

ANNUAL REPORT 2023



LETTER FROM THE NANT'AN

Nant'an: A cultural/spiritual Leader within a Starfish-modeled Organization.

As we reflect on 2023, I'm filled with immense pride by all we've accomplished together as a Nation. What began as a small group of men striving to improve their fitness and leadership has evolved into a movement that spans continents, with new regions and partnerships helping us execute our mission to invigorate male community leadership.

This past year was nothing short of remarkable. We've grown the number of PAX, and in turn, the number of cities impacted by what is missing in our societies — integral male leadership. With more than 4,900 workouts across F3 Nation, our presence has expanded, welcoming thousands of new PAX to the gloom — many of whom stepped into leadership roles, possibly for the first time, in their families, workplaces and communities. In 2023, F3 continued its international growth, further proving that though thousands of miles and cultural differences may separate us — the longing of a mens' hearts to be *more* is universally shared. In addition to these successes, the year brought new challenges and opportunities. We adapted and grew with the Trainer Academy producing its first cohort of graduates. This will help ensure the Nation will be led by well-prepared, High Impact Men who inspire PAX to find their purpose and unlock their potential.

Together, we are developing leaders who are impacting the lives of those around them through Fitness, Fellowship and Faith. Thank you for your sacrifice to F3 Nation and your commitment to becoming better men. **Remember, we are a MOVEMENT. And, our job is not to change the world, but to change men who will change the world.** It's my honor to serve alongside you, knowing that we won't stop until we give this gift away to every single man who wants it. Aye!

SYITG,

Dark Helmet

Nan'tan, F3 Nation



FITNESS, FELLOWSHIP AND FAITH®

ABOUT US

THE MISSION

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

WHAT IS F3?

F3 started in 2011 in Charlotte, North Carolina and has grown to more than 48 states and 4,900+ scheduled workouts each week through the efforts of men whose lives have been changed by their involvement with F3. The three Fs in our name stand for Fitness, Fellowship and Faith — the last of which we define as simply a belief in something bigger than yourself.

5 CORE PRINCIPLES



Free of Charge

Never pay to workout, ever.



Open to all Men

No matter the man, you are welcome here.



Held Outdoors

Rain or Shine, Hot or Cold, we are out there.



Peer Led

Rotating fashion of men leading each other.



Ends with a COT

Always ends with a Circle of Trust.

CREDO

Leave no man behind. But, leave no man where you find him.



LEADERSHIP

2023 BOARD OF DIRECTORS

The F3 Nation Board of Directors is responsible for providing oversight, governance, and strategic foundation building to ensure the long-term success of the organization and its leaders.



CLAYTON HROMADKA
Shoota



DAVID REDDING
Dredd



CHADWICK BROUGH
Wait Time



ADAM HACK
Jolly Rancher



RALPH JODICE
Red Baron



JOHN LAMBERT
Slaughter



TORIAN RICHARDSON
Carmen SanDiego



TOM WILSON
Checkpoint

2023 ADVISORY COUNCIL

The F3 Nation Advisory Council serves as a non-governing, non-fiduciary group of volunteers charged with providing strategic guidance, raising awareness and assisting with raising funds to help ensure success in achieving its goals in support of F3 Nation's mission.



JIM HARSHAW, JR.
GRAPPLER



JAY CHADHA
CHARMIN



MATHEW CORREIA
COBRA COMMANDER



JESSE DEPRIEST
TC



NATHAN HERZOG
MILES



WILL JOHNSON
SAWED OFF



JAMES (JAI) JONES
FIZZ



GEORGE POWERS
FULL MONTY



CHRIS RITTER
HORSHACK



KURT WUNDERLICH
WOLVERINE

GROWRUCK TRAINING EVENT

In 2023, F3 Nation was proud to announce our partnership with **Christian Brothers Automotive**, who joined us as the title sponsor for **GrowRuck**. Through Christian Brothers Automotive's generous investment of \$25,000, we were able to enhance and expand the GrowRuck events, reaching more men across the country.

Thanks to this support, F3 Nation provided PAX with even greater opportunities for leadership development, physical fitness, and community engagement. The investment allowed us to improve the overall event experience, offer scholarships, and increase outreach efforts.

