





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.

CHECK-IN DAY OF



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.

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.



Meeting Areas:

Start Line: Sean Walters—Beach 10

Zone A: Pat Kress—Beach 11 Bath House

Zone B: Scott Morgan—Beach 9 Bath House

Zone C: Laurie Callaghan—Beach 6 Bath House

Zone D: Brian McGuire—Sara's Restaurant Parking Lot

Contact Lori Johnson at 814-572-0005 for questions!



CANCELLATIONS

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

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.

PARKING

There is plenty of parking located in the Waldameer lots off of West 8th Street & Peninsula Drive and at Presque Isle. Please do not leave valuables in your car.

EVENT HELP

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



Contact Lori Johnson at 814-572-0005 for questions!



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

Volunteers must show valid ID at the beer table to receive a wristband. Wristbands cannot be provided without a valid ID and a volunteer shirt.

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.

Wear your volunteer shirt to receive 10% off Beast merch.



Food for Thought

Provided by the Charter School of Excellence (CSE). Look for Smith's hot dogs, chicken sandwiches and menu favorites created by students as a special treat.



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!

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



Zone A
 9 - Obstacles
 3 - Road Crossings
 2 - Hydration Stations
 1 - First Aid

Zone B
 8 - Obstacles
 1 - Road Crossing
 1 - Hydration/Nutrition
 1 - First Aid

Zone C
 6 - Obstacles
 1 - Hydration Station
 1 - Hydration/Nutrition
 1 - First Aid

Zone D
 7 - Obstacles
 2 - Hydration Stations
 1 - First Aid

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: 8/25/22



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 11:00 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 10, 2001 before issuing a beer band. 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 (light green "Beast Crew") and present ID.
- Beer will be sold at the Waldameer Park After Party for \$3.00 for participants, volunteers and spectators. Tickets that can be redeemed for beer will be sold at the Beer Tent.





WALDAMEER JOB DESCRIPTIONS

FINISH LINE

CAPTAIN:

JEN MARKIEWICZ &
CATHERINE BARCZYK

- 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!
- Distribute medals as you are comfortable. If you are comfortable putting the medal around the participant's neck, make sure they are comfortable with that, too. If you prefer, you may hand out the medals. Just be sure to congratulate the participant.
- 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.
- Volunteers will clean-up the area at the end of their shift.
- Saint Vincent Medical Assistance will be adjacent to the Finish Line should anyone need help. If a participant cannot make it to the unit, please go to the staff for assistance.
- **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!

NEW THIS YEAR:

- We are sponsored by Liquid IV, Pure Protein, and GU supplements for post-race replenishment. These should be handed out and not left unattended—they are hot items! Please limit to 1 of each item per participant to ensure there is enough.



WALDAMEER JOB DESCRIPTIONS



REGISTRATION

CAPTAIN:
JESSICA HAGERTY

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 forehead. 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 11:00 a.m. Participants can then 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 forehead. Participants born prior to Sept. 10, 2001 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
CAPTAIN:
LORI JOHNSON

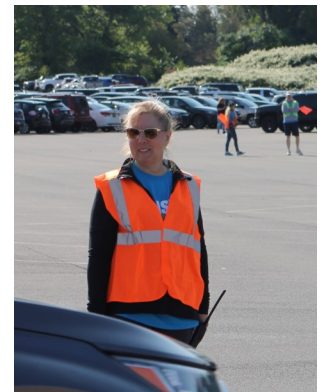
PRESQUE ISLE
CAPTAIN:
CARRIE KONTIS

- 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. Presque Isle volunteers should hand out course directions to meeting locations.

PARKING

CAPTAIN:
MIKE DUGAN

- 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.





COURSE CAPTAINS

- In each Zone there will be two Course Captains on a side-by-side vehicle. One is a representative of the 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 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 ZONE CAPTAINS

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

Zone A: Pat Kress — (814) 450-1913

Zone B: Scott Morgan — (814) 722-0107

Zone C: Laurie Callaghan — (814) 460-7820

Zone D: Brian McGuire — (814) 504-7732

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

COURSE JOB DESCRIPTIONS

START LINE

CAPTAIN:
SEAN WALTERS

- **Start Line location is at Beach 10**
- 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 forehead with a sharpie. If not, write it on in the "chute."
- When the DJ begins to count down to the start time, drop flagging at the appropriate time and hold up after 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 area at Waldameer.
- Pick up all trash from the area before you leave.





COURSE JOB DESCRIPTIONS

HYDRATION STATION

SEE ZONE CAPTAIN
LIST ON PG. 10

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

SEE ZONE CAPTAIN LIST
ON PG. 10

- Supplies include: foil pans for slicing, plastic knives, gloves, 3-5 oz. cups and garbage bags. Use the provided gloves!
- Slice bananas and Pure Protein bars into bite sized pieces and place in cups. Keep cups lined up on table.
- Depending on your station, you may have 3 flavors of GU Energy Gels. Please limit 1 gel to each participant as supplies are limited.
- 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.
- 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.



**PURE
PROTEIN**

COURSE JOB DESCRIPTIONS

OBSTACLE MONITORS

SEE ZONE CAPTAIN LIST
ON PG. 10

- 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 (**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...

While we can't predict everything that may happen, this is our 9th 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 911 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 911.
- **If someone is injured, contact 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.