

10 MILES. 30 OBSTACLES. 1 GOAL.

2024

VOLUNTEER
PACKET

 BARBER BEAST ON THE BAY



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





FROM THE BEAST

Thank you for volunteering! Before you start having fun, please review the important information you'll need to know. Remember—your most important job is to cheer on the participants! Please check BARBERBEAST.ORG for any last-minute updates that may be necessary on event day.

DAY OF/CHECK-IN

ALL VOLUNTEERS WORKING ON THE COURSE—It is important to check in at least 1 hour before your scheduled shift. For **OBSTACLE MONITORS, HYDRATION/NUTRITION STATIONS AND THE START LINE**—report to the tent located inside the **OVERFLOW PARKING** Lot on the east side of Peninsula Drive (just below the Tom Ridge Center). From here, you can check in, pick up your map and continue to the park.

ALL VOLUNTEERS WORKING AT WALDAMEER—registration, bag check, finish line, parking and volunteer check-in—should report to the Volunteer Check-In pavilion at Waldameer **AT LEAST 30 MINUTES BEFORE YOUR SHIFT**. Please park in the **Rainbow Gardens** lot off of West 8th Street & Peninsula Drive. **PLEASE DO NOT LEAVE VALUABLES IN YOUR CAR.**





CANCELLATIONS

If an illness or emergency prevents you from volunteering, it is essential that you call the Volunteer Captain, Jenifer Gross at **814-572-0005** as soon as possible. If you are feeling ill, please notify Jenifer, and **DO NOT** report to the event.

EVENT HELP



check in. It can also be found here on page 10.

If you need assistance at any time, look for event staff in the black shirt that says “Event Staff.” If you are on the beach, you will be given your zone captain’s phone number when you

EVENT DAY TIPS

- Dress for the weather! The Beast goes on rain or shine, so you may want to bring a rain poncho. We also suggest bringing sunscreen, bug/tick spray and your own hand sanitizer.
- We encourage you to bring a lunch and water. You will receive a bottle of water and a snack at check-in, but you may get hungry or thirsty at your post.
- Come prepared! Know your location beforehand. Ask questions if you have any. Know your job, job description and meeting spot location. Signs will be placed along Presque Isle to help you find your zone meeting spot.
- While you are encouraged to stand and instruct participants, you may want to bring a camp chair to sit down during breaks.

IN CASE OF EMERGENCY: CALL THE P.I.S.P. RANGER STATION / INCIDENT COMMAND POST: 814-833-1495 OR TRACK DOWN A UTV IF ONE IS IN THE AREA.





ADAPTED COURSE

The Beast Adapted Course will take place inside Waldameer Park and Water World beginning at 11 a.m. If you see the adults and teens pass by, please give them a word of encouragement. Cheer on the 10-mile and Adapted Course participants as they cross the finish line together!

BEER SALES

Volunteers age 21 and older will receive a wristband from Volunteer check-in at the Waldameer Picnic Groves that allows them a free beer at the conclusion of the event. **VOLUNTEERS MUST SHOW VALID ID TO RECEIVE A WRISTBAND.** No exceptions. Additional beer may also be purchased at Waldameer with valid ID; cash or credit card accepted.



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 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!

CONTACT JENIFER GROSS AT 814-572-0005 FOR QUESTIONS!

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

Zone A 7 - Obstacles 3 - Road Crossings 2 - Hydration Stations 2 - First Aid	Zone B 9 - Obstacles 1 - Road Crossing 1 - Hydration/Nutrition 1 - First Aid
Zone C 6 - Obstacles 2 - Road Crossings 1 - Hydration Station 1 - Hydration/Nutrition 2 - First Aid	Zone D 8 - Obstacles 1 - Hydration Stations 1 - Hydration/Nutrition 2 - First Aid

As of 8/26/2024

**Please note locations are subject to change.

WALDAMEER JOB DESCRIPTIONS



BAG DROP

CAPTAIN: CRAIG SILVIS

- Participants will drop off bags on their way to the start line.
- Each participant packet includes a tag which should be attached to their personal belongings.
- A recorder will check the bags in while a volunteer will place the bags in their designated area.
- After participants finish the race, recorders will monitor the returning of bags while other volunteers will locate and return bags to the participant.
- Lose or find something? Lost & Found will be located at Bag Drop!
- Beginning at 11 a.m., remaining participant shirts will be available for size exchanges or for late registrants who didn't receive a shirt.

