



Tierrasanta

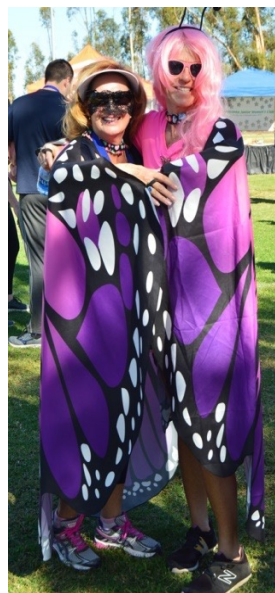
“Monster Mash” 5K Race and Fun Run & Walk

Sat, 8AM Oct 28th, 2023
Tierrasanta Recreation Center

Tierrasanta Foundation presents two events: a 5k race on a measured course with chip timing for serious runners, and a 5k Fun Run and Walk for casual runners & walkers. Join your neighbors for a stroll down Tierrasanta’s tree-lined streets. Kids, baby strollers, leashed dogs and Halloween costumes are welcomed. **Free Beer Garden** to runners of age, **souvenir T-shirt** to all paid entrants.

	Early Bird through Sept 30	Late Reg. from Oct 1st
★ Measured 5K	\$30	\$35
★ Active Duty Military	\$25	\$30
★ Seniors 65 or over	\$25	\$30
<i>Includes bib, chip timing, souvenir T-shirt, beer garden</i>		
★ Fun Run & Walk w/ Dogs	\$20	\$25
<i>Includes runners bib, souvenir T-shirt, beer garden</i>		
★ Age 10 & under (no shirt)	FREE	FREE

- Info at www.tierrasantafoundation.org
- Event 1: Measured / sanctioned 5k race
- Event 2: Fun Run & Walk w/ dogs, strollers
- Bib pickup 4-7 PM Friday, Oct 27th at the Rec Center parking lot (near the gym)
- Free beer garden (ID and bib required)
- Souvenir T-shirts for paid entrants
- Food from local restaurants
- Event start/finish: Tierrasanta Rec. Center, 11220 Clairemont Mesa Blvd., 92124
- Questions: tiffanybguerrero@gmail.com, or call Tiffany at 619-865-3780



Register
Online



5K Event
Homepage

For more information surf to www.tierrasantafoundation.org

Event: Chip-Timed 5K Chip-Timed 5K (Senior / Military) Fun Run & Walk

First Name _____ Last Name _____

Click One: Male Female Enter your age as of Race Day (Oct 28, 2023) _____

City _____ State _____ Zip Code _____

E-mail Address _____

Write checks to:
**Tierrasanta
Foundation**

T-Shirt Size
(circle one)
Youth L
Youth XL
Adult S
Adult M
Adult L
Adult XL
Adult 2XL

Option 1:
Sign up online via active.com
(look for the link at TF’s homepage by mid-June,
www.tierrasantafoundation.org)

Option 2:
Deliver this completed form and your cash or check to
Kim at San Terra Properties,
10601-D Tierrasanta Blvd
(between Starbucks and Chase)

Option 3:
Mail form and check to TF,
10601-G Tierrasanta Bl, #406,
San Diego, CA 92124
Note: Do not mail after Oct 23
(we might not get your letter in time)

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 wheelchairs 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)

_____ Bib
No.