

May 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

## May 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](http://www.f3pittsburgh.com).

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



*The F3 Pittsburgh FIVE YEAR ANNIVERSARY convergence. What a turnout, and what an awesome 5 years so far!*



## News of the Region

**March Passport Winner: Thin Mints and Maxime**

**March Postmaster: Thin Mints, Maxime, and Abacus**

## Introducing Cena – 1<sup>st</sup> and 2<sup>nd</sup> F Q

**Written by: Cena**

F3 Pittsburgh continues to grow strong! April's been an incredible month, including the 5-year anniversary and all the service events. I'm confident that May will be another solid month for us. Already quite a few really awesome events on the calendar, including BAM's Tree Planting in Ebensburg, Binary's Greenfield School playground fundraiser and Soft Hands' Boy Scout Craft Show. I have no doubt in my mind that all these events going to turn out to be huge success and will be well represented by F3 Pittsburgh.

This continued participation is also I believe strengthening relationships within PAX and helps building friendships. I see more and more often that a lot of PAX sticking around after beatdowns at parking lots or cofeeterias. Sometimes we even lose track of time as we're having too much fun and nobody wants to leave.

But it's not always fun, we're there for each in difficult situations as well. We keep PAX going through tough times in our prayers, trying to support and encourage them as much as possible.

I am being reminded every day what an incredible group of men our region has. I am excited about the bright future of F3 Pittsburgh and continued growth of friendships among PAX!

SYITG,

-Cena



## Upcoming Events

- **May 13th: Greenfield K-8 Obstacle Course**  
When: 1600-1900  
More info: <https://www.signupgenius.com/go/30e084aadad28a3fd0-playground>
- **May 14th: Tree Planting with Bam's Foundation**  
What: Planting over 3,000 trees  
Where: Ebensburg, PA  
When: 0700-1500  
More info: <http://www.emf.be/trees>
- **May 13th: Boy Scout Troop 83 Craft Show**  
When: 0900-1400  
More info: <https://www.facebook.com/events/s/bsa-troop-83-and-west-view-uni/535044324416685/>
- **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
- **May 30: Memorial Day Murph**  
What: A Memorial Day Murph  
Where: NA Intermediate HS Track  
When: 0700
- **June 24-25: 2<sup>nd</sup> 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 member of the F3 Pittsburgh family: Elsie Evelyn Kennard!

# Meet the PAX – Former Na’ntan Edition

## FIAB

Gary How well do we actually know each other? Do we expend the effort to find out what makes a brother tick? Put another way, are we making ourselves known to our family and friends? Take the following test to see how well you know me and also the extent of which I have made myself known to you:



### 1. My favorite exercise is:

- a). Burpees
- b). Side Straddle Hops
- c). Merkins
- d). Monkey Humpers
- e). None of the above

### 2. My favorite Q is:

- a). Kato
- b). Cena
- c). Soft Hands
- d). Pickle
- e). Thin Mints

### 3. My favorite AO is:

- a). The Point of Pain
- b). S’mores
- c). The Pit
- d). The OT
- e). The Observatory
- f). Moon Rising

### 4. My favorite thing about f3 is:

- a). The Fitness
- b). The Fellowship
- c). The Faith
- d). All of the above

### 5. The thing I most admire about Dredd that he is the:

- a). Co-founder of f3
- b). Is the “real deal”
- c). The creator of GrowRuck
- d). Author of QSource
- e). Influencer of Movement toward Advantage

### 6. The verse of the Bible I quote to the PAX most days is:

- a). God so loved the world that He gave His only begotten Son so that he who believes in Him should not perish but have eternal life.
- b). Rejoice in the Lord always! Again I say rejoice!
- c). An athlete is not crowned unless he competes according to the rules. (Kato)
- d). Run the race set out for you.
- e). This is the day the LORD has made. Let us rejoice and be glad in it!

### 7. I started f3 Pittsburgh:

- a). True
- b). False

### 8. I enjoy:

- a). Working on my tractor
- b). Gardening
- c). Reading
- d). Building computers
- e). B and C

### 9. My favorite Author is:

- a). John Grisham
- b). Charles Dickens
- c). Tom Clancey
- d). Alexander Dumas (aka dumb ass)
- e). Can’t pick a favorite author.

