



2023



PARTICIPANT PACKET

10 MILES. 10 YEARS. STILL ONE GOAL.



PACKET PICK-UP

Packets will be available at the Barber National Institute Main Campus —100 Barber Place on: **WEDNESDAY AND THURSDAY, SEPT. 6 AND 7 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. 9 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.



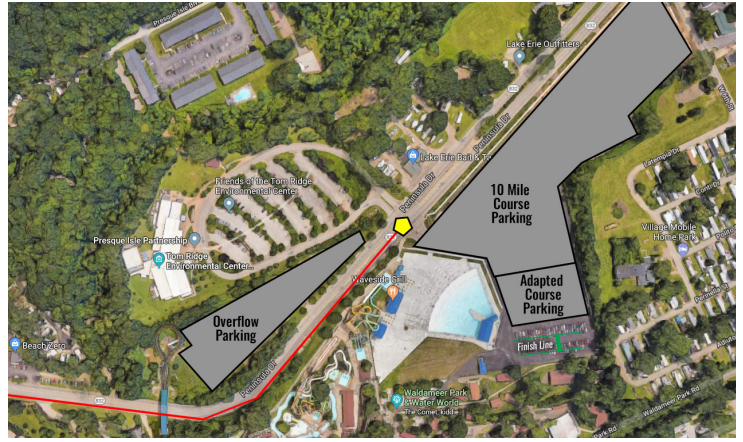
All participants must **check-in at Waldameer the morning of the event** regardless if you picked up your packet earlier in the week.

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 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!**

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.

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.

Two 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 THIS YEAR: Keep an eye out for GU Energy Gels and KIND bars at our nutrition stations. These will keep you energized on 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 2023 Cheer Zones:

- JAM Team Foundation
- Team United
- Mercyhurst University Women's Lacrosse
- AJAX/CECO/ERIE PRESS
- Penn State Behrend Cheer
- Gannon Competitive Cheer & Dance

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. ***NEW THIS YEAR: 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 **light blue** "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 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.



FINISH LINE

NEW THIS YEAR: We are happy to welcome our new sponsors Celsius Energy Drinks and Ready Nutrition, that are providing supplements for post-race replenishment. Look for these products 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

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!



THE ATACOLYPSE FOOD TRUCK

Erie's original gourmet taco truck offering some amazing flavors and different toppings you desire.

MAP TO WALDAMEER SHOWERS

Follow Pink Ribbon

PENINSULA DRIVE - ROUTE 832



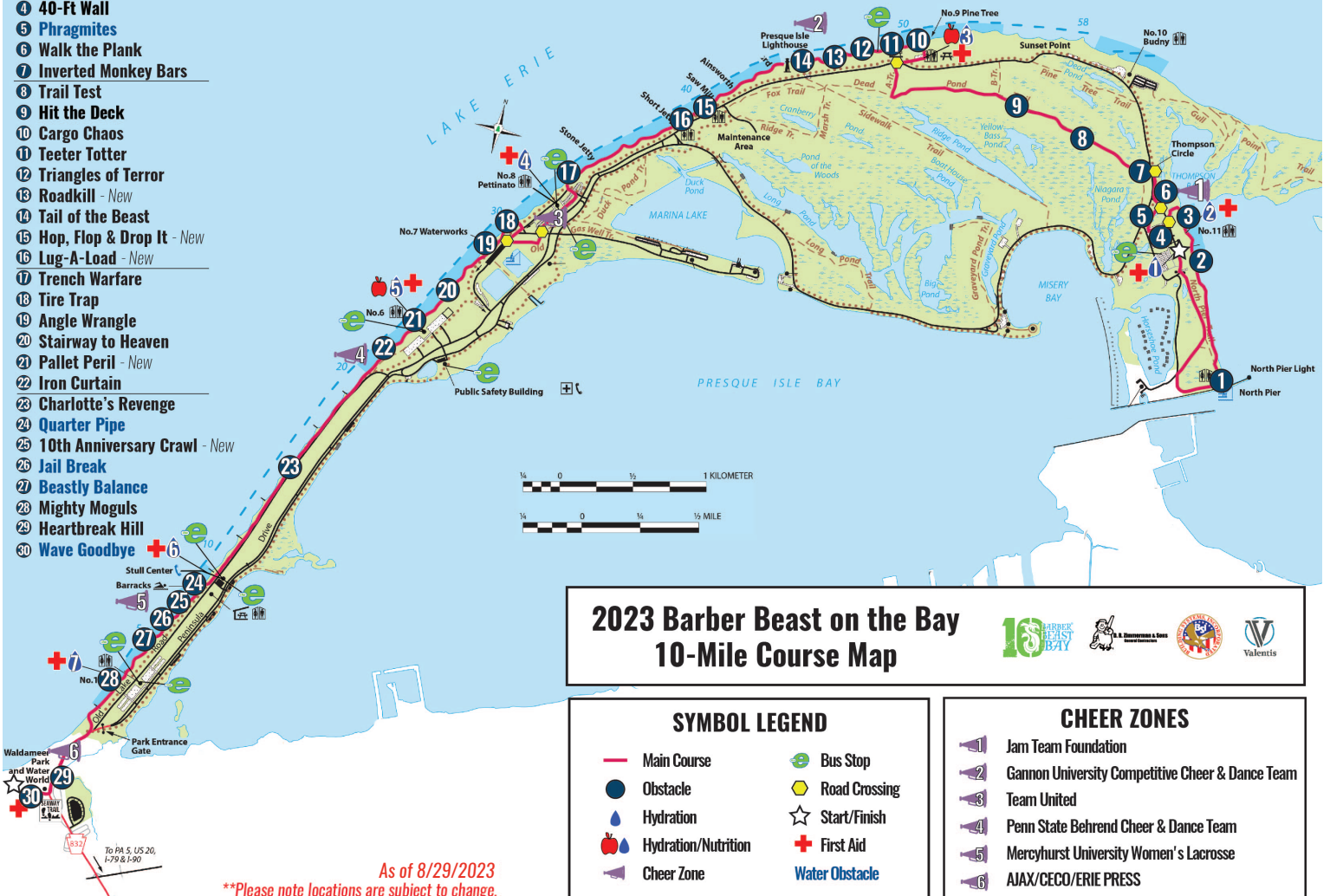
THANK YOU SPONSORS



SPONSORS AS OF 8.29.23

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 - New
- 14 Tail of the Beast
- 15 Hop, Flop & Drop It - New
- 16 Lug-A-Load - New
- 17 Trench Warfare
- 18 Tire Trap
- 19 Angle Wrangle
- 20 Stairway to Heaven
- 21 Pallet Peril - New
- 22 Iron Curtain
- 23 Charlotte's Revenge
- 24 Quarter Pipe
- 25 10th Anniversary Crawl - New
- 26 Jail Break
- 27 Beastly Balance
- 28 Mighty Moguls
- 29 Heartbreak Hill
- 30 Wave Goodbye



2023 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

- Jam Team Foundation
- Gannon University Competitive Cheer & Dance Team
- Team United
- Penn State Behrend Cheer & Dance Team
- Mercyhurst University Women's Lacrosse
- AJAX/CECO/ERIE PRESS

As of 8/29/2023

**Please note locations are subject to change.