

Mount Diablo Heat

YOUTH Shadow Cliffs XC Race

Bob Shor Grand Prix Event

Sunday, October 26, 2025

At Shadow Cliffs Regional Park

2500 Stanley Boulevard, Pleasanton, CA

USATF Sanctioned Cross Country Meet

REGISTRATION - on athletic.net.

ENTRY FEE: \$15

Online registration closes Thursday, October 23rd at 9:00pm.

Onsite registration available at packet pick up/ registration table from 8am - 9am. CASH ONLY

Payments can be made through athletic.net.

PACKET PICK UP – 8am - 9am

COURSE WALK – 9:00am

RACE STARTS – 10:00am.

With Group 1 girls followed by boys, rolling start afterward by age group with girls running 1st and boys running 2nd.

If the total number of entrants for boys and girls in any given group is small, they may be combined.

****All Group 5 and Group 6 athletes (5K) will run with the Group 4 boys.****

PARKING

There is a charge for parking at Shadow Cliffs Regional Park on the weekends of \$5 per car or with an Eastbay Park Pass. Please arrive EARLY as there is typically only one ranger collecting fees so the line can get long. The rangers will enforce a \$2 per dog fee if you bring your four-legged friend.

A reminder from East Bay Parks for spectators and athletes: PLEASE stay on the trails and do not walk or run through the landscaped areas containing vegetation/rocks/bark.

| Distance | Age Division | Age | Year of Birth |
|-----------------|--------------|-----------|-------------------------|
| 2K (1.25 miles) | Group 1: | Age 6-8 | Birth Year: 2017+ |
| 3K (1.87miles) | Group 2: | Age 9-10 | Birth Year: 2015 - 2016 |
| 3K (1.87 miles) | Group 3: | Age 11-12 | Birth Year: 2013 - 2014 |
| 4K (2.50 miles) | Group 4: | Age 13-14 | Birth Year: 2011 - 2012 |
| 5K (3.1 miles) | Group 5: | Age 15-18 | Birth Year: 2007 - 2010 |

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 or 209-247-6229. Please no calls after 9:00pm.

Course Maps

Click on link: [Course Maps](#)

[view](#)