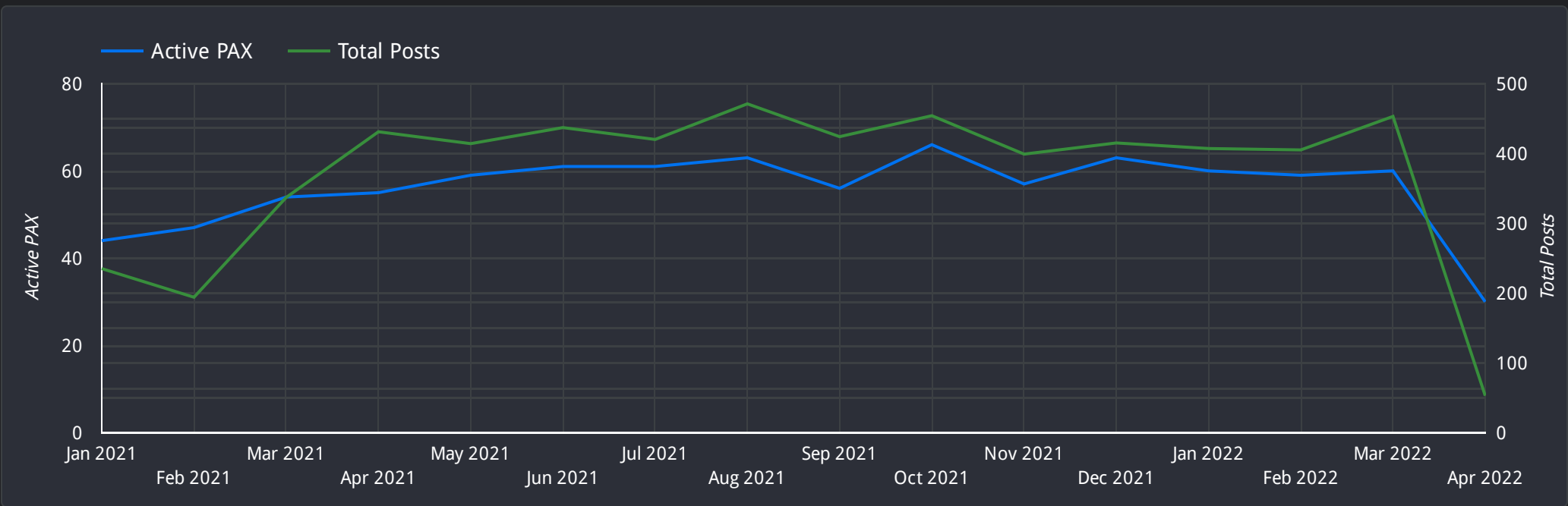


- ao-the-playground
- ao-pierogi-hill
- ao-zoomanji
- ao-smores
- ao-the-observatory
- ao-the-pit
- ao-canada
- ao-violet
- ao-the-ot
- ao-legion-of-glo...
- ao-sap-of-steel

