



ISSUE 17 4TH QUARTER 2024

THE CRAWLFISH

F3 Mobile's Quarterly Newsletter

F3 3rd With Little Tree Project

BY F3 BUCKNER

This year we wanted to focus on some way to help in the community. When we were contacted by Lube out of F3 St. Louis to host an event focusing on human trafficking awareness and raise funds for our own local non-profit, it was an easy decision to get involved. We found The Little Tree Project and decided that's who we wanted to work with. After making contact, and having a face-to-face meeting, it ended up being a perfect match for both of our organizations! The wheels were set in motion on our 1st annual F3 3rd 10,000-mile challenge. After getting things started, I started doing a little research into the numbers, we also attended an event about human trafficking which really sparked the desire to be involved in trying to help these survivors of trafficking. The hope is that we will continue to have this annual event, but it's not just once a year that we're helping Little Tree. Stay tuned to our social media, and our website and stay on top of when we have events planned and how you can get involved as well.



F3 is a national network of free, peer-led workouts for men. The mission of F3 is to plant, grow, and serve small workout groups for the invigoration of male community leadership.



THE CRAWLFISH



1st F= FITNESS

The MAGNET of F3

WORKOUT SCHEDULE

TUESDAY 4:30AM MARDI GRAS PARK BOOTCAMP 45 MIN.

THURSDAY 4:30AM MARDI GRAS PARK RUN/RUCK 45 MIN.

SATURDAY 7AM LAVRETTA PARK BOOTCAMP 1HR

SUNDAY 7AM USA CAMPUS, INTRAMURAL FIELDS RUCK

If this schedule doesn't work for you, let's talk about when and where you want to workout, and let's try and make it happen! More workouts are coming to areas all along the Gulf Coast region. Gulf Shores/Orange Beach is up and running, and beginning the 1st of the year, Mississippi Gulf Coast is kicking off.



Our workouts are you vs. you, but you can always count on your F3 brothers to be there right beside you. Putting in the work and giving you the encouragement and motivation to push yourself!

KNOW THE EXICON

- Lunge Worm: Lunge walk with each leg, then do an inch worm with two merkins at the bottom before inching back up. When returning to standing position from the inch worm, repeat the full movement until the destination is reached.



Stop making Top 5 Excuses excuses!

TOPS 5 EXCUSES GUYS MAKE

WE'VE BEEN AT THIS F3 THING FOR A WHILE NOW, SO WE'VE HEARD PRETTY MUCH EVERY EXCUSE FOR WHY A GUY CAN'T POST TO A FREE WORKOUT WITH OTHER GUYS AT A TIME OF DAY WHEN THE REST OF THE WORLD IS STILL IN THE FARTSACK. AND IN AN F3 WORLD WHERE GUYS IN STATESVILLE, N.C., COME OFF OF OVERNIGHT SHIFTS AND ROLL STRAIGHT INTO AN 0530 WORKOUT, THERE REALLY ARE NO GOOD EH EXCUSES.

BUT WE KNOW THAT YOU, THE EHRS OF F3 NATION, NEED READY ANSWERS FOR WEAK, LAME, OVERUSED EH EXCUSES. SO CONSIDER THIS POST A LITTLE AMMO. HERE, OUR CHOICES FOR THE TOP FIVE EH EXCUSES.

NO. 1: "I NEED TO GET IN SHAPE TO COME WORK OUT WITH YOU GUYS."

THIS IS NO. 1 WITH A BULLET ON THE F3 EXCUSE CHARTS. THE LATE CASEY KASEM SAYS SO. AND FOR A LOT OF GUYS IT GIVES THEM ALL THE WIGGLE ROOM THEY NEED TO TAKE THEMSELVES OFF THE HOOK. BECAUSE LET'S BE HONEST: THERE'S NOTHING YOU CAN DO ON YOUR OWN THAT IS GOING TO GET YOU READY FOR THAT FIRST WORKOUT. ALMOST NO ONE WORKING OUT IN A GYM OR ON THE STREETS (LET ALONE COMING OFF THE COUCH) COMBINES THE KIND OF AEROBIC AND BODYWEIGHT FITNESS THAT F3 WORKOUTS DEMAND. SO YOU NEED TO MAKE THE CHOICE TO JOIN WITH A BUNCH OF OTHER MEN AND PUSH THROUGH THAT PAIN. BECAUSE "I NEED TO GET IN SHAPE" IS REALLY JUST A WAY OF KEEPING THE COMMITMENT JUST OVER THE HORIZON, ALWAYS JUST OUT OF REACH. THE ONLY WAY TO GET IN SHAPE IS TO PUT YOURSELF IN THE MIDDLE OF A GROUP OF OTHER MEN AND FORCE YOURSELF TO KEEP UP WITH THE PACK.

