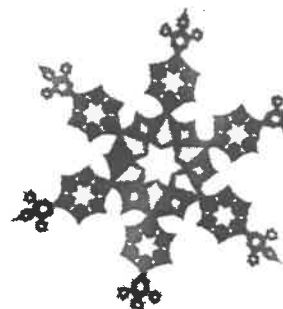


TWENTY FOURTH ANNUAL
MEADOW BROOK 5K & FUN RUN

SATURDAY, DECEMBER 15, 2018 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 VALLEY NATIONAL BANK ON THE RIGHT.

RACE FEATURES:

BIRMINGHAM'S MOST BEAUTIFUL COURSE. PATRIOTIC 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"TM: BAUMHOWER'S, 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 JEFF CLARK RACE TIMING. 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 12/7/18 A.D.



CUT HERE

NAME _____ DATE OF BIRTH (M/D/Y) ___/___/___ 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

The JESUS Video Project of Alabama, Inc.

- Distributed over 1.85 million JESUS videos
- JESUS available in over 1,440 languages
- Email: JVPOA@juno.com

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Baumhower's Restaurant
Bay Leaf Indian Cuisine
Best Buy
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
Captain D's
Carrabba's Italian Grill
Chef Bob
Chicken Salad Chick
Chick-fil-A - Greystone
Chick-fil-A - Inverness
Children's Hospital
Chuck E. Cheese's
Chuy's Birmingham
Club Pilates
Costco
Cowboy Chicken
Cracker Barrel Old Country Store
Crafts by Carolyn

Dairy Queen
Dale's Southern Grill
Demetri's Bar-B-Q
Dick's Sporting Goods
Dreamland Bar-B-Que
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Freddy's
Full Moon Bar-B-que
Golden Corral
Golden Flake Snack Foods
Golden Rule BBQ - Irondale
Great Clips for Hair - Greystone
Grille 29
Hamburger Heaven
Havoline Texaco Xpress Lube
Homewood Diner
Homewood Sporting Goods
Hunan Chinese Cuisine
International House Of Pancakes
Inverness Golf & Repair
IXTAPA Mexican Grill
Jack's
Jan's Hallmark Shop
Jason's Deli
Jazzercise
JaWanda's Sweet Potato Pies
JESUS Video Project of Alabama
Jimmy John's
Johnny Ray's
Las Trojas Cantina
Life Way Christian Stores
Little Donkey
Lloyd's Restaurant **V. N. Bank**

Logan's Roadhouse
Longhorn Steakhouse
Love Birds Inc.
M&M Jewelers
Magic City Daylight Donuts
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
Metro Diner
Michael's Arts & Crafts
Milo's Hamburgers
Ming's Cuisine
Mister Car Wash
Moe's Southwest Grill
Momma Goldberg's Deli
Mooyah
Mountain High Outfitters
Mr. Burch Formal Wear
mRuns.com
Nail Star
National Tire & Battery
Norton's Florist
Nothing Bundt Cakes
O'Charley's
OfficeMax/OfficeDepot
Orange Theory Fitness
Outback Steakhouse
Panera Bread Cafe
Papa John's Pizza
Pastry Art Bake Shoppe
Perrin & Son
Perry's Steakhouse & Grille
P. F. Chang's China Bistro
Pizza Hut
Planet Fitness
Publix
Race Krewe
Ranelli's Deli & Café

Red Lobster
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
Savage's Bakery & Deli
Seasons 52 Fresh Grill
Smoothie King
Sonic Drive-in
Southeastern Jewelers
Southern Legacy BBQ
Southern Museum of Flight
Sport Clips
Sprouts Farmers Market
Staples
Starbucks Coffee Co.
Static Fit
Style Encore
Sweet Frog Frozen Yogurt
Taco Mama - Summit
Taziki's Cafe
The Cheesecake Factory
The Fish Market Restaurant
The Fresh Market
The Gingerbread Lady
The Melting Pot
The UPS Store - Inverness
The UPS Store - Lee Branch
Tidmore Flags
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Zapata's Mexican Restaurant
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