Christian Brothers Automotive's commitment to empowering individuals aligned seamlessly with our mission, and together, we inspired participants to push their limits and become stronger leaders in their families, workplaces, and communities.



In 2023, the GrowRuck team executed 10 GrowRuck Training Events (GTEs).

1. GTE-35 The Capital hosted in Washington, DC
2. GTE-36 St. Charles the Last Stop hosted in St. Louis, MO
3. GTE-37 Black Swamp hosted in South Toledo, OH
4. GTE-38 The Confluence hosted in Boise, ID
5. GTE-39 Columbus hosted Columbus, OH
6. GTE-40 Hoist Your Anchors Haunted Coast hosted in Savannah, GA
7. GRE-41 The Vieux Carre hosted in New Orleans, LA
8. GTE-42 The Hills hosted in Guildford, England Area
9. GTE-43 The Next 43 Feet hosted in Fort Bend, TX
10. GTE-44 The 11th Hour hosted in Wilmington, NC

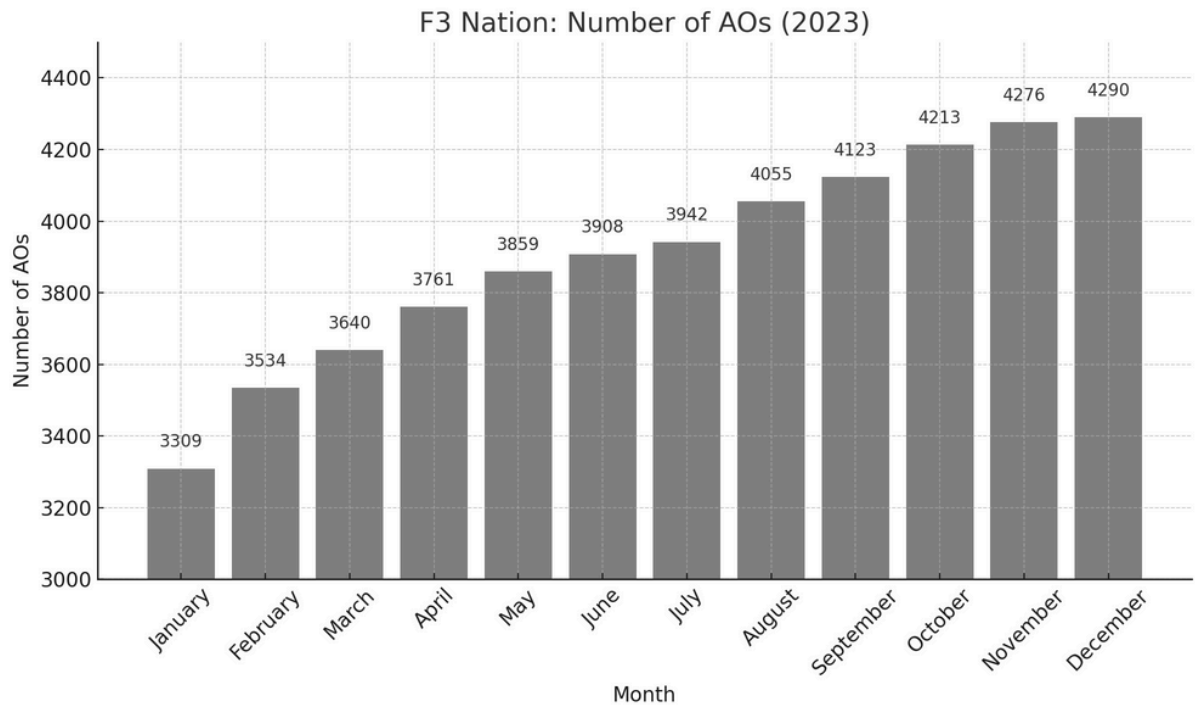


GROWTH

2023 marked the first year F3 Nation tracked monthly growth in the number of workout locations (AOs) and Regions. This growth was fueled by a dedicated team of Expansion Qs.

