

# Mount Diablo Heat

YOUTH Shadow Cliffs XC Race

Bob Shor Grand Prix Event

Sunday, October 20, 2024

At Shadow Cliffs Regional Park

2500 Stanley Boulevard, Pleasanton, CA

## USATF Sanctioned Cross Country Meet

**REGISTRATION** - on athletic.net. **ENTRY FEE:** \$15.

Payment for race registration is now available on athletic.net at the "PAY NOW" icon.

Please try to register your club or athlete by Thursday, October 17<sup>th</sup> at 9:00pm.

Onsite registration is available at packet pick up from 8am -9am

We accept: Cash, Zelle to [mdhpayments@gmail.com](mailto:mdhpayments@gmail.com) or Venmo to @mdhpayments

**COURSE WALK** – 9:00am

**RACE STARTS** – 10:00am

With Group 1 girls and move through the races by age group with girls running 1<sup>st</sup> and boys running 2<sup>nd</sup>.

### **PARKING**

There is a charge for parking at Shadow Cliffs Regional Park on the weekends of \$6 per car. Please arrive EARLY as there is typically only one ranger collecting fees so the line can get long. The rangers will occasionally enforce a \$2 **per dog** fee if you bring your four-legged friend, so we recommend that pets be left at home unless you are willing to pay the dog fee.

### Age Groups

Group 1 :	Age 6-8	Birth Year: 2018 - 2016
Group 2:	Age 9-10	Birth Year: 2015 - 2014
Group 3:	Age 11-12	Birth Year: 2013 - 2012
Group 4:	Age 13-14	Birth Year: 2011 - 2010
Group 5:	Age 15-18	Birth Year: 2009 - 2006

### **AWARDS**

Awards will be given to the top 10 finishers in each age division/gender group. No awards will be mailed to athletes. All awards will be given at the finish line.

### **FOOD/TENTS**

There are picnic tables along the start and finish where tents may be set up. Your club may bring in food and drinks, but no glass containers are allowed near the lake. No alcohol or smoking allowed in the area.

For more information contact:

Jenny Tran at [jenny\\_littlefoot@yahoo.com](mailto:jenny_littlefoot@yahoo.com) or 209-247-6229. Please no calls after 9:00pm.

### **Course Maps**

Click on link:

**[MDH Shadow Cliffs Course Maps 2024.pdf](#)**