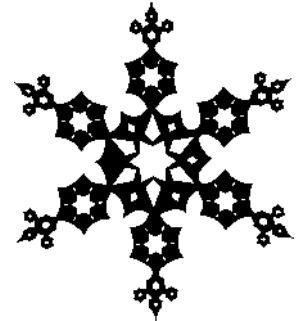


TWENTY SECOND ANNUAL  
**MEADOW BROOK 5K & FUN RUN**

SATURDAY, DECEMBER 17, 2016 A.D.

<http://www.meadowbrookruns.org>

7:30 - 8:45 A.M. LATE REGISTRATION AND PACKET PICKUP  
9:00 A.M. 5K (3.1 MILE) RACE. FINISH AROUND THE LAKES.  
10:00 A.M. FUN RUN (1.0 MILE). WEAR YOUR JINGLE BELLS!  
10:30 A.M. AWARDS CEREMONY AND PRIZE DRAWINGS.



**DIRECTIONS:**

TAKE HIGHWAY 280 EAST, 3.3 MILES SOUTH OF I-459. RACES BEGIN AND END AT USAMERIBANK ON THE RIGHT.

**RACE FEATURES:**

BIRMINGHAM'S MOST BEAUTIFUL COURSE. CHRISTMAS T-SHIRTS, INDOOR FACILITIES, GIFT BAGS, PRIZES, AND GREAT FOOD! PRIZES FOR OVERALL WINNERS. LOVE BIRDS RELEASE. NORTON'S "FLOWERS FOR FINISHERS". "A TASTE OF 280"<sup>TM</sup>: STEAK 'N SHAKE, COWBOY CHICKEN, JIMMY JOHN'S, CHICK-FIL-A, PAPA JOHN'S PIZZA, SPROUTS, YB'S DAYLIGHT DONUTS, SMOOTHIE KING, THE FRESH MARKET, BUFFALO ROCK, STARBUCKS. TIMING BY RACE KREWE. ENTRY FORMS PROVIDED BY YOUROFFICE USA, INTERNET SERVICES BY CAHABA WEB.

**ENTRY FEE:** VOLUNTARY TAX DEDUCTIBLE CONTRIBUTIONS TO "THE JESUS VIDEO PROJECT OF ALABAMA", A 501(C)(3) SHARING THE GOOD NEWS. \$15-25 MINIMUM SUGGESTED. T-SHIRT GUARANTEE FOR PRE-REGISTRATIONS BY 12/9/16 A.D.



CUT HERE

NAME \_\_\_\_\_ AGE \_\_\_\_\_ MALE FEMALE  
(ONE ENTRY PER FORM)  
ADDRESS \_\_\_\_\_ PHONE ( \_\_\_\_\_ ) \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
EMAIL \_\_\_\_\_ WATCHED THE JESUS VIDEO? YES NO  
(NEEDED TO SEND RACE RESULTS AND INVITE YOU NEXT YEAR)

CIRCLE: 5K FUN RUN ; T-SHIRT SIZE: S M L XL

IN CONSIDERATION OF MY ACCEPTANCE AS A PARTICIPANT IN THE MEADOW BROOK 5K RUN AND/OR FUN RUN, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS, ADMINISTRATORS, AND ASSIGNS RELEASE AND HOLD HARMLESS ALL SPONSORS AND THEIR AGENTS, SERVANTS, AND EMPLOYEES, AS WELL AS SHELBY COUNTY, CITY OF HOOVER, THE JESUS VIDEO PROJECT OF ALABAMA, DANIEL CORPORATION, AND THEIR REPRESENTATIVES, EMPLOYEES, OFFICIALS, AND ALL RACE VOLUNTEERS, FROM ANY AND ALL ACTIONS, LOSSES, AND DAMAGES INCURRED BY ME OR ARISING OUT OF OR IN CONNECTION WITH MY PARTICIPATION IN THE AFOREMENTIONED MEADOW BROOK 5K RUN AND/OR FUN RUN EVENTS. I WARRANT THAT I KNOW THAT RUNNING A ROAD RACE IS POTENTIALLY A HAZARDOUS ACTIVITY AND THAT I AM PHYSICALLY FIT AND HAVE TRAINED SUFFICIENTLY FOR THIS EVENT.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
PARENT OR GUARDIAN IF UNDER 19 YEARS OF AGE

MAKE CHECK TO: THE JESUS VIDEO PROJECT OF ALABAMA.  
MAIL ENTRY FORM AND CHECK TO: MEADOW BROOK RUNS; 3508 CHESHIRE DRIVE; BIRMINGHAM, AL 35242-3100.  
FOR MORE INFORMATION CALL: BOB COSBY (205) 991-6054, EMAIL [JVPOA@juno.com](mailto:JVPOA@juno.com)

## The JESUS Video Project of Alabama, Inc.

- Distributed over 1.85 million JESUS videos
- JESUS available in over 1,230 languages
- Email: [JVPOA@juno.com](mailto:JVPOA@juno.com)

