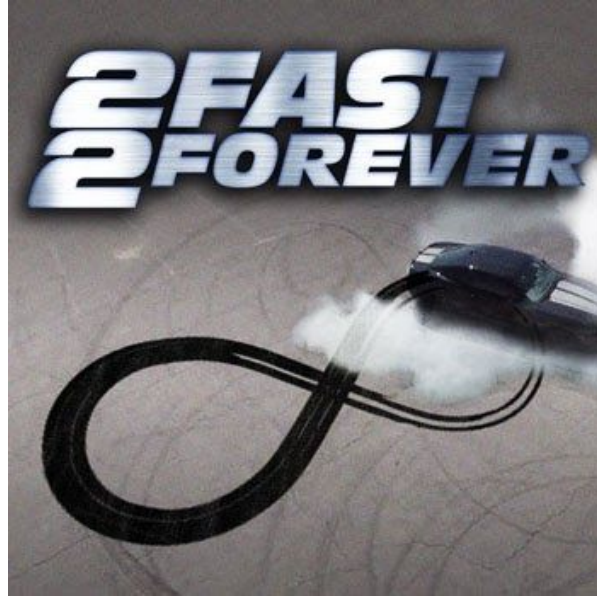


2 Fast 2 Forever: The Fast and Furious Podcast



2 Fast 2 Forever (2F2F) is a podcast where co-hosts Joey Lewandowski and Joe Two watch the films in The Fast and the Furious franchise, forever. They've got nitrous oxide in their blood and gas tanks for brains, so grab any brew you want -- as long as it's a Corona -- and hop in the passenger seat. "There's all kinds of family; we chose this one."

The podcast can be found on [iTunes](#), [Spotify](#), [Google Podcasts](#), [Stitcher](#), [Amazon Music](#) and at the [CageClub Podcast Network website](#).

Concept

The podcast was created to watch and discuss the Fast and Furious films and how they fit in modern pop culture. By reviewing the films with guests, the hosts show how the franchise has grown beyond cars to become a culturally-diverse global phenomenon about "family" (both biologically and found) accessible to everyone.

Release Schedule

Beginning with monthly episodes, 2 Fast 2 Forever "hit the NOS" and now releases two episodes per week, alternating between the Fast and Furious movies (every other Tuesday) and other episodes related to the "Fastiverse" in episodes called "pit stops" (every Friday and alternating Tuesdays). Episodes are themed into "laps," which focus on an actor in the franchise, a genre, or another connective thread. Other episodes (interviews, fan fiction, movie reactions, etc.) are released as well.

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Episode Format

A typical episode begins with a sponsorship opportunity, followed by the hosts talking about what they've been up to since the last episode, including any movies, tv, video games and other media they've been enjoying.

After, the Patreon sponsors (at a certain tier and above) are acknowledged, followed by a reading and discussion of emails fans have sent in, covering their thoughts and questions about previous episodes (as well as their lives in general).

The episode then transitions into topics about the Fast and Furious franchise, including news about the movies, its actors, and upcoming related projects. Each episode also includes a deep-dive breakdown of the films one minute at a time, including an in-depth look at and discussion of the set, costumes, and dialogue.

A quick commercial break (with another sponsorship opportunity) is followed by discussion of the focal point of the episode (movie, show, etc.). If that episode's guest is new to the program, the hosts dive into the guest's familiarity with the films and the franchise, and ask some "either/or lightning round" questions.

The movie discussion begins with a focus around the ideas or themes of the lap in the context of that film. After the movie discussion, a few games are played, including guests taking a "Which Fast and Furious Character are you?" quiz (developed by the hosts), an interactive Twitter game (with an overly complicated points system), and a car guessing game with content provided by listeners.

Contact Info and Important Links

Email	family@cageclub.me
Website	https://www.cageclub.me/2-fast-2-forever
Megaphone	https://cms.megaphone.fm/channel/2f2f
Patreon	https://www.patreon.com/2fast2forever
Facebook	https://www.facebook.com/2Fast2Forever
Twitter	https://twitter.com/2fast2forever
Instagram	https://www.instagram.com/2fast2forever
YouTube	https://www.youtube.com/2fast2forever

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Hosts

Joey Lewandowski is a comically-motivated host of too many podcasts and a founding member of the CageClub Podcast Network. Considered the better of the two Joes. A firm believer that every season is baseball season if you believe in yourself, Joey enjoys telling other people about inside jokes his fantasy baseball league makes. The truth is out there. You can learn more [here](#), email him [here](#), or follow him on [Twitter](#), [Instagram](#), or [Letterboxd](#).



Joe Two prefers life in a shroud of semi-anonymity to make it a bit more difficult to find out who he truly is. When not abusing airline mile systems to fund nearly cost-free ventures around the U.S. to get beer — or nearly cost-free ventures around the world to drink beer — Joe is likely watching a Lifetime movie or telling you that you should watch more Lifetime movies. You can learn more [here](#), email him [here](#), or follow him on [Twitter](#).



Press Coverage/Reviews

2 Fast 2 Forever currently has [an average rating of 5.0 on Apple Podcasts](#). The show has been called *the best Fast & Furious podcast out there* (Jan. 2019), a *hilarious and yet poignant look into the best and most realistic film franchise ever created* (Dec. 2019), and *like a combination of Fergie & Jesus* (Jun. 2019). It's also been called *a foolish endeavor*, but done so with love and admiration. (We hope.)