BEER SALES

CAPTAIN: SHERRY RIEDER

- Volunteers will check ID to ensure birthdays are before September 7, 2003 before issuing a beer band to those without one already. A **RED LINE** under a person's bib number indicates they are UNDER 21.
- Participants and volunteers over the age of 21 are entitled to one free beer. Once that beer has been redeemed, use a sharpie to mark their hand. Volunteers must have their volunteer t-shirt on (green "Beast Crew") and present ID.
- Beer will be sold at the Waldameer Park After Party for \$3 for participants, volunteers and spectators.



WALDAMEER JOB DESCRIPTIONS



FINISH LINE

CAPTAIN: KARLEE MECKEY

- Distribute water, food and medals to participants as they cross the finish line. Please keep an eye on supplies and replenish food and water and keep medals ready for distribution. If you are running low, let your captain know!
- Be sure to congratulate the participant & place the medal around everyone's neck unless they say otherwise.
- Keep the "chute" open. Encourage participants to make quick selections of food or water to keep them moving.
- Collect timing chips from timed participants in the labeled timing chip return buckets. You will be asked to count chips.
- Volunteers will clean-up the area at the end of their shift & return everything to the storage unit on-site.
- The **course closes at 3:30 p.m.** so afternoon volunteers stay at the finish line until 4 p.m./last participant crosses.
- Volunteers should form a chute from wave pool exit to finish line to direct participant traffic.
- **ONLY PARTICIPANTS RECEIVE MEDALS.** Do not give to volunteers, family, friends or course buddies to ensure we have enough medals.



MOST IMPORTANTLY, VOLUNTEERS SHOULD BE CHEERING FOR PARTICIPANTS!



THIS YEAR: We are happy to welcome back Celsius Energy Drinks that are supplements for post-race replenishment. Look for Celsius at the Finish Line! These should be handed out and not left unattended—they are hot items! Please limit to one of each item per participant to ensure there is enough.

WALDAMEER JOB DESCRIPTIONS



REGISTRATION

CAPTAIN: BRIAN SMITH

FOR PRE-REGISTERED PARTICIPANTS:

- Participants over 21 will be issued a wrist band for beer.
- All participants will need their race number written on their arm or other visible body part. Check to be sure bibs are secured to each participant.
- Participants receive their t-shirt in their packet if they registered by Aug. 1. Leftover shirts will be available at Bag Drop by 11 a.m. Participants can exchange their size, or get a shirt if they registered after Aug. 1 and did not receive one in their packet.

FOR PARTICIPANTS REGISTERING ON EVENT DAY:

- You will sign up those who haven't pre-registered. Registration must be done via credit card or with cash. No checks!
- Participants over 21 will be issued a wristband for beer. All participants will need their race number written on their arm or other visible body part. Participants born prior to Sept. 7, 2003 need a **RED LINE** under their bib number (indicating they are under 21).
- Direct participants to Bag Drop.



WALDAMEER JOB DESCRIPTIONS

VOLUNTEER CHECK-IN

WALDAMEER CAPTAINS: MARY ITA POWER & JENIFER GROSS
PRESQUE ISLE CAPTAIN: CARRIE KONTIS



- In the tent at the overflow parking lot, welcome all Obstacle, Hydration/Nutrition and Start Line volunteers reporting to Presque Isle State Park. At the Waldameer check-in, welcome those who are at registration, bag check, finish line and parking volunteers. Check them in on your list.
- Provide volunteers with their name tag, job description, shirt (if necessary) and assignment location. Offer a bottle of water and a snack to all volunteers.
- Volunteers in this position will need to troubleshoot for no-shows, answer questions and be a resource to anyone with questions or concerns.
- Make sure course volunteers know their course captain and meeting place. Volunteers should hand out course directions to meeting locations if necessary.



PARKING

CAPTAINS: CHRIS ELLIOT [A.M.] & CASSIE PILARSKI [P.M.]

- Volunteers are responsible for directing the flow of traffic in the Waldameer parking lot. Wear the provided safety vest.
- Parking for the Adapted Course will be close to the entrance to the park and adjacent to the finish line. All others will be directed away from this area. Please follow the direction of the Parking Captain closely to avoid any miscommunication and accidents.
- Shuttle buses will be moving through this area as well. Those lanes must be kept open for bus use.
- Please remind participants to bring their ID to check-in!



