



2022

BARBER[®] BEAST[®] ON THE BAY

Barber National Institute

PARTICIPANT PACKET



PACKET PICK-UP

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

Wednesday and Thursday, Sept. 7 and 8 from 4—7 p.m.

Weather permitting, tents will be set up outside of the north entrance (watch for signs.)

Participants can also pick up their packets at the event on Saturday, Sept. 10 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 a 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 will also be accepted during Packet Pick Up and the day of the event! Simply bring cash or credit card and photo ID.
NO CHECKS!



WALDAMEER



Waldameer Park & Water World is located at 220 Peninsula Drive, Erie, PA 16505.

Please make sure to get there with plenty of 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 10**. Please do not leave valuables in your car.

SHUTTLES



The “E” is providing free shuttles to transport participants from Waldameer to the **start line at Beach 10**. 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 12:00 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

BAG DROP

Before heading to the start line, 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.

Lose something? Find something? Lost & Found will be located at Bag Drop! Beginning at **11:00 a.m.**, participants can exchange shirt sizes here. Leftover shirts will also 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!

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, sunglasses, gloves and proper athletic shoes!

BEER SALE

Participants age 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. 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 wristband. No exceptions.



Additional 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 **seven water stations** placed throughout the course. 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.

Two of these seven stations double as a hydration/nutrition station. Fruit, protein bars and water will also be provided at the finish line.

NEW THIS YEAR: Keep an eye out for GU Energy Gels & Pure Protein Bars at our nutrition stations. These will keep you energized on the course.

These Energy Stops are sponsored by





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 2022 Cheer Zones: JAM Team Foundation, The Council for Exceptional Children at Mercyhurst University, Team United, Mercyhurst University Women's Lacrosse; and Insurance Professionals of Northwest PA!

Take note because 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 12:00 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 will also be awarded, and all fundraisers will be acknowledged with a group photo.

EVENT STAFF

If you need assistance at any time on the course, look for our helpful volunteers in their light 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!



FINISH LINE

NEW THIS YEAR: We are happy to welcome our new sponsors Liquid IV, Pure Protein & GU, that are providing supplements for post-race replenishment. Look for these products at the Finish Line.

**PURE
PROTEIN**



ARE YOU A NEW FAN OF GU?

ENTER CODE **BARBERBEAST20** AT **[GUENERGY.COM](https://www.guenergy.com)**
FOR **20% OFF GU PRODUCTS**
THROUGH 12/31/2022.

2023 REGISTRATION



There will be a tent at the finish line next to the photo booth where you can register for the 2023 Barber Beast on the Bay. Eager participants that sign up in-person at the tent will receive a commemorative item to **celebrate the 10th Barber Beast in 2023!**

Registration for 2023 begins at 9:00 a.m. and is priced at a reduced rate of \$65. Credit card and cash only. No checks.

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.



Food for Thought

Provided by the Charter School of Excellence (CSE). Enjoy Smith's hot dogs, a variety of chicken sandwiches, plus menu items created by students.



