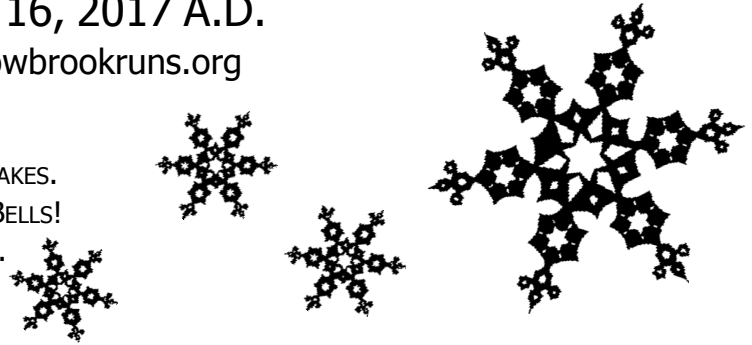


TWENTY THIRD ANNUAL  
**MEADOW BROOK 5K & FUN RUN**

SATURDAY, DECEMBER 16, 2017 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.



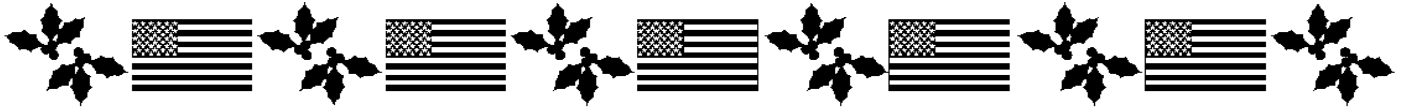
**DIRECTIONS:**

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>: 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 YOUR OFFICE 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 12/10/17 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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 CahabaWeb  
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 Captain D's  
 Carrabba's Italian Grill  
 Chef Bob  
 Chicken Salad Chick  
 Chick-fil-A - Greystone  
 Chick-fil-A - Inverness  
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 Costco  
 Cracker Barrel Old Country Store  
 Crafts by Carolyn  
 CVS Pharmacy  
 Dairy Queen  
 Eli's Jerusalem Grill

Deep Dish Pizza  
 Demetri's Bar-B-Q  
 Dick's Sporting Goods  
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 First Watch  
 Fitness Together  
 Fleming's  
 Fred Astaire's  
 Freddy's  
 Full Moon Bar-b-que  
 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  
 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  
 Marco's Pizza

McDonald's  
 Meadow Brook Baptist Church  
 MeadowBrook Homeowners Association  
 Mellow Mushroom Pizza Bakers  
 Men's Wearhouse  
 Merle Norman Cosmetic Studios  
 Michael's Arts & Crafts  
 Milo's Hamburgers  
 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  
 Pearle Vision  
 Perrin & Son  
 P. F. Chang's China Bistro  
 Pizza Hut  
 Planet Fitness  
 Publix  
 Race Krewe  
 Ranelli's Deli & Café  
 Red Lobster  
 Rosegate Design  
 Ruth's Chris Steakhouse  
 Saigon Noodle House  
 Salem's Diner  
 Sam's Club  
 Sanpeggio's Pizza  
 Santa Fe Day Spa  
 Satterfield's  
 Savage's Bakery & Deli  
 Schlotzsky's Deli

Seasons 52 Fresh Grill  
 Shane's Rib Shack  
 Short 'n Sweet  
 Smoothie King  
 Sonic Drive-in  
 Southeastern Jewelers  
 Southern Legacy BBQ  
 Southern Museum of Flight  
 Sport Clips  
 Sprouts Farmers Market  
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 Starbucks Coffee Co.  
 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 Monogram Spot  
 The UPS Store - Inverness  
 The UPS Store - Lee Branch  
 Tidmore Flags  
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