COURSE JOB DESCRIPTIONS

COURSE CAPTAINS

- In each Zone there will be two Course Captains on a side-by-side vehicle. One is a representative of Barber National Institute and the other is part of our Beast Builders—the guys who build the obstacle course.
- You will report to them first at your meeting area (see below) and, they will give you your assignment.
- They will be traveling in their zone to ensure volunteers are properly placed, obstacles are working, answering questions, and supporting all of you.
- They are familiar with their zone and have a good understanding of access points to obstacles and beaches and will be able to identify the closest first aid station and nutrition/hydration stations.
- In addition, if there are any problems with hydration/nutrition stations, they will contact the appropriate captain to resolve the situation. The captains are there to support you. Please call them if you need them.



10-MILE COURSE CAPTAINS



If you're a volunteer out on the 10-mile course, be sure to know who your Zone Captain and where your meeting location is:

START LINE: Jon Finke (814) 504-7981 —Beach 11 Start Line

ZONE A: Thad Jackman (814) 397-8968 —Beach 11 Playground

ZONE B: Scott Morgan (814) 722-0107 —Beach 9 Bath House

ZONE C: Laurie Callaghan (814) 460-7820 —Beach 6 Bath House

ZONE D: Matt Roche (814) 449-8641 —Sara's Restaurant Parking Lot

If you cannot reach your zone captain, please call Laura Schaaf at 814-528-4898.

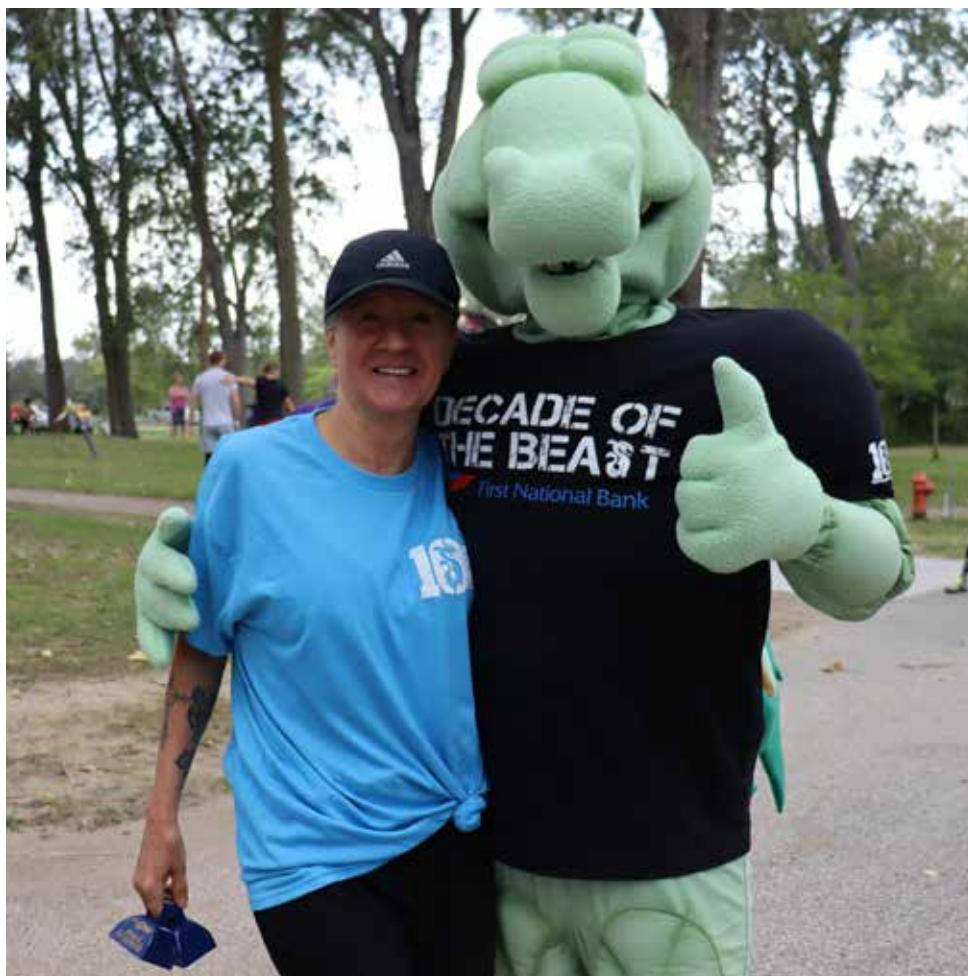
MEETING AREAS



Meeting areas have been created for obstacle monitors, hydration/nutrition stations and start line volunteers to meet their captains. Arrive at your meeting area 20—30 minutes before your shift to be assigned your exact location. When driving on the Peninsula, remember to be aware of your surroundings & cautious of Presque Isle's speed limits.



