

AROUND THE SWAMP

May 2, 2021 V.18

Q Source Highlight

Q1 Get Right (written by Woodstock)

Q1 – Get Right: A Man must Get Right before he can do anything else. This is so much more than fitness, and is so much more than a “goal” – it's an ongoing process that you have to stay on top of. It takes a personal decision to Get Right, and discipline to Stay Right. Fitness doesn't just happen, it takes work and once you “get fit” you have to continue to follow a plan to stay fit – I promise, your kids are not going to slow down but you will! You can't just diet for some small period of time to lose weight or fix a medical issue and expect it to stay that way, you have to make a lifestyle choice to eat better; diets are temporary and provide temporary results. Lifestyle decisions to eat healthier provide sustainable results and continue to help accelerate your overall goals (lose weight, lower cholesterol, etc) and in general are LESS restrictive than a “diet” because they targeted at a different, much longer term, goal. Fellowship and Faith also follow a similar path – to truly Get Right you need more than superficial relationships with others and your higher power. All these things take discipline – that is the bedrock of “Get Right” –

accountability (external pressure) and motivation (temporary) can provide an initial push, but you have to become disciplined to gain the freedom getting right provides. Once you get that discipline though – watch out. The freedom it grants is exhilarating. You never have to feel hungry, or excessively tired, or alone. It may not cure depression or anxiety, but it is reassuring to know that those relationships – real, honest relationships with brothers and a higher power – are there to talk to when you need them. I have no clue who originally said “Discipline equals Freedom” but it is 100% true, and a critical part of not just Getting Right but Staying Right. Aye!

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

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"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. 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)

Lexicon/Exicon

Dolphin:

Task a person was born to do best.

Daffodil:

The people-group each person was born to Serve.

Fasthole(s):

A term commonly used, in F3Jacksonville, for the elite group of Pax that can run faster than the rest of us.

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Black Swamp Tclaps

- Bourbon for taking the lead on getting Grantland (the newest Perrysburg AO) off the ground. Check out this new Wednesday option!
- From Huckleberry: Tclaps to Isoscelese for a well organized, well presented and well received Qschool 101. It was not only jam-packed with all you need to know about being a better Swamp PAX, but it was informative and an honor to have participated for both the new and veteran PAX.
- From Thai Guy: Tclaps to Woodstock for taking the lead on the 3rd F leadership discussion forum
- Tclaps to all the individual and relay runners in the GCM. The relay teams were super competitive. The individual runners were fueled by the

support from other PAX during training and those who cheered during the race.

- From Woodstock: Tclaps to Huck and Thai Guy for fighting through Covid-19 pandemic to see the playgroup built and pushing for a stron fundraising finish.
- Tclpas to all the PAXed who have EHed and reEHed guys the past month. We have had an explosion of FNGs the past month.
Stark/Perrysburg won April's competition. Woodstock hasn't found quite the right dress in his collection, but I'm sure he'll be looking good at an upcoming beatdown.
- From Casper: I appreciated that during Q school it was explained that all leaders in F3 are meant to be replaced. Actually, after leading the leadership ruck the past year+ at the Fortress, I am looking for my replacement!
- From Doubtfire: Tclaps to Geppetto for taking my Q last second when I hit the DL with Covid. Geppetto is a constant source of

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encouragement and a true representative of all that F3 is intended to be.

Geppetto is an encourager and someone who lives the principles he preaches.

Thank you for your leadership and the example you set to be a High Impact Man!

<https://docs.google.com/spreadsheets/d/1JPh0t3-JXA7DFcyPiWQxgCB180YxEgDtiviMzrXRr5E/edit#gid=0>.

Please sign up for only one Q as to give as many PAX an opportunity to Q as possible. If you plan on attending a workout or workouts, type your name in the appropriate PAX slots next to each workout.

Workouts will take place every hour on the hour and will last 45 minutes each so there is a 15 minute transition time between each workout. The Gauntlet provides ample space to accommodate a variety of workouts. Bust out an old favorite workout or use your imagination and come up with something brand new!

MARK YOUR CALENDERS:

Q school 101 virtual option:

May 6th 8:00-9:00. HC in mumblechatter

EH Bonanza: Now until August 31st. Which subregion will get the most FNGs and Cotters?

