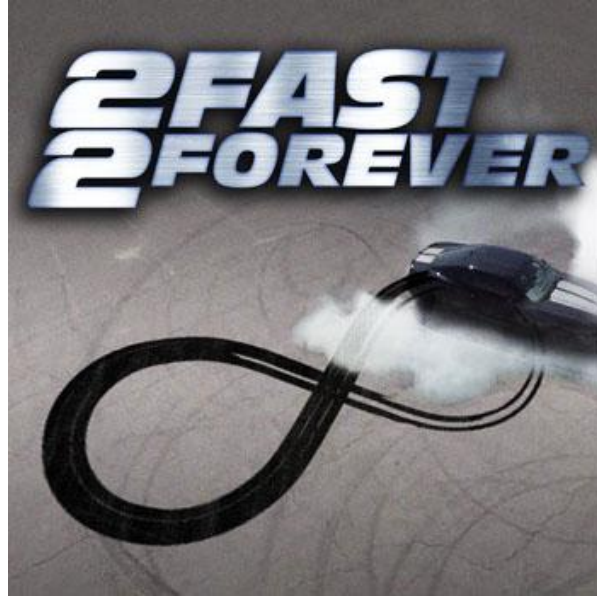


2 Fast 2 Forever: The Fast and Furious Podcast



2 Fast 2 Forever (2F2F) is a podcast hosted by Joey Lewandowski and Joe Two. They have nitrous oxide in their blood and gas tanks for brains, and they love the Fast and Furious movies so much that they plan to watch them on repeat and talk about them... forever. Grab any brew you want — as long as it's a Corona — and hop in the passenger seat.

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 a new episode each week — plus monthly bonus episodes on Patreon — alternating between the Fast and Furious movies and other episodes related to the “Fastiverse.” Episodes are themed into “laps,” which center around a theme tied to the franchise (actors, genres, or other connective threads).

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Episode Format

The episode format varies depending on the type of episode being released, but each begins with a sponsorship opportunity followed by recognition of Patreon members who support the show at certain tiers.

Most episodes primarily focus on the movie or TV show being highlighted. If an episode's guest is new to the program, the hosts dive into the guest's familiarity with the Fast & Furious and ask some "either/or lightning round" questions.

Games include a "Which Fast and Furious Character are you?" quiz (developed by the hosts), an interactive Twitter game (with a complicated points system), a car guessing game, and a movie game built around the film discovery site Letterboxd.

Other segments include reading listener mail, news about the Fast and Furious franchise, and minute-by-minute deep-dive breakdowns of the Fast & Furious films.

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

Both hosts were quoted as expert sources in the Wall Street Journal's piece, "['Fast & Furious' Brings Han Back. Fans Are Still Worried About His Fate.](#)" (6/23/21)

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.)