



Tierrasanta "Monster Dash" 5K Race & Fun Run/Walk
Saturday, October 25th, 2025 | 8:30 AM
Tierrasanta Recreation Center
11220 Clairemont Mesa Blvd., San Diego, CA 92124

Hosted by the Tierrasanta Foundation
tierrasantafoundation.org/events/monster-dash-5k

5K Measured Race

- Sanctioned course with chip timing
- Ideal for serious runners
- Awards for top 3 times in each age group

5K Fun Run & Walk

- For casual runners & walkers
- Kids, baby strollers, leashed dogs & costumes encouraged!

Perks for All Paid Entrants:

- Souvenir Monster Dash T-shirt
- Entry to the Free Beer Garden (21+ with ID & bib)
- Free pizza from a local restaurant
- Finisher medals for all

Ticket Prices:

- 5K/Chip timed - **\$40.00**
- 5K fun run/walk- **\$30.00**
- No early bird /no senior fees
- Kids under 10 are free but no shirt included.

Bib Pickup:

Friday, Oct 24th | 4-7 PM
Saturday, Oct 25th | 7-8:15 AM
At the Rec Center parking lot
(near the gym)

Option 1

Sign up online



Option 2

Deliver this completed form and your cash or check to:
San Terra Properties
10601-D Tierrasanta Blvd.
(write checks to **Tierrasanta Foundation**)

Option 3

Mail form and check to TF,
10601-G Tierrasanta Blvd, #406
San Diego, CA 92124
(**DO NOT** mail after Oct 23 as it will not reach us in time)

Event: ☐ Chip-Timed 5k ☐ Fun Run & Walk

First Name: _____ Last Name: _____

Select One: ☐ Male ☐ Female Enter your age as of Race Day (Oct 25, 2025): _____

City: _____ State: _____ Zip Code: _____

Email: _____

T-Shirt Size (select one): ☐ Adult S ☐ Adult M ☐ Adult L ☐ Adult XL ☐ Adult 2XL

In consideration of my participation in the Tierrasanta 5K Race and Fun Run/Walk ("Event"), for myself, my heirs, executors and administrators, (and/or my child/ward if I am signing as a parent/guardian), I hereby release, promise not to sue, and forever discharge the Tierrasanta Foundation and any group or person involved with the Event production ("Organizers" which includes Sponsors and Vendors, etc.) from all liabilities, claims, actions, damages, costs and expenses of any nature arising out of, related to, or in any way connected with me or my child's/ward's participation in the Event and associated activities. I further agree to indemnify and hold harmless the Organizers from and against any and all such liabilities, claims, actions, damages, costs and expenses including but not limited to, attorney's fees, court costs, or professional fees and disbursements of any nature. I certify that I am (and/or my child/ward is) physically fit and sound to participate in this event. I grant full permission to the Organizers to use my and/or my child's/ward's name, or photographs, videotapes, motion pictures, or other recordings of me or my child's/ward's participation in the Event, without obligation or liability to me and my child/ward. I acknowledge that the entry fee is nonrefundable. I am fully aware that baby strollers, joggers with dogs, and pushed wheel-chairs or other hazards may be on the course, and I further assume all risks associated with my participation in the Event. If I bring a dog, then I agree to obey the dog rules provided in a form that I agree to sign on race day.

X _____ Date: _____

Signature of participant (or signature of parent or guardian if under 18 years of age)