F324 Event: May 14th 8:00pm- May 15th 8:00pm. 24 hours of back-to-back beatdowns, rucks, runs, etc. to celebrate 1 year anniversary of F3blackswamp.

Location: Gauntlet

From Geppetto's post of the event: What better way to celebrate the one-year anniversary of F3 Black Swamp than twenty-four consecutive hours of workouts! Additionally, this is a great opportunity to get the sad clowns in your life to see what F3 is about.

Camping Trip @ Oak Openings:

May 22nd. All are welcome...2.0s, Ms, etc.

Isosceles rented a group site at Oak Openings Springbrook

Campground. The site can hold 25 people (I am sure we could get away with closer to 30). Please HC here and filling in some info on this spreadsheet:

<https://docs.google.com/spreadsheets/d/124rH8B202fQ6YI3ywpOQocrwSex-QLtligdM6IV6kWW/edit?usp=sharing>

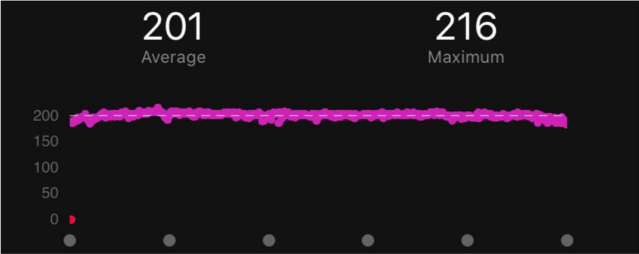
Q sign up/HC sheet and put your Preblast (2.0 friendly, bring a block etc) here:

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Lap	Time	Dist mi	Avg Pace min/mi
1	7:45.2	1.00	7:45
2	7:50.1	1.00	7:50
3	7:59.3	1.00	7:59
4	7:56.9	1.00	7:57
5	7:53.6	1.00	7:54
6	7:51.3	1.00	7:51
7	3:06.5	0.41	7:37
Total	50:22.9	6.41	7:52



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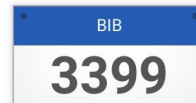
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Geoff Kujawa
OWENS CORNING HALF MARATHON
Male Age 39 Sylvania, OH

[Photos](#) [Certificate](#)

[Set Notifications](#)