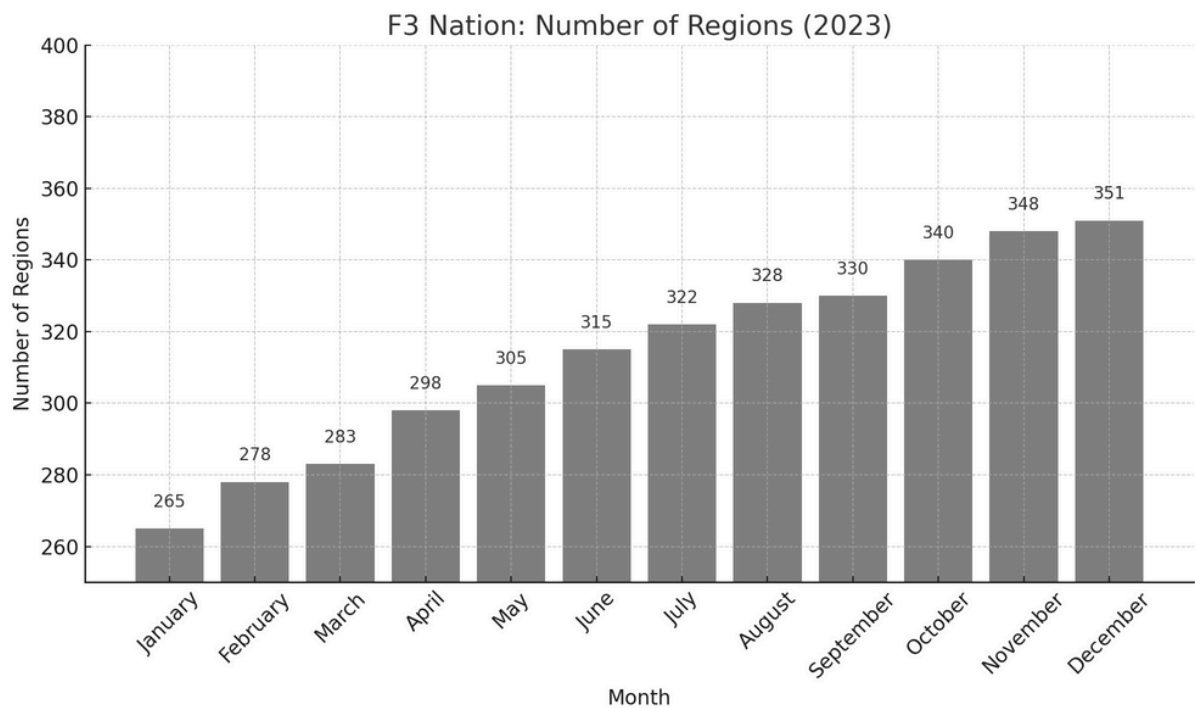
F3 Nation: Number of AOs (2023)

F3 Nation added 981 new regions, reflecting a 29% increase.



F3 Nation: Number of Regions (2023)

F3 Nation added 86 new regions, reflecting a 32% increase.