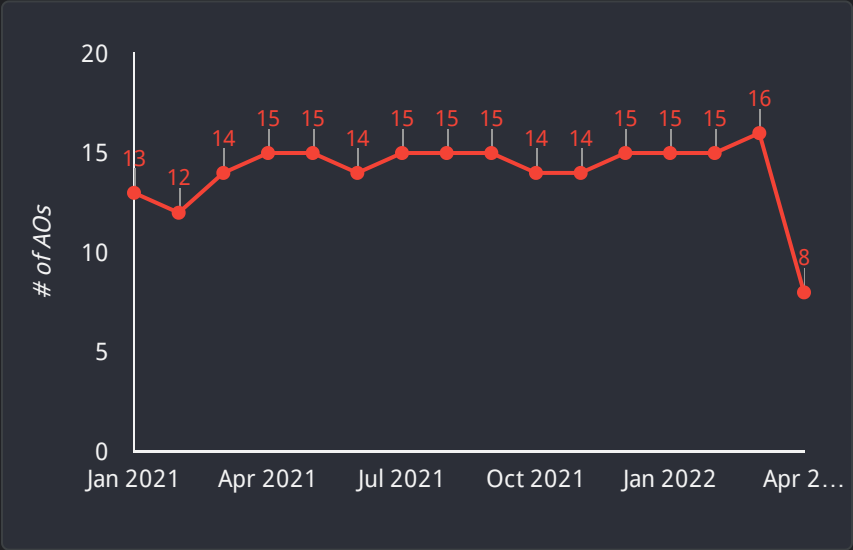


Region Trend over Time

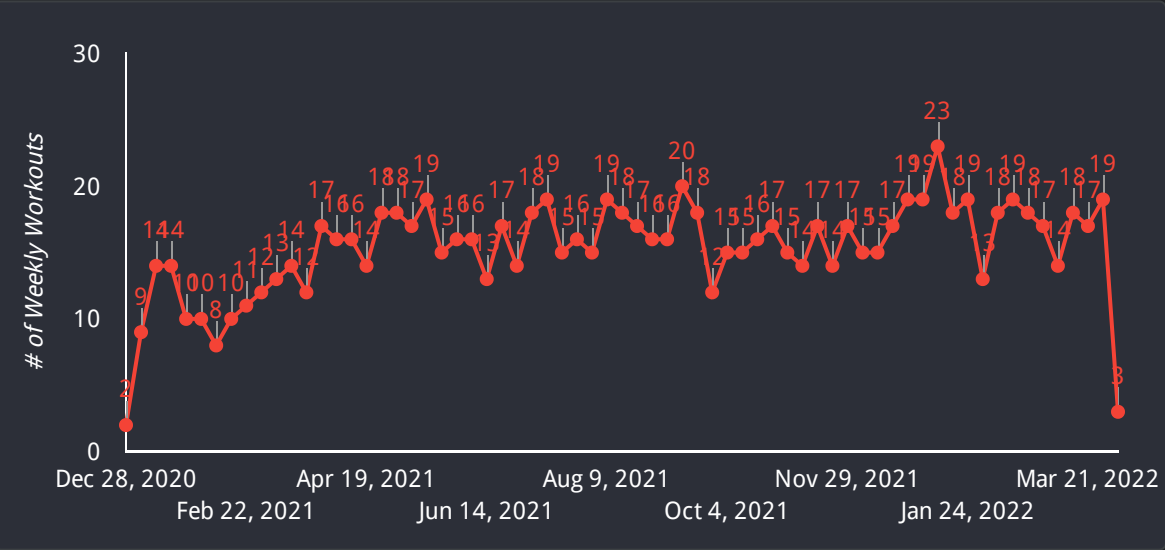
Select a Timeline: Jan 1, 2021 - Apr 5, 2022



of Active AOs by Month



of Beatdowns per Week



AO Records for Date Range:

Jan 1, 2022 - Apr 5, 2022

Click (or ctrl-click) one or more AOs

	AO	UniqueBeatd...	Distinct PAX	Total Posts
1.	ao-pierogi-hill	14	35	181
2.	ao-the-playground	27	34	287
3.	ao-zoomanji	27	23	141
4.	ao-violet	11	22	55
5.	ao-the-observatory	11	18	75
6.	ao-canada	12	15	70
7.	ao-legion-of-gloom	13	15	58
8.	ao-morning-wood	9	15	34
9.	ao-the-pit	13	14	75
10.	ao-point-of-pain	12	13	54
11.	ao-the-ot	12	12	67

1 - 16 / 16

AO Stats



AO	Q	Count of Qs	
1.	ao-canada	Maxime	3
2.	ao-canada	Sherman	2
3.	ao-canada	Pickle	2
4.	ao-canada	White Claw	2
5.	ao-canada	Ziggy	1
6.	ao-canada	Kato	1
7.	ao-canada	Whizzer	1
8.	ao-legion-of-gloom	Abacus	2
9.	ao-legion-of-gloom	Big Unit	2

1 - 100 / 121

Q Totals by AO