Chip Time
1:56:36.4

Gun Time
1:56:36.4

Pace
8:54

Overall
546 of 1680

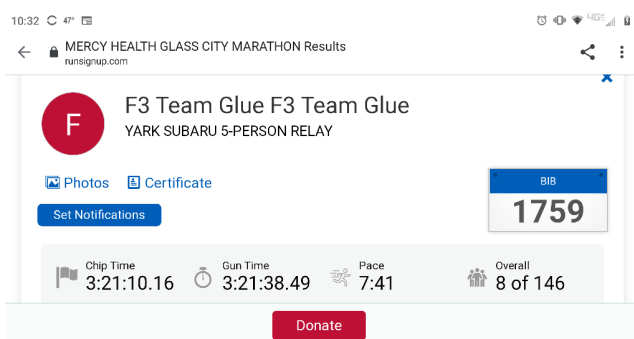
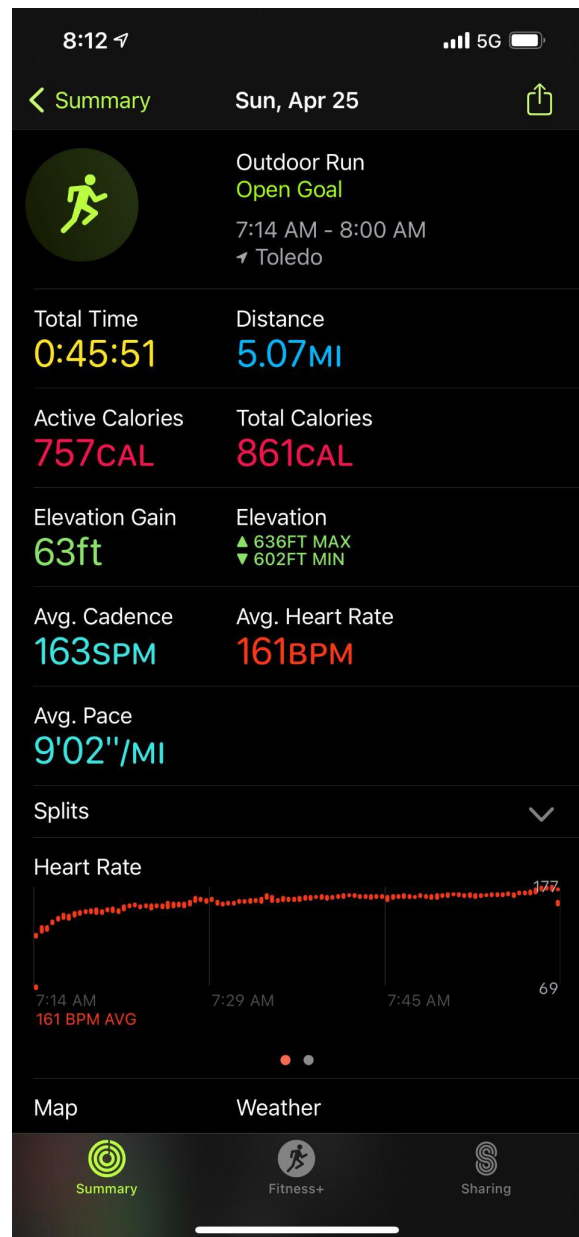
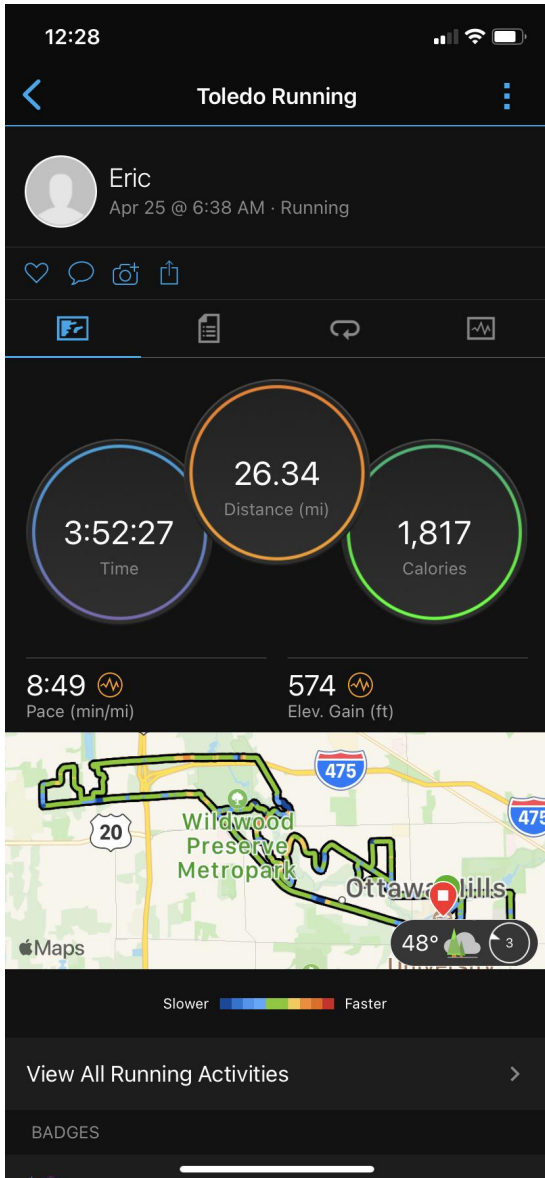
[Questions About Results?](#)

Male 35 - 39
46 of 98

Gender Place:
337

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12:16 45° 4G+

← Toledo Running

Josh Brown
Apr 25 @ 7:03 AM • Running

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Lap	Time	Dist mi	Avg Pace min/mi
1	7:11.9	1.00	7:12
2	7:07.6	1.00	7:08
3	7:11.0	1.00	7:11
4	7:12.5	1.00	7:13
5	7:12.1	1.00	7:12
6	0:05.5	0.01	7:28
Total	36:00.6	5.01	7:11

📄