The Chameleon

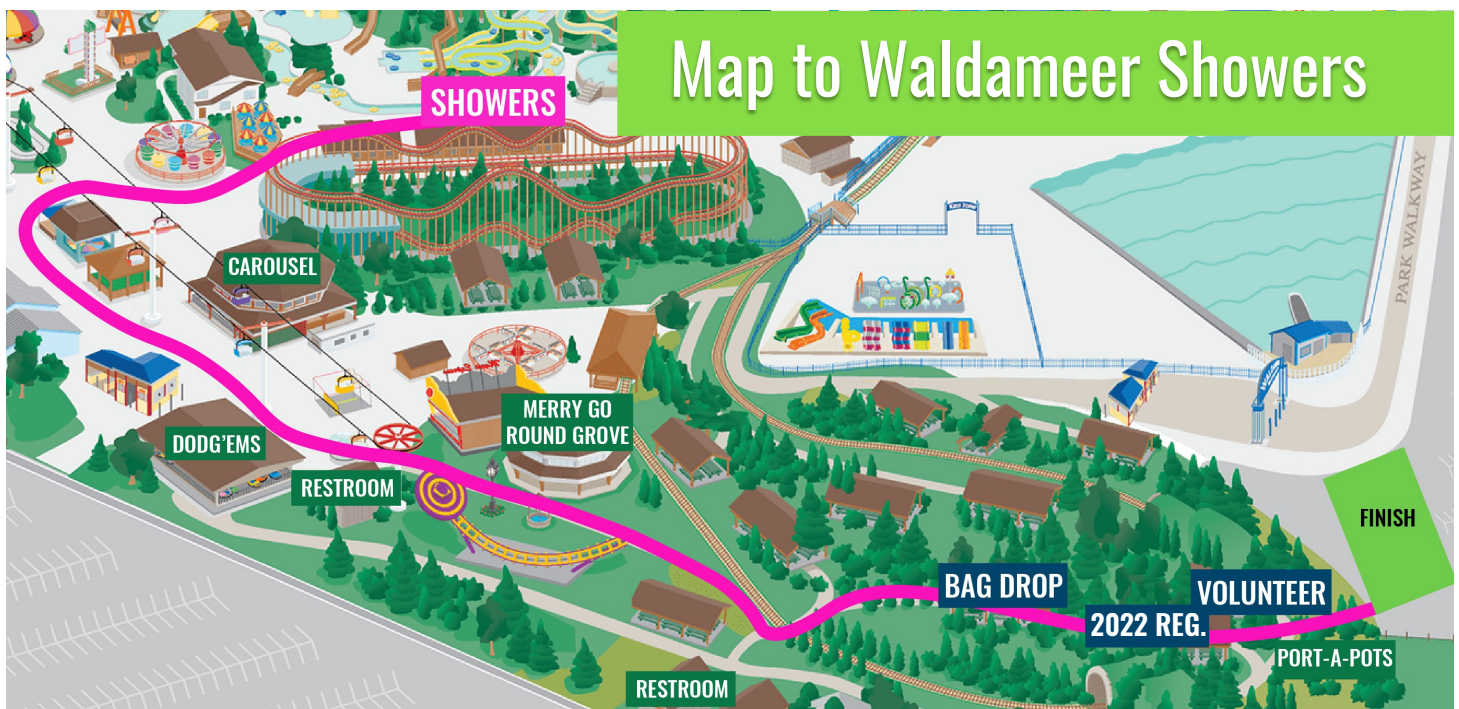
If you're feeling hangry after a long day, The Chameleon offers an everchanging menu of great lunch and snack options.



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 SPONSORS!



OBSTACLES LEGEND

- 1 One Bell of a Start
- 2 Walk the Plank
- 3 Phragmites
- 4 40-Ft Wall
- 5 Water Wall
- 6 Over Under
- 7 Armageddon
- 8 Teeter Totter
- 9 Charlotte's Revenge
- 10 Trail Test
- 11 Hit the Deck
- 12 Cargo Chaos - NEW
- 13 Triangles of Terror
- 14 Rope Race
- 15 Tail of the Beast
- 16 Inverted Monkey Bars
- 17 Crawl Wall
- 18 Trench Warfare
- 19 Tire Trap
- 20 Angle Wrangle
- 21 Stairway to Heaven
- 22 Rings of Fire
- 23 Iron Curtain
- 24 Quarter Pipe
- 25 Down & Out
- 26 Jail Break
- 27 Beastly Balance - NEW
- 28 Mighty Moguls
- 29 Heartbreak Hill
- 30 Wave Goodbye

2022 Barber Beast on the Bay 10-Mile Course Map

Sponsored by



SYMBOL LEGEND

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

CHEER ZONES

- Jam Team Foundation
- The Council for Exceptional Children (Mercyhurst University)
- Team United
- Mercyhurst University Women's Lacrosse
- Insurance Professionals of Northwest PA

As of 8/25/2022

**Please note locations are subject to change.

Sponsors as of: 8/25/2022