IMPACT

INVIGORATE GRANTS

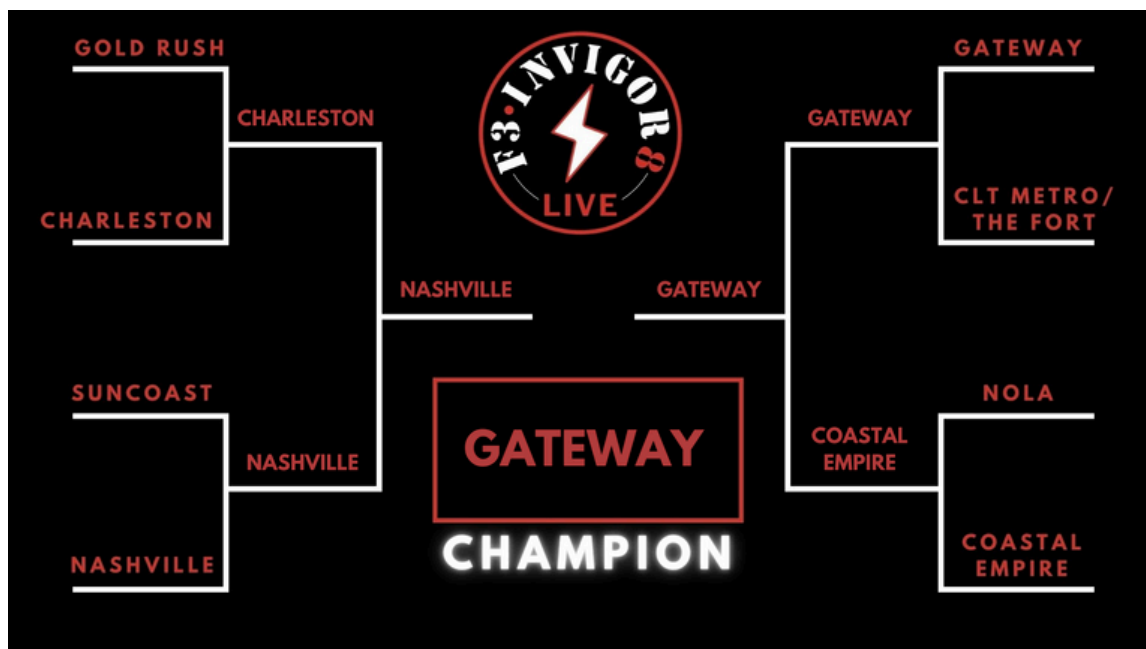
In the Spring 2023, F3 continued its mission of **accelerating impact** by awarding **\$37,216** in funding to support 13 PAX-led projects. These projects demonstrated the true power of F3's Fitness, Fellowship, and Faith by **rallying 535 PAX (plus friends and family)**, all volunteering to help their local communities. Collectively, **these efforts resulted in over 4,600 volunteer hours**.

The projects supported through this grant cycle not only tackled local challenges, but also reinforced the spirit of servant leadership that defines F3. From building stronger neighborhoods to enhancing local services, the PAX proved once again that **when men step up, communities thrive**.



INVIGOR8 LIVE

F3's Invigor8 LIVE virtual grant-making event, held in the fall of 2023, brought increased visibility to charitable impact across the Nation. The event featured **eight finalists from F3 Regions** throughout the country competing in a March Madness-style bracket playoff. Each region gave a LIVE pitch describing their charitable project, how it's changing lives, and why they deserved the audience's vote. A virtual audience — comprising F3 participants, families, business and community leaders — tuned in and voted for their favorite projects throughout the evening. In the end, **\$22,500 was awarded** to eight regions, with **F3 Gateway receiving the top award of \$10,000!**



ACCELERATE

2023 Accelerate Campaign Recap

F3 Nation continued the Accelerate Campaign with a bold vision: **to amplify the impact of our mission across communities nationwide**. Thanks to the dedication of PAX, regional leaders, and our donors, we raised \$350,284.

This achievement reflects the commitment of our brotherhood, not only to personal growth but also to building stronger communities through service. Every dollar raised through the Accelerate Campaign will fuel initiatives that drive **leadership development, grow regional programs, and provide resources to support impactful events**.

The Accelerate campaign was more than just a financial goal. It was a testament to our shared values – invigorating male community leadership and living out our mission with intentionality.

Together, we accelerated change and positioned F3 Nation for even greater growth in 2024.

Key Impact Areas Funded:

- Expansion of regional programs and leadership development opportunities
- Increased support for PAX-led initiatives
- Strategic investments to sustain and grow operations across the nation

As we reflect on 2023’s success, we are grateful for every PAX and donor who contributed to this effort. **Your generosity has enabled us to accelerate our momentum into the future, empowering more men to lead and serve in ways that change lives.**

HERE’S WHAT PAX ARE SAYING ABOUT GIVING TO ACCELERATE:

“

We owe it to all the men across this country who dont have access to the F3 Brotherhood a chance to have what we do. This is how to make it happen. Time to step up.

- TRYON

”

“

F3: What every man needs but doesn't know it

-BRUCO INTIMIDATOR

”

“

In appreciation of your help with moving the desks and being so generous with your time

-FERRARI

”

“

This fellowship of men has had such a positive impact on my life. Want other men and communities to have it, too!

-DOZER

”

FINANCIALS

F3 NATION, INC. AND F3 FOUNDATION CONSOLIDATED FINANCIAL STATEMENTS

[CLICK HERE](#)

CONTACT

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