### 10. I met Patty:





- a). On the third floor of the Cathedral of Leaning in a General Writing Class. She sat in the back row wearing a bohemian blouse.
- b). In the women’s restroom at Century III Mall while cleaning toilets.
- c). Playing frisbee at Settler’s Cabin park half naked.
- d). At the Montour Snowball Dance where I sported a leisure suit and Patty wore a “dusty-rose” poncho dress. We slow-

danced to “Just The Way You Are.”  
e). To Patty and her date, “Hi, welcome to the Cheese Cellar. It’s going to be 20 minutes for the Dining Room and a half hour for the Patio.” I sat them strategically on the patio where I could casually refill her water glass.

### 11. My pit-fall is:

- a). Not changing my clothes for days- on-end.
- b). Saying the wrong thing at the wrong time.
- c). Utterly underestimating the difficulty of completing any given task.
- d). Not organizing a project.
- e). Not delegating.

### 12. My favorite emoji is:

- a) 
- b) 
- c) 
- e) 

Note, answers can be found on page 7.

# Sherman

Things I have learned in F3:

- The 4 am ruck club was the \*\*\*\* - great conversations happen when rucking
- Nothing better than being able to talk about your problems without judgement with other men
- I have grown since joining and I am not counting my stomach
- We go through cycles and need each other to keep balanced

Picking up the Six:

- It means showing up for the pax that may be struggling. You never know what is going on inside the man's head next to you. He may be ready to quit until he looks at you and sees you fighting and pushing on even if that voice inside of your head is telling yourself that is enough. Yes, I do F3 to be able to endure the hardships that may come in my life though it is the fellowship that really has kept me here.

The Why:

- We need a purpose in life. I have never listened to more conversations on helping each other over the past 4 years. Even in my time in the military, it normally wasn't a back and forth. It has been great hearing such wisdom from a lot of the pax.

Sherman:

- An old and slow tank – Big Short gave me the handle. It takes me awhile to get there though I will get there.

I miss all the pax that have come and gone, hopefully I will see them again.

I look forward to seeing each and every one of you in the Gloom.

Sherman



# 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.

### Gypsy

First Post: 4/30/22

AO: Pierogi Hill

### Mr. Kleen

First Post: 4/22/22

AO: Violet

### Meatball

First Post: 4/2/22

AO: Pierogi Hill



## 2nd F Spotlight: Five Year Convergence

On Saturday April 30th, F3 Pittsburgh celebrated 5 years of bringing Fitness, Fellowship and Faith to the region. The day started off with a boot camp style beat down at Pierogi Hill. Maxime welcomed 47 PAX that included clown cars from Grove City and 1 regular from Annapolis. Thin Mints then led the Warm-a-Rama to prepare everyone for the 3 q's. But before he finished he invited Air Show to lead a 1-5-1 Motivator. Following that we had a mad dash led by Peep Show, a partner workout led by Ramblin' and an anniversary date beat down led by Puppy Chow. To end the beat down Maxime led a burpee wave before we conducted TAPS. Gutterball was the sixth man and shared about his experience being apart of F3.

After the beat down a breakfast was held at the Deer Browse pavilion. During this the April postmasters and passport winners were announced. Plenty of fellowship and mumble chatter existed as it then transferred into a Memorial Day wreath project. Pickle after spending time in local craft stores had everything needed to create great works of art to be shared.

Following this the grills (and hot dog roller) were fired up and the family picnic began. Good food and libations were enjoyed as the fellowship continued. 2.0's, M's and puppies were also welcomed and joined in the fun. But the highlight for most was the corn hole tournament which ended up being won by the team of Whizzer and Pickle.

The Senior Leadership would like to thank everyone who helped out in any way to make this a success. We look forward to other events throughout this year as we look to continue planting, growing and serving the Pittsburgh region.

## 3<sup>rd</sup> F (Faith) Spotlight: West View Community Cleanup

On Saturday April 23rd 6 PAX from F3 Pittsburgh participated in the Annual West View Community Cleanup. This is done in conjunction with other community Earth Day projects. The PAX were a big help cleaning an area that unfortunately gets a lot of trash dumped into it. Look for this event again in the future and other events like it where we can help to serve our communities.

