



FAQs

Is the registration fee the same for all-ages?

Yes. Monster Mash 5K is an annual event that is meant to raise funds for programs that serve students attending ISD schools.

What are the timing corrals and which one do I select?

The timing corrals are meant to space out the participants in a manner that promotes a steady flow of participants. Essentially, the fastest runners are first, so they don't have to weave around others, while the slowest participants are last, so they can enjoy the course at their own pace. For reference, we have listed 5K times for each corral (divide these times by 3 to determine your per mile pace).

I registered after 10/12/25. Is there any way I can still get a race tee?

Unfortunately, no. Due to strict production deadlines and increased product costs, we are unable to purchase extra shirts this year for late registrants. It is very likely, however, that we will be able to provide late registrants a 2025 race medal.

I want to bring a jogging stroller. Is this permitted?

Our race insurance does not permit strollers, but East Lake Sammamish Trail is a public trail that technically remains open during our race. Should you arrive with a jog stroller, we ask that you please queue in the last timing corral and mind those around you on foot.

How early do I need to arrive on race day?

We STRONGLY recommend picking up your packet the day before at the Issaquah Schools Foundation to avoid long race day packet pick up lines. Generally, our arrival traffic peaks between 9-9:40 AM. Since there is available onsite parking at Lake Sammamish Boat Launch, you have the option to arrive early to secure a parking spot and stay warm in your car, enter the raffle for prizes, use the restrooms, stretch, and/or visit booths.



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What if I need to leave the race while racers are still on course?

There is one small section of the parking lot where the course overlaps with the exit route. If you must leave Lake Sammamish Boat Launch prior to completion of the race, please be prepared to yield to participants on course. We will have traffic volunteers helping to direct traffic and will do our best to hold incoming participants, when safe, to allow you to exit.

Is onsite parking available?

Yes, and carpooling is encouraged. Lake Sammamish Boat Launch is a WA State Park requires a Discover Pass for onsite parking. You may purchase an annual or day Discover Pass at area stores such as REI and Fred Meyer. You may also purchase passes onsite at the Lake Sammamish Boat Launch kiosk. The cost of a daily pass is \$10. The cost of an annual pass is \$30 before 10/1/25, or \$45 after this date. There is also the option of free parking located approximately .8 miles away at the Issaquah School District Admin Building. If you choose to park here, please allow for adequate extra walking time to the Start Line.

Will there be water stations on the course?

Yes. There will be water stations located at the 1 mile and 2 mile markers. We will also have some water in the festival area after the race.

What is the course like?

East Lake Sammamish Trail is flat and paved. Generally, costumes stay pretty clean! The course is an out-and-back, which means you should anticipate 2-way traffic, especially if you are starting in one of the later timing corrals.

Can I change T-Shirt sizes?

Unfortunately this year we will not be purchasing extra shirts. You will receive whatever size you selected during your registration.



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What time will you announce placement awards?

This announcement relies on the top three runners from all age categories to finish, but we typically start announcing these awards before/by 11 AM. If you are not present, we will hold your award for pickup at ISF.

How/when will you announce raffle prizes?

Each participant will receive one raffle entry for prizes. You may receive additional raffle tickets entries for visiting our participating sponsor booths. There will be drawings for kid-specific prizes as well as all-ages prizes. You do need to be present to win.

I cannot make early packet pickup on Friday. Can a friend pick up my packet for me instead?

Absolutely! Your timing bib will be in this packet. Please bring this with you on race day.

I am volunteering at this event. Do I need a parking pass and do I park amongst all the racers?

The WA State Parks asks that all parked vehicles have a Discover Pass. Many of our volunteers choose to carpool or get dropped off for this reason. Should you choose to drive your car, we do have a reserved volunteer parking area. Your pre-event volunteer communications will provide more details.

Is my registration refundable in the event of weather or illness?

MM5K is an all-weather event and registration is therefore non-refundable. There is the option to add 3rd party event insurance during the registration process from RegShield. To learn more about what this option covers, visit:

<https://www.fanshield.com/plan-map>