DREDD: WOULD YOU GET DRUNK BEFORE YOU WENT TO A BAR? I REST MY CASE. (DREDD'S A LAWYER).

NO. 2: "I ALREADY BELONG TO A GYM."

HEY, THAT'S GREAT. I BET IT REALLY ROCKETS YOU OUT OF BED EVERY MORNING TO THINK ABOUT ANOTHER EXCITING DAY ON THE TREADMILL, HEADPHONES PLUGGED IN SO YOU CAN LISTEN TO THE SPORTSCENTER ANCHORS RUN THROUGH YET ANOTHER RENDITION OF "HOT OR COLD? BROUGHT TO YOU BY MILLER LITE" WHILE THE PLASTIC FICUS NEXT TO YOU WAVES GENTLY IN THE 68-DEGREE CLIMATE-CONTROLLED SPLENDOR. MEANWHILE, ELSEWHERE IN YOUR HOME CITY, MEN ARE GATHERING OF THEIR OWN FREE WILL IN TEMPERATURES RANGING FROM 9 TO 90 DEGREES AND CONDITIONS RANGING FROM STARLIT TO MONSOONISH TO SWELTERING TO GIVE IT THEIR ALL FOR AN HOUR AND LAUNCH INTO THE DAY WITH POWER AND IMPACT. TRUST US, THERE'S A DIFFERENCE.

DREDD: GYMS HAVE RULES. THE RULES ARE USUALLY DUMB. THEY PUT SIGNS LISTING THE DUMB RULES ALL OVER THE WALL. THERE AREN'T ANY WALLS OUTSIDE, SO THERE IS NO PLACE TO POST THE RULES. THUS, NO DUMB RULES.

NO. 3: "THAT'S TOO EARLY TO GET UP TO WORK OUT. I'M REALLY NOT A MORNING WORKOUT GUY."

OH, YEAH... I KNOW YOU. YOU'RE THE LUNCH HOUR WORKOUT GUY UNTIL THAT 11 A.M. CONFERENCE CALL RUNS LONG AND YOU DON'T HAVE TIME TO WORK OUT AND GET BACK FOR THE 1:30 MEETING, SO YOU'LL HAVE TO RUN OVER TO CHICK-FIL-A TO GRAB SOME FAST FOOD THAT I CAN PRETEND ISN'T FAST FOOD, BUT YOU'LL DEFINITELY GET OUT IN TIME TO HIT THE Y BEFORE YOU GO HOME EXCEPT YOUR WIFE CALLS AND SHE NEEDS YOU TO GO PICK UP YOUR 2.0 FROM BASKETBALL PRACTICE SO SHE CAN GET THE 2.1 FROM VIOLIN LESSONS AND STILL GET HOME IN TIME TO PUT DINNER ON THE TABLE AND MEET HER FRIENDS FOR GIRLS' NIGHT OUT AT 7:30 AND, WELL... NOW YOU'RE TOMORROW WORKOUT GUY, AREN'T YOU?

DREDD: THERE ARE ONLY TWO KINDS OF WORKOUT GUYS, THE EARLY MORNING WORKOUT GUY AND THE GUY WHO BLOWS OFF MOST OF HIS WORKOUTS. WHICH ARE YOU?

NO. 4: "I'M ALREADY WORKING WITH A PERSONAL TRAINER."

YEAH, I CAN TELL. REALLY GETTING YOUR MONEY'S WORTH THERE, AREN'T YOU? AND YOU'RE PAYING THIS GUY OR GIRL HOW MUCH TO COUNT YOUR REPS AND HOLD A CLIPBOARD? DID I MENTION THE FOURTH F THAT COMES AFTER FITNESS, FELLOWSHIP, AND FAITH? IT'S CALLED: FREE.

DREDD: NOT EVERY DAY? SURELY, NOT EVERY DAY. C'MON, YOU CAN MAKE ONE DAY A WEEK THE DAY YOU LET SOMEBODY GIVE YOU FOR FREE THE THING YOU'VE BEEN PAYING FOR. SERIOUSLY.

