

10 MILES. 30 OBSTACLES. 1 GOAL.

2024

PARTICIPANT  
PACKET

 BARBER BEAST ON THE BAY



IMPORTANT INFORMATION REGARDING EVERYTHING YOU  
NEED TO KNOW FOR BEFORE, DURING & AFTER THE EVENT







# PLEASE NOTE

IF YOU SIGNED UP FOR THE **ELITE WAVE** YOU MUST GO OFF AT **8:30** OR YOU WILL NOT BE CONSIDERED AS A TOP FINISHER REGARDLESS OF TIME.

IF YOU SIGNED UP FOR THE **TIMED WAVES** YOU MUST GO OFF IN YOUR SELECTED WAVE TIME: **8:45, 9:00 OR 9:15.**

## PACKET PICK-UP

Packets will be available at Barber National Institute Main Campus —100 Barber Place on:

**WEDNESDAY & THURSDAY, SEPT. 4 & 5 FROM 3-6 P.M.**

Participants also can pick up their packets at the event on Saturday, Sept. 7 at Waldameer Picnic Groves starting at 6:30 a.m.

**PLEASE BRING YOUR PHOTO ID.**

**TO PICK UP A PACKET FOR ANOTHER PARTICIPANT, YOU MUST HAVE:**

- A copy of their **PHOTO ID**
- Ensure that they have **SIGNED THEIR WAIVER** prior to you picking up their packet.



Participants who registered for an elite or timed wave will receive a timing chip in their packet, which they must bring to the event, securely tied to their shoe. Lost or forgotten chips cannot be replaced on event day. Volunteers will be stationed at the finish line to collect chips, so please make sure to return yours after finishing.

**Registrations also will be accepted during Packet Pick Up and the day of the event! Simply bring cash or credit card and photo ID. NO CHECKS!**

## DAY OF/CHECK-IN

**ALL PARTICIPANTS MUST CHECK-IN AT WALDAMEER THE MORNING OF THE EVENT** with **VALID PHOTO ID** regardless if you picked up your packet earlier in the week.

At check-in each participant will get their wristband for beer, participant number written on them, and pre-beast nutrition. **BEER BANDS WILL BE UNAVAILABLE LATER IN THE DAY.**

A participant number is **REQUIRED** before you can head to the Start Line.





# WALDAMEER

Waldameer Park & Water World is located at 220 Peninsula Drive, Erie, PA 16505. **PLEASE MAKE SURE TO GET THERE 90 MINUTES BEFORE YOUR WAVE TIME.**

# PARKING

**FREE PARKING** is available on Beast Day in the lot located at Waldameer off of the Peninsula Drive entrance. From there, participants can board shuttles to go to the start line at Beach 11. Please do not leave valuables in your car. Follow the signage to Registration Check-In at Waldameer to receive your wristband for beer, participant number (written on body), and pre-beast nutrition.



**Participants finish last obstacle through the wave pool at Waldameer near designated parking area.**

# SHUTTLES

The "E" is providing free shuttles to transport participants from Waldameer to the start line at Beach 11. Shuttles will begin running at 7:15 a.m. for participants only. Please plan to board your shuttle at Waldameer approximately one hour before your scheduled wave time. The final shuttle will depart at approximately 10:30 a.m. for participants. **Everyone must check in at Waldameer first before using the shuttle.**



Beginning at 12 p.m., the "E" will run shuttles throughout the course for participants and spectators. Look for designated stops and pick-up spots that are marked with "E" shuttle signs on the map. If participants prefer to drive to the start line, shuttles will run until 3:30 p.m. to return to Beach 11.



# BAG DROP

Secure your belongings at the Bag Drop located near registration at Waldameer Picnic Groves. Look for a tag in your packet and tie that to your bag.

**NOTE: WE CANNOT TAKE YOUR BAG AT THE START LINE.**

Lost & Found will be located at Bag Drop!

**Beginning at 11 a.m., participants can exchange shirt sizes here. Leftover shirts also will be available for participants who registered after Aug. 1.**







# COURSE TIPS

The Beast is designed to challenge all athletic levels. If you want to run the course and hurdle every obstacle, that's great! If you want to walk the course, picking and choosing which obstacles to do, that's fine too!

**The course will close at 3:30 p.m. this year.** Our Beast Builders will begin to clear obstacles and participants are suggested to head up the Waldameer hill or shuttle back to the finish line by 4 p.m. All participants will still receive medals.

You will be exposed to the outside elements on the course and are encouraged to wear insecticide to avoid bug bites (including ticks). It's also recommended that you wear sunscreen, gloves and proper athletic shoes!

**Course Signage:** You will be running through the nooks and crannies of Presque Isle State Park that you may not be familiar with. Be aware of your surroundings. #LeaveNoTrace, and follow the course markings & signage to get you to the finish line! The course will be marked with orange tape.