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Bama Bill DJ

Baumhower's Restaurant

Birmingham History Center

Birmingham Track Club

Bogue's Restaurant

Bojangle's

Bonefish Grill

Brass Bear Antique Mall

Briarwood Christian Bookstore

Bruno Event Team

Bud's Best Cookies

Buffalo Rock

Buffalo Wild Wings Grill

Cahaba Cycles

CahabaWeb

California Pizza Kitchen

Campus Spirit - Inverness

Captain D's

Carrabba's Italian Grill

Chef Bob

Chicken Salad Chick

Chick-fil-A - Greystone

Chick-fil-A - Inverness

Children's Hospital

Chipotle Mexican Grill

Chuck E. Cheese's

Chuy's Birmingham

Costco

Cowboy Chicken

Cracker Barrel Old Country Store

Crafts by Carolyn

Dairy Queen

Demetri's Bar-B-Q

Dick's Sporting Goods

Edible Arrangements

Edwin Watts Golf Academy

English Ivy Home Decor

Enterprise Rent-A-Car

Expedia Cruise Ship Center

Express Oil Change

FedEx Office

Fidelity Investments

Firehouse Subs

Firestone Tire & Service Center

First Priority

First Watch

Fitness Together

Fleming's

Fred Astaire's

Golden Corral

Golden Flake Snack Foods

Golden Rule BBQ - Irondale

Great Clips for Hair - Greystone

Hair 280

Hamburger Heaven

Havoline Texaco Xpress Lube

H H Gregg

Hibbett Sports

Homewood Diner

Homewood Sporting Goods

Hunan Cuisine

International House Of Pancakes

Inverness Golf & Repair

Iron Tribe Fitness 280

Isbell's Jewelers

IXTAPA Mexican Grill

Jan's Hallmark Shop

Jason's Deli

Jazzercise

JaWanda's Sweet Potato Pies

JESUS Video Project of Alabama

Jimmy John's

Krispy Kreme

Life Way Christian Stores

Lloyd's Restaurant

Logan's Roadhouse

Longhorn Steakhouse

Love Birds Inc.

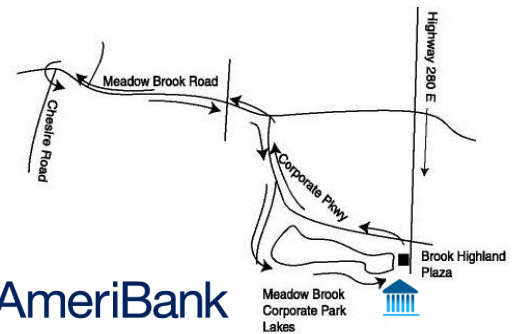
M&M Jewelers

Majestees

Maki Fresh

McDonald's

Meadow Brook Baptist Church



MeadowBrook Homeowners Association

Mellow Mushroom Pizza Bakers

Men's Wearhouse

Merle Norman Cosmetic Studios

Michael's Arts & Crafts

Michael's Steaks & Seafood

Ming's Cuisine

Mister Car Wash

Moe's Southwest Grill

Momma Goldberg's Deli

Mountain High Outfitters

Mr. Burch Formal Wear

MRUNS.COM

Nail Star

National Tire & Battery

Newk's

Norton's Florist

Nothing Bundt Cakes

OfficeMax/OfficeDepot

Orange Theory Fitness

Outback Steakhouse

Panera Bread Cafe

Papa John's Pizza

Pastry Art Bake Shoppe

Perrin & Son

P. F. Chang's China Bistro

Pieology at the Summit

Pizza Hut

Planet Fitness

P.T.'s Sports Grill of SOHO

Publix

Race Krewe

Ranelli's Deli & Café

Red Lobster

Rogers Trading Company

Romano's Macaroni Grill

Rosegate Design

Ruth's Chris Steakhouse

Saigon Noodle House

Salem's Diner

Sam's Club

Sanpeggio's Pizza

Santa Fe Day Spa

Satterfield's

Schlotzsky's Deli

Seasons 52 Fresh Grill

Short 'n Sweet

Smoothie King

Sonic Drive-in

Southeastern Jewelers

Southern Legacy BBQ

Southern Museum of Flight

Sport Clips

Sprouts Farmers Market

Staples

Starbucks Coffee Co.

Steak 'n Shake

Style Encore

Sweet Frog Frozen Yogurt

Taco Bell

Taco Mama - Summit

Taziki's Cafe

The Barber Shop

The Cheesecake Factory

The Fish Market Restaurant

The Fresh Market

The Gingerbread Lady

The Melting Pot

The Pink Tulip

The UPS Store - Inverness

The UPS Store - Lee Branch

The Urban Barn

Tidmore Flags

Trak Shak

Uncle Maddio Pizza Joint

Urban Cookhouse

USAmeriBank

Wal-Mart

What A Burger

Which Wich

Wingate by Wyndham,

Bham

Winn-Dixie

Wright Weight Equipment

YB's Daylight Donuts

YMCA of Birmingham

YourOffice - Birmingham

Zapata's Mexican Restaurant

Zoe's Kitchen