



FROM THE BEAST



“Are you ready for this? Ten miles and over 20 obstacles rolled up at scenic Presque Isle State Park and into the exciting world of Waldameer. And all for the great cause of benefiting the children and adults at the Barber National Institute! Yes, this is going to be quite the event. But what do you need to know? We’ve got all the information anyone could ever want for those on a need-to-know basis. And guess what? You need to know! So let’s get to it.”

PACKET PICK-UP



Participant packets will be available for pick up in the **North Lobby of the Barber National Institute** from 4-7 p.m. on:

- Wednesday, September 9
- Thursday, September 10

In addition, participants can pick up their packets at the event on Saturday, September 12 at **Waldameer Picnic Groves** beginning at 6:30 a.m.

Please bring photo identification with you to packet pick up. If you are picking up packets for anyone else, you must have a copy of their photo ID and a signed copy of the waiver.



Participants who registered to be timed will receive a timing chip in their packet. Please bring this chip with you to the event and securely tie it to your shoe. Lost or forgotten chips cannot be replaced on event day.

Registrations will be accepted at Packet Pick-Up with cash or credit card and photo ID.



BIGGER. BADDER. BEASTLIER.

PARKING

Participants are encouraged to park in the lot located at Waldameer (enter on Peninsula Drive) and board shuttles to get to the start line on Beach 11. Please do not leave valuables in your car.

SHUTTLES



The “E” is providing free shuttles to take participants from Waldameer to the starting line at Beach 11. **Shuttles will begin running at 7:15 a.m. for participants only. Please plan to board the shuttle at Waldameer approximately 1 hour before your scheduled wave time.** The final participant shuttle will depart from Waldameer at approximately 10:15 a.m. Beginning at 11 a.m., the “E” will run shuttles throughout the course that can be used by participants and spectators. Look for the designated stops and pick-up spots that are marked with “E” shuttle signs on the map.

BAG DROP

A bag drop will be available at Waldameer Picnic Groves. Participants will receive a tag in their packets to tie to their bags.

NOTE: We will not be able to take your bag at the start line.

BEER WRISTBANDS

Participants age 21 and older will receive a wristband that entitles them to a free beer at the conclusion of the event. Wristbands will only be distributed the day of the event (not in participant packets). To receive a wristband, participants must show valid ID at the registration tables at Waldameer. Wristbands cannot be provided without a valid ID.

FOOD OPTIONS

A wide selection of food, including health-conscious options marked with signage brought to you by Highmark, will be available for purchase from:



The Que Abides

(cash and credit card)



Schickalay's on the Bay

(cash and credit card)



Bruster's Ice Cream

(cash only)



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BEER SALE

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

HYDRATION/NUTRITION



- Please check the course map to locate the eight water stations. Two of these stations will also provide nutrition in the form of bananas, fruit bars, and XS Blast energy drink (www.xsblast.com).
- Bananas, fruit bars and water will also be provided at the finish line. XS Blast will be selling drinks and sno-cones featuring their energy drink.
- Misters will also be set up for participants wishing to cool down along the course.

AWARDS



A brief ceremony to award the top male and female finishers from the elite wave will be held at 11 a.m. on the stage near the finish line. In addition, awards will be presented to the top fund raisers at a time to be announced.

COURSE TIPS

- This course is your own Beast. That means you can tackle it however you would like. If that means sprinting through and completing all the obstacles, that's great! But if you want to walk the course, that's great, too. If you want to walk around an obstacle, that's great. If you want to jog it backwards while holding a parakeet in your hand, that's weird, but guess what? That's great too.
- You will be in nature, which means you could have some visitors with you. If you don't want to bring them home, wear insecticide the day of the race.

OBSTACLE NOTES

- At the Beast Backbreaker, participants in the 10-mile course will be interacting with those in the Adapted Course. Both courses will go through the obstacle, with the goal being that the two groups work together to make it through.
- After the Beast Backbreaker, both courses will head to Wave Goodbye, the Wave Pool. 10-mile course participants will be going into 4 ft. of water with up to 6 ft. waves.



BIGGER. BADDER. BEASTLIER.

CHEER ZONES

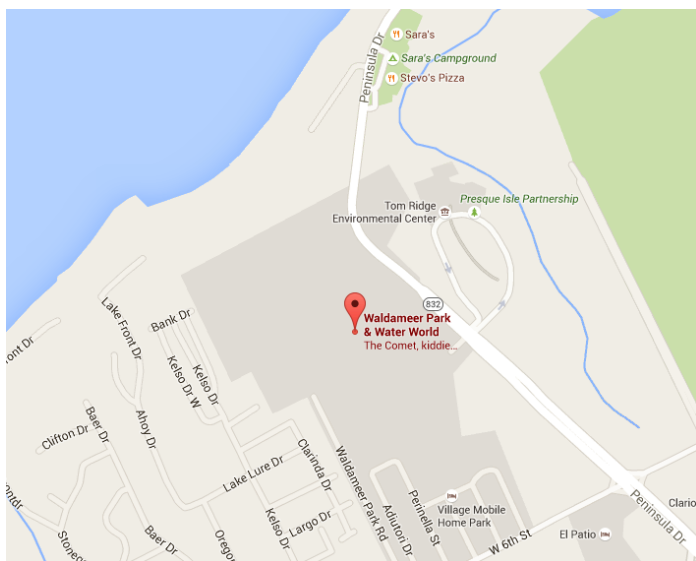
We've established eight cheer zones along the course to motivate and inspire you. Take note of your favorite! We'll ask you to vote for your favorites as part of our post-event survey.