Look for a new 3rd F channel on Slack soon!



Answers to F1A's incredible quiz: 1) e 2) c 3) a 4) d 5) b 6) e 7) b 8) e 9) e 10) a 11) b 12) c

## TAPS (Thoughts and Prayers)

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

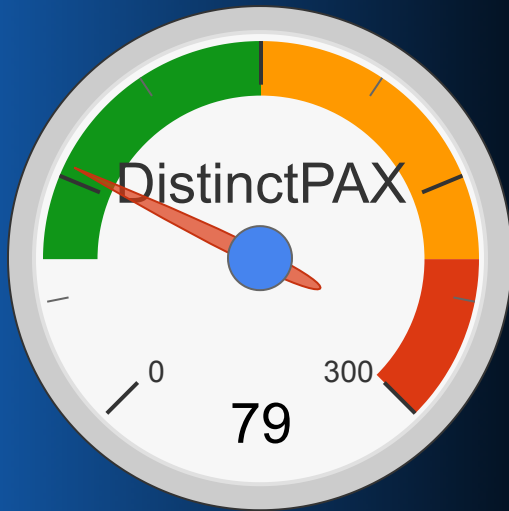
ShamWow	Sherman's Friend	Quip & Family
Vowel's Dad	Safari	Bam's Family
Flash Dance's Grandfather	Max's Daughter	New Dads
Sherman's Family	Peep Show & Family	Rate Hike's Neighbors
Jack (icicle)	Roadie's niece's FIL	Tapout & Family
FIAB's BiL	Mr Sneed	Lindbergh & Family
Gemini's friend Chris's family	Bam's FIL	Double Dutch's scout leader

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!