# HYDRATION & NUTRITION



Seven water stations are placed throughout the course (refer to map). The water stations are long fountains connected to a water source. Volunteers will make sure water is flowing and ready to drink as you approach.

Three of these seven stations double as a hydration/nutrition station. Fruit, protein bars and water will be provided. Plan ahead & bring your own nutrition bars if you have particular needs. We also will have some items at the finish line.

**NEW:** Keep an eye out for Celsius, Gorgie, and LMNT for hydration & NuGo Nutrition, Verb Energy, SunButter, and GU products for nutrition!  
 These will keep you energized before, during, and after the course.





# CHEER ZONES



While you're moving between obstacles, watch for Cheer Zones located along the course. These are groups volunteering to provide some encouragement and motivation!

## THANKS TO THE 2024 CHEER ZONES:

- Mercyhurst University Women's Lacrosse
- Council for Exceptional Children
- Gannon Cheer & Dance
- The JAM Team Foundation

**TAKE NOTE:** You will be able to vote for your favorite Cheer Zone in the post-event survey, giving them the chance to win cash prizes!



# ELITE WAVE

All participants in the Elite Wave must complete all of the course obstacles. Multiple attempts can be made, but they should not interfere with those making a first attempt. **ELITE PARTICIPANTS WILL BE DISQUALIFIED FROM THE AWARDS IF THEY DO NOT COMPLETE AN OBSTACLE.** Volunteers will report disqualifications before the awards, but we also ask that Elite participants observe an honor system. If you do not complete an obstacle, please report it to a volunteer at the finish line.



# AWARDS

A brief ceremony will be held at 12 p.m. on the stage near the finish line to award the top three male and female finishers from the Elite Wave. The top Beast fundraisers also will be recognized. We will be awarding an outstanding Barber employee with our Paul T. Nelson Service Award.

# EVENT STAFF

If you need assistance at any time on the course, look for our helpful volunteers in their green "Beast Crew" shirts or event staff in black "Event Staff" shirts. If you can, give them a big thanks or a high-five for donating their time and being the backbone that makes this event possible.







# ADAPTED COURSE

As you come to the end of the 10-mile trek, you will be going through Waldameer Water Park where our one-mile Adapted Course is held. Be sure to give a high five or word of encouragement to the teens and adults who are tackling their own obstacles! *You will also be crossing the finish line together!*



# BEER SALES

Participants aged 21 and older will receive a wristband from registration at the Waldameer Picnic Groves that allows them a free beer at the conclusion of the event. **BEER BANDS WILL BE UNAVAILABLE LATER IN THE DAY.** Wristbands will only be distributed the day of the event and will not be in participant packets.

**PARTICIPANTS MUST SHOW VALID ID TO RECEIVE A BEERBAND. NO EXCEPTIONS.**



Additional beer also may be purchased at Waldameer with valid ID; cash or credit card accepted.



# FINISH LINE



We are happy to welcome back Celsius Energy Drinks to the finish line for post-race replenishment.

*Did you know that drinking chocolate milk after a work out is a tasty way to refuel and rehydrate?*



**NEW THIS YEAR:** Make sure to welcome the P.A.S.P. Dairy Princess with a cold, refreshing chocolate milk at the finish line!



# AFTER PARTY

STICK AROUND AFTER THE BEAST AND ENJOY THE PARTY IN THE WALDAMEER PARKING LOT FOR MUSIC, FOOD, BEER AND FUN! VENDORS ON HAND FOR THE AFTER PARTY INCLUDE:



**BEAST GEAR TENT**  
Support our mission with Barber Beast and other merchandise.



**THE CHAMELEON**  
Feeling hangry after a long day? The Chameleon offers an everchanging menu of great lunch & snack options.



**FOOD FOR THOUGHT FOOD TRUCK**  
Charter School of Excellence's fundraising & learning experience serving a nice variety of cuisines.



**SMILEY'S ICE CREAM TRUCK**  
Take some time to cool down after all your hard work. Treat yourself to a frozen treat from Smiley's!