COURSE JOB DESCRIPTIONS



START LINE

CAPTAIN: JON FINKE

- Start Line location is at Beach 11
- 2 volunteers greet participants off the bus and collect any garbage. Encourage participants to move from the shuttle drop off area to the start line.
- Direct participants to the “chute” at their appropriate wave time.
- Be sure each participant’s bib # is written on their arm or other visible body part with a sharpie. If not, write it on in the “chute.”
- When the DJ begins to count down to the start time, drop flag at the appropriate time and hold up after the wave goes through. Repeat the process for each wave during your shift.
- No bibs or timing chips will be available at the Start Line. Participants cannot run without a bib and must return to Waldameer for a replacement. If a timed participant is missing their chip they are still able to participate but will not be timed and no refund will be issued for their lost/forgotten chip.
- Do not accept participants’ bags. Refer them to Bag Drop at Waldameer.
- Pick up all trash from the area before you leave.

COURSE JOB DESCRIPTIONS

SEE ZONE CAPTAIN LIST ON PAGE 10

HYDRATION STATION

To offer a more environmentally friendly event, we will continue with hydration stations that eliminate paper cups. Please encourage participants to “step right up” and get a drink. Each water source will have a red valve which should be turned off when it is not in use. As you see participants approaching, please turn on the red valve to start the water flow.



NUTRITION STATION



- Supplies include: foil pans for slicing, plastic knives, gloves, small cups and garbage bags. Use the provided gloves!
- Slice bananas in half into bite sized pieces and place in cups. Keep cups lined up on the table.
- Some volunteers can slice while others stand in front of table handing off cups to participants as they go by. Others should stand a few feet further with a garbage bag.
- GU Energy Gels & KIND nutrition bars are available. Please limit one to each participant as supplies are limited.
- Be sure to cheer on participants, “Keep going!” “You can do it!”
- Keep the area clean! Extra garbage bags are provided for trash, which should be tied up and placed in nearest dumpster.



GORGIE



VERB

COURSE JOB DESCRIPTIONS

SEE ZONE CAPTAIN LIST ON PAGE 10

OBSTACLE MONITORS

PUT THE P.I.S.P. RANGER STATION / INCIDENT COMMAND POST NUMBER IN YOUR PHONE IN CASE OF EMERGENCY: **814-833-1495**

- Be present near your obstacle to maintain safety. If possible, volunteers should be positioned on all sides but keep a clear path for participants.
- As participants approach, direct them on how to complete each obstacle, “Go over and under!” or “Crawl through the tubes to the other side.” Instructions for completing every obstacle are located on the back of the obstacle sponsor sign. Please review and be familiar with instructions for your obstacle.
- Check your assigned obstacle to be sure it is in good working order. If you notice something wrong, contact your zone captain (black shirts) or flag down an obstacle builder (lime green shirts) and direct participants around the obstacle in the meantime.
- You must make sure that all participants in the Elite Wave do every obstacle. There is no substitute activity. Multiple attempts may be made to compete as a top finisher however they should not interfere with those making a first attempt. Elite Wave bibs have a red dot so if any fail to complete an obstacle, record their bib number on your clipboard.
- Your zone captain will come to you by 10 a.m. to collect your clipboard.



IN CASE OF INJURY

IN CASE OF EMERGENCY: CALL THE P.I.S.P. RANGER STATION / INCIDENT COMMAND POST: **814-833-1495** or track down an ATV if one is in the area. While we can't predict everything that may happen, this is our 11th year and we've seen a few things. Here are some answers for common questions:

- If a participant or volunteer is *seriously injured*—possible broken bone, unable to walk or stand, excessive bleeding, confusion, or disorientation—**CALL 814-833-1495** immediately. Ambulances are on stand-by and will be there quickly. It helps to send someone to the edge of the beach near a road or parking area to flag down the ambulance. Call your course captain as well so they can notify event staff and be on scene. The other volunteers should either clear the obstacle if necessary, asking participants to walk around, or signal to participants to continue to the obstacle.
- If a participant or volunteer complains of a blister, cut, scrape, bite or *minor injury* you can either point them in the direction of the First Aid station or call your course captain and ask them to bring someone from the First Aid station to you.
- If a participant or volunteer needs *water/nutrition*, know how far you are from the next station to better inform them. If they need immediate assistance, call your course captain who will have water on their vehicle. If they show signs of confusion or disorientation—**CALL 814-833-1495**.
- If someone is injured, contact your zone captain. **DO NOT try to transport participants.** You will receive your captain's phone number at check-in and it is included in this packet.