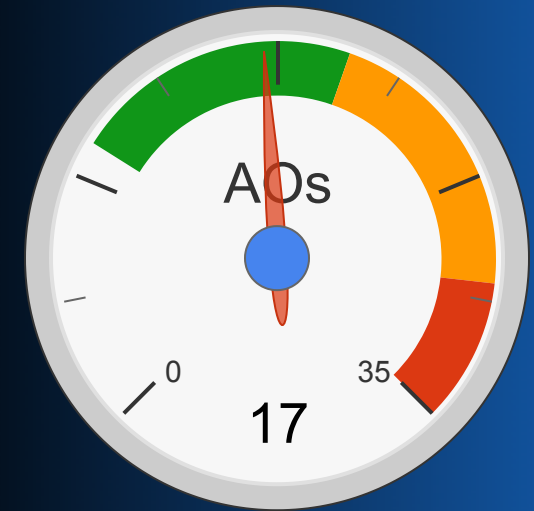


## 2022 F3PGH Active PAX Count



## 2022 Region Summary

## F3PGH AO Count



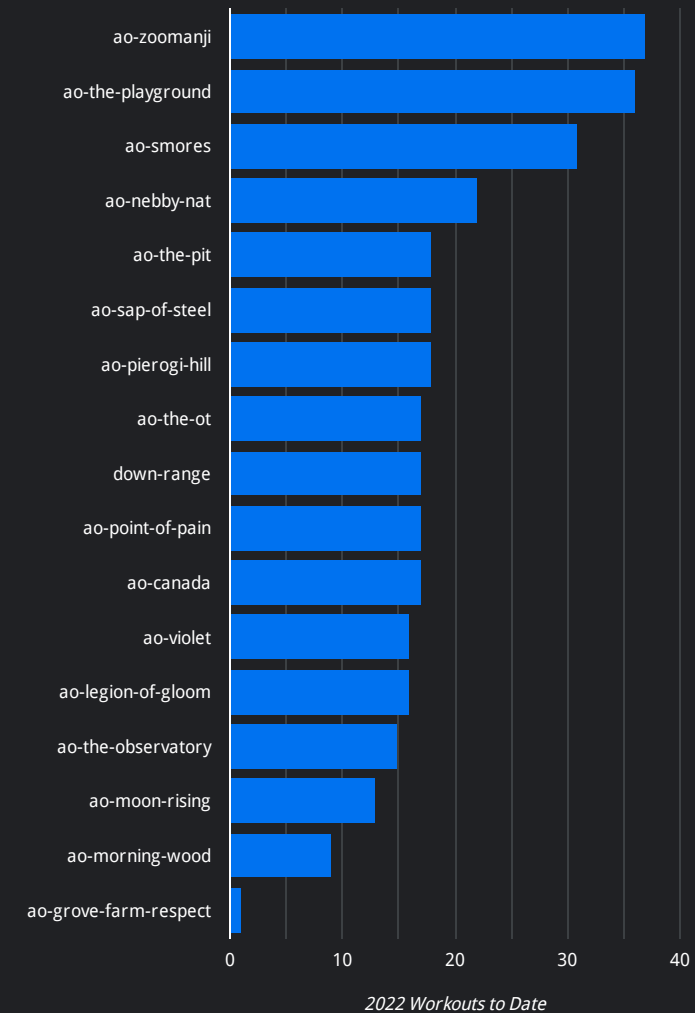
Total Workouts This Year: **321**

PAX Posts: **1,977**

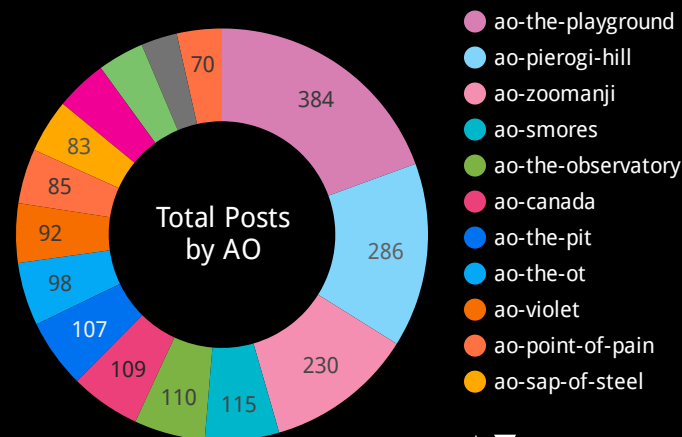
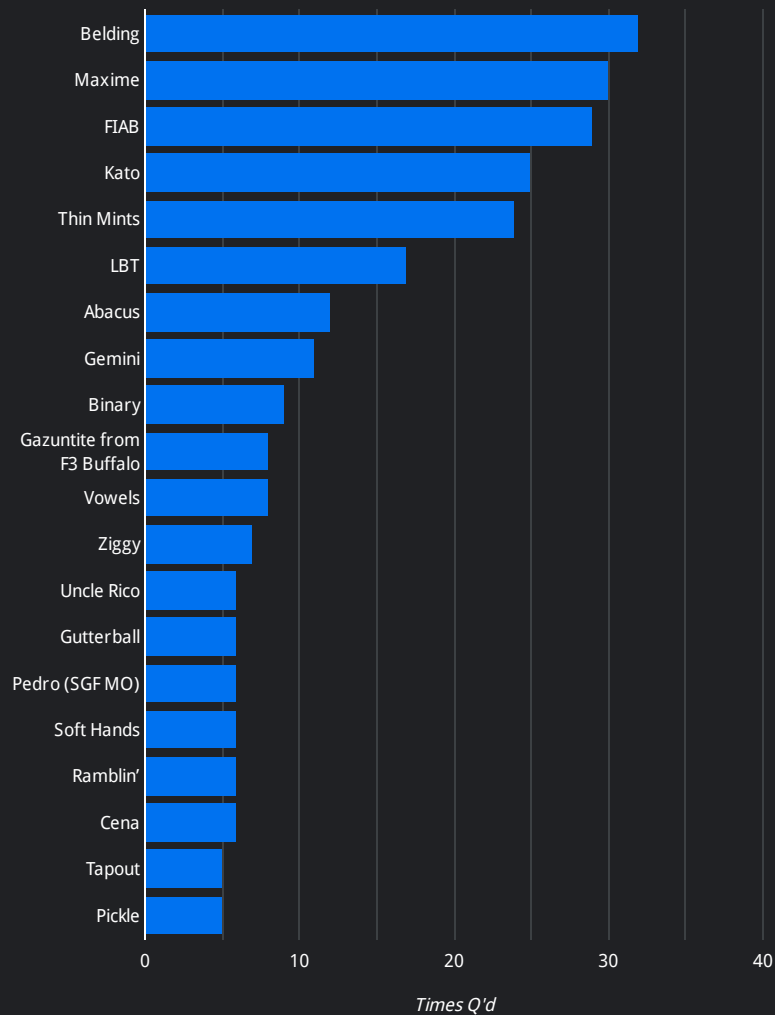
PAX that have Q'd: **45**