ASSISTANCE



If at any time you need assistance on the day of the event, look for event staff in a lime green shirt that says "Event Staff" or for our volunteers in a blue shirt that reads "Beast Crew."

WALDAMEER



AFTER EVENT

- Participants may want to bring a towel and a change of clothing, as you will be going into the Wave Pool at Waldameer as part of the "Wave Goodbye" obstacle.
- Stick around after the Beast to enjoy the party! Music, food, beer, and fun will all be in the Waldameer Parking Lot area. Vendors on hand for the after party include:

TROPHY
SHOP
ENGRAVERS
INC.

Trophy Shop Engravers

Personalize your medal!

\$5



BNi Gift Shop

*Support the BNi mission
with Barber Beast and other
merchandise*

ACOUSTICSHEEP™

AcousticSheep

Comfortable headphones!



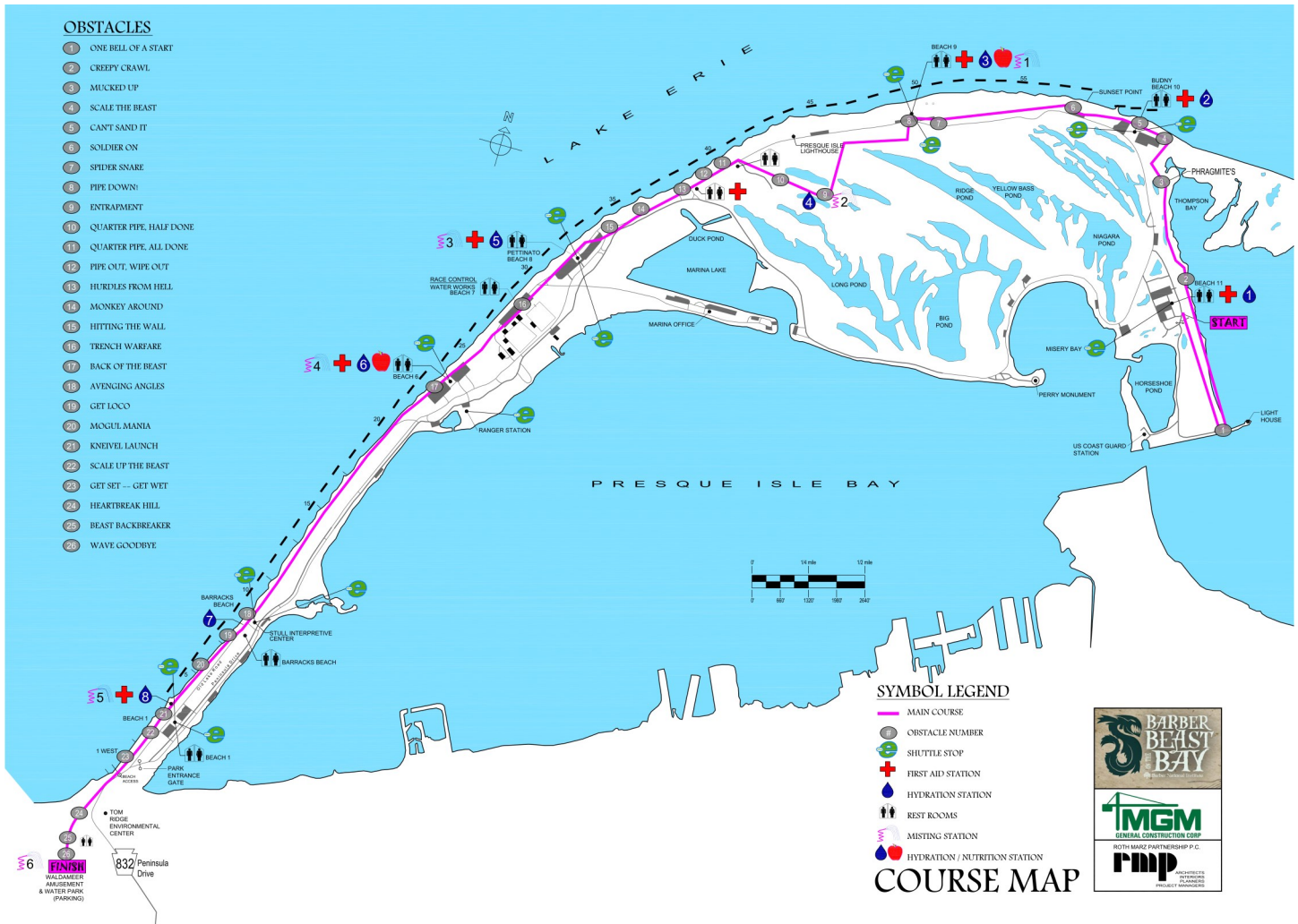
XS Energy

Great tasting drink!



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COURSE MAP



THANK YOU TO OUR BEASTLY SPONSORS