NO. 5: "THIS SOUNDS LIKE SOME SORT OF CULT."

BACK WHEN OUR FATHER'S FATHERS RAN THE WORLD, A BUNCH OF MEN GATHERING AT ODD HOURS TO ENGAGE IN COMMON EFFORT FOR THE COMMON GOOD AND WITH AN EYE TOWARD THE LARGER IMPROVEMENT OF THE WORLD AROUND THEM AND THE RAISING UP OF MEN TO BE LEADERS WAS SIMPLY PLAIN VANILLA, OLD-FASHIONED CIVIC ENGAGEMENT, AND IT WAS WHAT GROWN-ASS MEN DID. IF SOCIETY HAS MOVED SO FAR TOWARD ATOMIZATION AND SELF-ABSORPTION THAT FREE ASSEMBLY AND GROUP PRIDE QUALIFIES AS CULTISH BEHAVIOR, THEN SO BE IT, BUT WE WILL BE THE ONES, IN THE WORDS OF THE LATE WILLIAM BUCKLEY, STANDING "ATHWART HISTORY, YELLING STOP."

DREDD: UHHHH, ACTUALLY IT IS KIND OF A CULT, BUT I'M THINKING IT'S THE GOOD KIND OF CULT LIKE THE BLUE OYSTER CULT. NOT THE KIND OF CULT WHERE YOU END UP WITH TIN FOIL ON YOUR HEAD OR CASTRATING YOURSELF TO GET A RIDE ON THE HALE BOPP COMET OR DRINKING HOT-ADE IN FRENCH GUYANA.

OBT/DREDD

KNOW THE LEXICON

- **Fraziered:** To cause someone to run too hard, too long, or at an exhausting pace. This happens when you join a group of PAX for a pre-run, and the strongest runners assure you they'll keep your pace. However, these runners gradually push harder until, by the end of the run, you're matching their pace, leaving you too tired to fully participate in the BD. Named after Frazier, who was notorious for this



COFFEE

Drinks Menu

Short Espresso	Flat White
4oz £2.50	8oz £2.80
Cappuccino	Caffe Latte
Long Black	12oz £3.00
Mocha	16oz £3.30
Hot Chocolate	

2nd F= FELLOWSHIP

The GLUE of F3

The 1st F is what draws the men in to check out F3, but the 2nd F, or the fellowship, is what keeps them coming back. Sometimes it's just the guys, but we'll also try and make sure we include family activities as well.



It's always great when guys come from out of town and it's like they regularly work out with your group. Then enjoy some good fellowship after the workout. It's like having old friends from all over the country that periodically come to visit.

KNOW THE LEXICON

- Peanut HIM&M's: Any 2nd or 3rd F event where PAX's M's and 2.0's can participate.
- Plain HIM&M's: Any 2nd or 3rd F event, in or outside the Gloom, where a PAX and his M participate together; whether it be a date night, 2nd F event, community service, etc.





3rd F= FAITH

The DYNAMITE of F3

Faith is different than religion. Faith is a man's right relationship with his creator. A man cannot Live, Lead, or Leave Right unless he is accelerating this relationship along with his Fitness and Fellowship. Without a belief in a power outside of himself a man will have no choice but to view himself as the king of the world. A man who believes that lie cannot be a virtuous leader because he will be incapable of seeing himself first as a servant.

**THE LITTLE
TREE PROJECT
10,000-MILE
ACTIVITY CHALLENGE**

**PRESENTED BY
F3 REGIONS
ACROSS ALABAMA**

CALLING ALL WALKERS, RUCKERS, CYCLISTS & RUNNERS

3rd F events are events that get the PAX out and help their community. We're always looking for ways to serve in our community. If you know of a need in the community that we can get involved with, please reach out and we'll see how we can help. We can be reached on social media, or you can email Buckner. bucknerf3mobile@gmail.com

KNOW THE LEXICON

- Cutting the Ham: Teaching and re-teaching processes and methods based on outdated or bad information that was taught to you. Accepting as truth a wrong way to do things simply because "that's the way we've always done it". AKA: Whiskey D*cking.





Want to get in touch with the group?
Contact Buckner: bucknerf3mobile@gmail.com

Find us on social media:
Facebook: F3 Mobile-Alabama Gulf Coast Region
Instagram: f3mobile
Twitter: @F3_Mobile1
YouTube: F3 Mobile