FNGs: **14**

## Total 2022 Workouts by AO



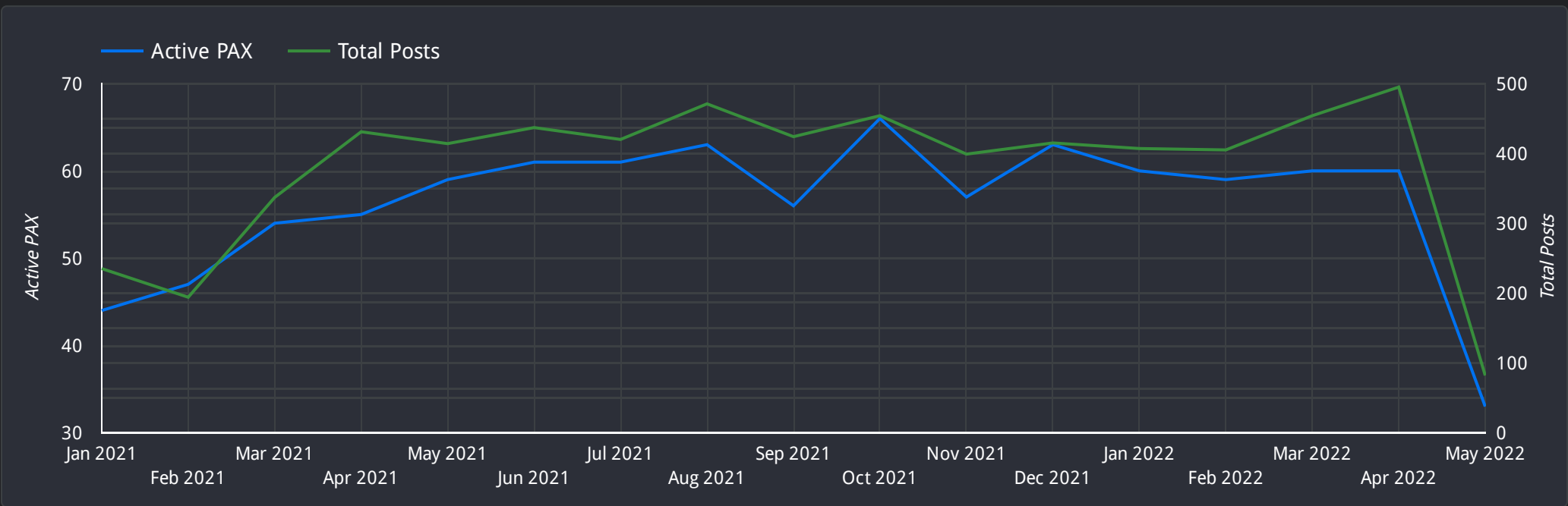
## Top 20 Q's in 2022



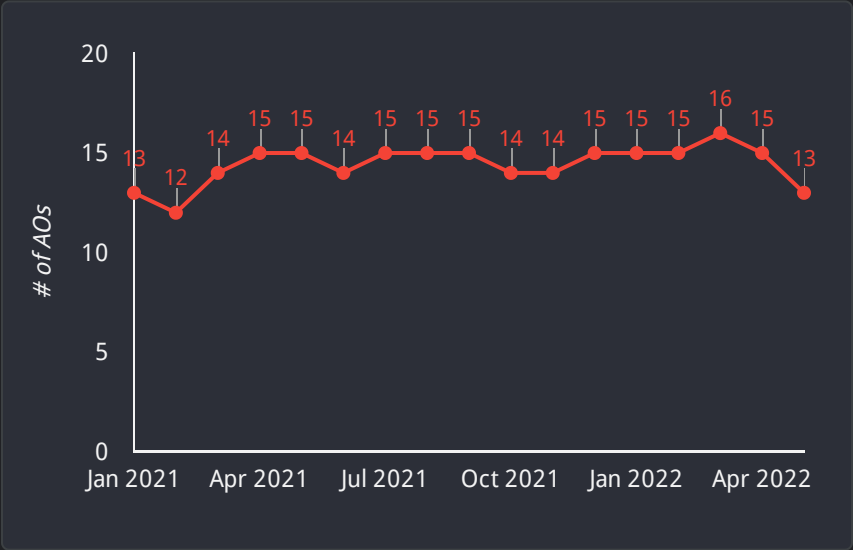


# Region Trend over Time

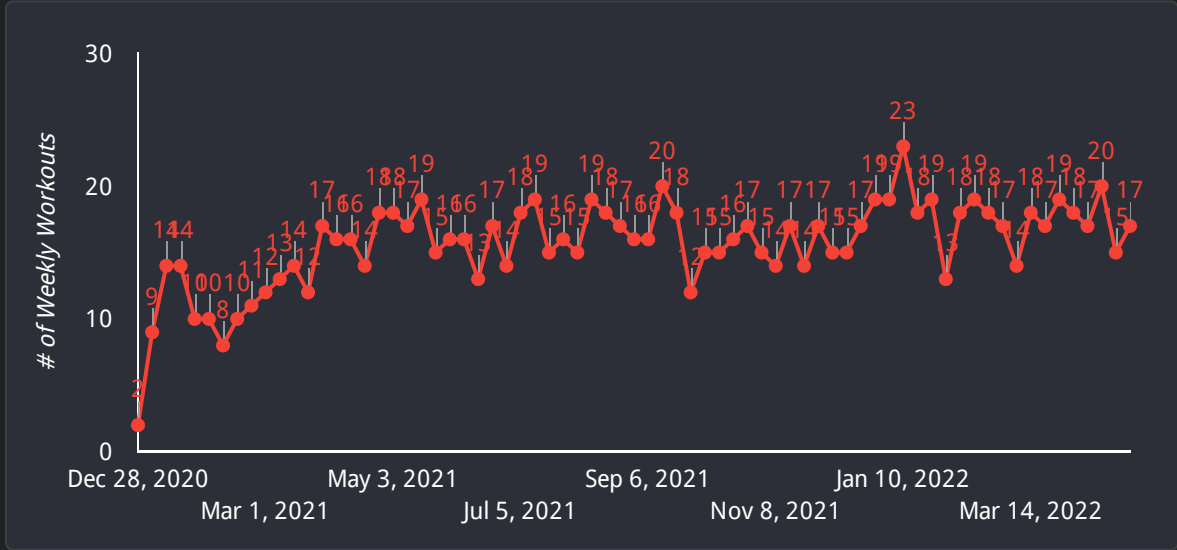
Select a Timeline: Jan 1, 2021 - May 8, 2022



# of Active AOs by Month



# of Beatdowns per Week



# AO Records for Date Range:

Jan 1, 2022 - May 8, 2022

Click (or ctrl-click) one or more AOs

	AO	UniqueBeatd...	Distinct PAX	Total Posts
1.	ao-pierogi-hill	18	49	256
2.	ao-the-playground	36	35	380
3.	ao-zoomanji	37	24	198
4.	ao-violet	16	23	75
5.	ao-the-observatory	16	20	107
6.	ao-canada	17	17	97
7.	ao-legion-of-gloom	17	16	78
8.	ao-point-of-pain	17	16	84
9.	ao-the-pit	18	15	104
10.	ao-morning-wood	9	15	34
11.	ao-smores	32	14	115

1 - 17 / 17

# AO Stats



AO	Q	Count of Qs	
1.	ao-canada	Maxime	4
2.	ao-canada	Whizzer	3
3.	ao-canada	White Claw	3
4.	ao-canada	Sherman	2
5.	ao-canada	Pickle	2
6.	ao-canada	Thin Mints	1
7.	ao-canada	Ziggy	1
8.	ao-canada	Kato	1
9.	ao-grove-farm-respect	Air Show	1

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## Q Totals by AO