# MAP TO WALDAMEER SHOWERS





# THANK YOU 2024 SPONSORS

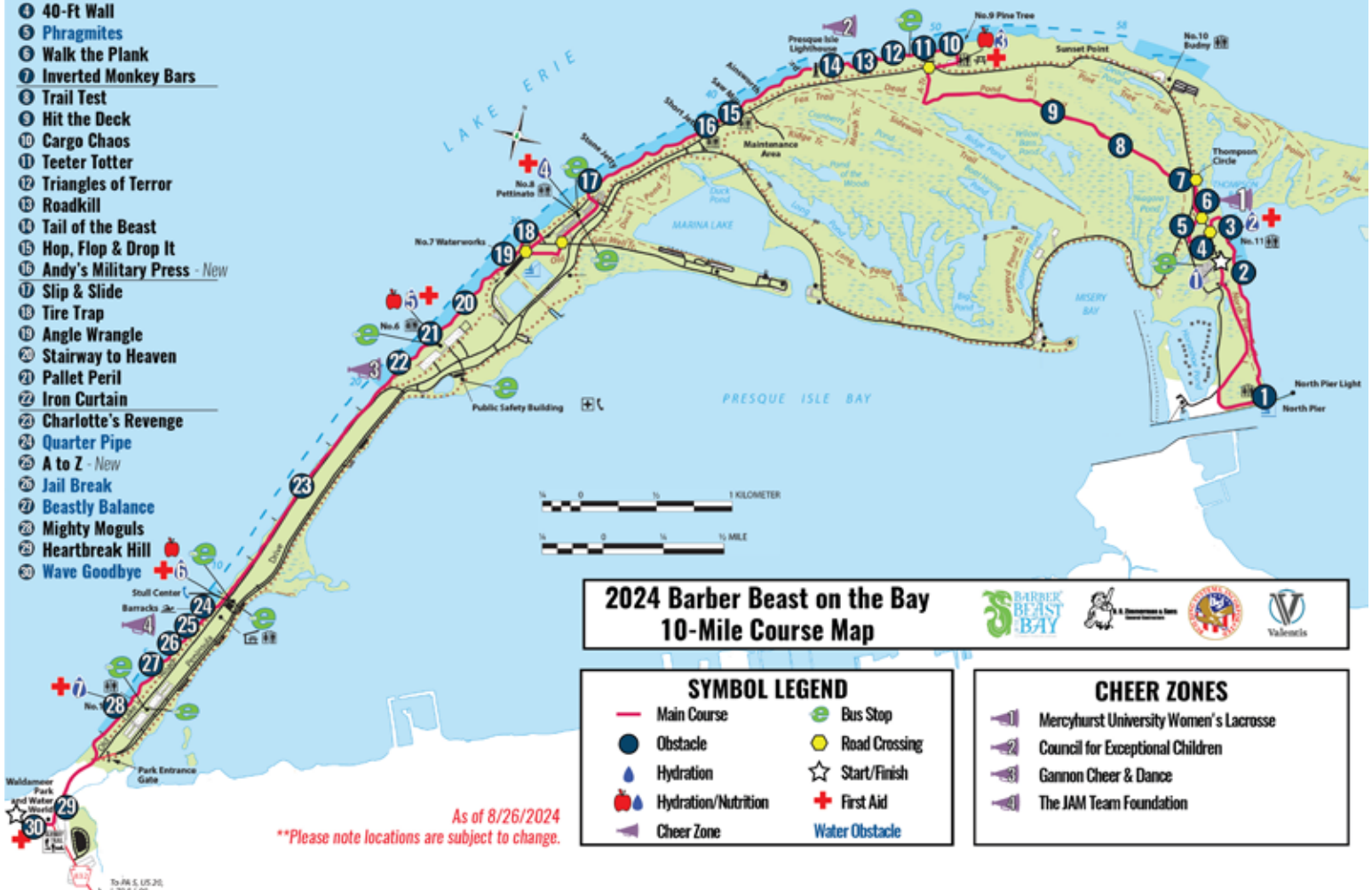


SPONSORS AS OF 8.27.2024

# 2024 10-MILE COURSE MAP

## OBSTACLES LEGEND

- 1 Armageddon
- 2 Water Wall
- 3 Over Under
- 4 40-Ft Wall
- 5 Phragmites
- 6 Walk the Plank
- 7 Inverted Monkey Bars
- 8 Trail Test
- 9 Hit the Deck
- 10 Cargo Chaos
- 11 Teeter Totter
- 12 Triangles of Terror
- 13 Roadkill
- 14 Tail of the Beast
- 15 Hop, Flop & Drop It
- 16 Andy's Military Press - New
- 17 Slip & Slide
- 18 Tire Trap
- 19 Angle Wrangle
- 20 Stairway to Heaven
- 21 Pallet Peril
- 22 Iron Curtain
- 23 Charlotte's Revenge
- 24 Quarter Pipe
- 25 A to Z - New
- 26 Jail Break
- 27 Beasty Balance
- 28 Mighty Moguls
- 29 Heartbreak Hill
- 30 Wave Goodbye



## 2024 Barber Beast on the Bay 10-Mile Course Map



### SYMBOL LEGEND

- Main Course
- Obstacle
- Hydration
- Hydration/Nutrition
- Cheer Zone
- Bus Stop
- Road Crossing
- Start/Finish
- First Aid
- Water Obstacle

### CHEER ZONES

- Mercyhurst University Women's Lacrosse
- Council for Exceptional Children
- Gannon Cheer & Dance
- The JAM Team Foundation

As of 8/26/2024

\*\*Please note locations are subject to change.