

# AROUND THE SWAMP

March 14, 2021 V.16

## F3 Talk Highlight

Shared Suffering (written by Geppetto)

Every F3 workout is special. But once in a while, a beatdown comes along that bonds us together in a way that is hard to explain. This experience happened to me twice in the last week. First was Stark's Heat Wave beatdown at Fortress. The constant movement and not wanting to let your partner down combined with the cold wet conditions and the Site Q transfer from Jennay to Doubtfire made for one of those F3 days I'll never forget.

The second happened four days later at FoD. Mile High put together a Real Ass Kicker (RAK) of a workout and it had the PAX on the brink of collapse. When it was all over we stood around looking at each other realizing what we had just gone through. You could FEEL it in the COT, guys were tired but invigorated. We were excited even though we were beat.

It's this SHARED SUFFERING that you cannot replicate anywhere else. Not in a gym, not in your basement, not by yourself. It

builds bonds between us, it forces us to push through the pain, not for ourselves but for the man standing next to us. It makes us better men and better leaders. It's what makes F3 such a special group. I can't wait for tomorrow when I get to suffer again with all of you.  
SYITG -Geppetto

## 4H's

Birth Name: Matt Yarder

F3 Name: Stark

## ***History:***

Born and raised in Toledo. 4th Generation owner of the family business with my 2 cousins. Went to Blessed Sacrament (The Oasis) k-12, then to St. Francis, then off to Miami University. Was quite overweight in middle school due to asthma issues, not being super active, poor eating habits. Grew out of that in High School. Never played any competitive sports only on "fun teams" all throughout my school years. Used to be a big gamer my entire life, until kids came along (they apparently need a lot of attention). Met my wife in high school. We have been together ever since. 2 Kids, Pierson 8 and Amelia 10. Really came out of my shell in college.

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Throwing myself completely into the business and entrepreneurial spirit allowed me to get comfortable with being uncomfortable. Helped start EPIC Toledo. This is when I made giant leaps towards relationship building and career development. Moved out into Pburg in 2008. First time in the burbs. Found out about F3 from Cooter in 2017, haven't looked back since. This past 4 years have been some of the most rewarding of my life. Watching our community grow through these men is infectious and rejuvenating.

## **Heroes:**

Stan Lee, Joe DeSena, Wife, Parents, Local business mentors, All teachers that give a shit, Dredd, F3 Toledo and F3 Black Swap HIMS (too many to list)

## **Heartbreaks:**

Lost my mom's identical twin sister to ALS in 2015. Horrible disease. She was always like having a second mom. Felt lucky it wasn't my mom, but so sad for my two cousins who lost their mom. Was surreal to watch someone become a prison in their own body, especially when they looked exactly like your mom, but it wasn't.

## **Hopes:**

Build a new facility for Yarder mfg. to continue into the next 4 generations. Instill service leadership into my children. Teach them to dream big and not be afraid to fail fantastically. Be able to show my wife I love her at 99 years old the same I did when I met her in High School. Travel throughout Asia and Europe in Retirement. Get a house on the water and a boat! Maybe start another business (what kind, who knows)

Would you like to share your 4H's? If so, just fill out the google form by clicking here: [4H's form](#). Text Isosceles at 614-949-5724 if you have any questions.

## **2.20 Ruck to Maumee Event Recap**

Thirty-five unique HIM's participated in the 1st, 2nd, and or 3rd F portion of the ruck. The feels like temperature was just above 0 degrees. A 1st leg was just shy of 9 mile. 12 2x4 coupons were used. Two sets of 40 burpees (w/ rucksack) for Woodstock's birthday added to the challenge. Note to self: put insulation on your water bladder dickie...most of ours froze! The

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beatdown was a mix of individual and team work. Thank you Woodstock for keeping up moving the entire time. I appreciated working with a team...the energy was great the entire time. 2nd leg was just over 5.5 miles. The endex challenge was to create a stretcher to carry 6 cases of water using 5 2x4s and 12 screws in 10 minutes. The stretcher design let about 8 guys carry it at one time. The weight of the cart and some seriously deep snow slowed the pace considerably. It took about 50 minutes to go 1.5 miles with the cart.

Donations to Habitat:

20 cases of water

24 2x4s

\$275





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