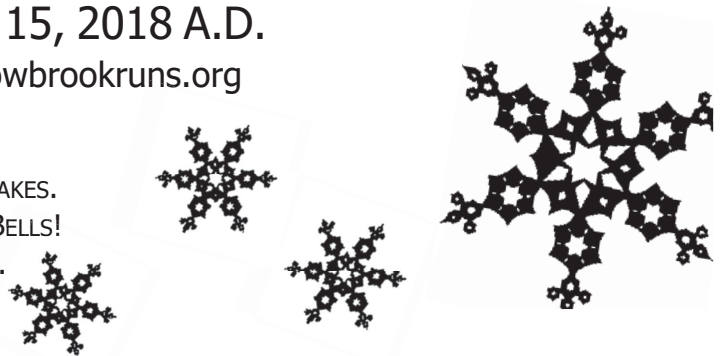


TWENTY FOURTH ANNUAL
MEADOW BROOK 5K & FUN RUN

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: DREAMLAND BAR-B-QUE, JIMMY JOHN'S, CHICK-FIL-A, PAPA JOHN'S PIZZA, SPROUTS, MAGIC CITY DAYLIGHT DONUTS, PANERA BREAD SMOOTHIE KING, JASON'S DELI, THE FRESH MARKET, BUFFALO ROCK, STARBUCKS. JEFF CLARK RACE TIMING. 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 12/7/18 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

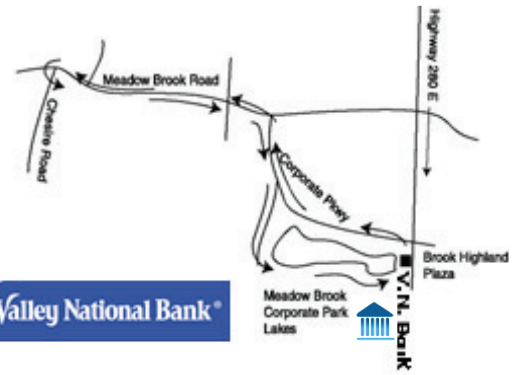
IN CONSIDERATION OF MY ACCEPTANCE AS A PARTICIPANT IN THE MEADOW BROOK 5K RUN AND/OR FUN RUN, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS, ADMINISTRATORS, AND ASSIGNS RELEASE AND HOLD HARMLESS ALL SPONSORS AND THEIR AGENTS, SERVANTS, AND EMPLOYEES, AS WELL AS SHELBY COUNTY, CITY OF HOOVER, THE JESUS VIDEO 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



THANKS TO OUR SPONSORS:

- | | | | |
|----------------------------------|----------------------------------|-------------------------------|-----------------------------|
| Academy Sports & Outdoors | Dale's Southern Grill | Lloyd's Restaurant | Red Lobster |
| Alabama Outdoors | Demetri's Bar-B-Q | Logan's Roadhouse | Romano's Macaroni Grill |
| Alabama Power Company | Dick's Sporting Goods | Longhorn Steakhouse | Rosegate Design |
| Alabama Sports Hall of Fame | Dreamland Bar-B-Que | Love Birds Inc. | Ruth's Chris Steakhouse |
| Alabama Teen Challenge | Eli's Jerusalem Grill | M&M Jewelers | Saigon Noodle House |
| Aloft Hotels Soho Square | Enterprise Rent-A-Car | Magic City Daylight Donuts | Salem's Diner |
| American Family Online | Expedia Cruise Ship Center | Majestees | Sam's Club |
| Amoré Ristorante Italiano | Express Oil Change | Maki Fresh | Sanpeggio's Pizza |
| Applebee's | FedEx Office | Marco's Pizza | Santa Fe Day Spa |
| Arby's | Fidelity Investments | McDonald's | Satterfield's |
| Ashley Mac's | Firehouse Subs | Meadow Brook Baptist Church | Savage's Bakery & Deli |
| Auto Whiz / Goodyear | Firestone Tire & Service Center | Meadow Brook Homeowners Assoc | Seasons 52 Fresh Grill |
| Back Yard Burgers | First Priority | Mellow Mushroom Pizza Bakers | Smoothie King |
| Baker Lamps & Linens | First Watch Daytime Cafe | Men's Wearhouse | Sonic Drive-in |
| Bama Bill DJ | Fleming's Prime Steakhouse | Merle Norman Cosmetic Studios | Southeastern Jewelers |
| Bay Leaf Indian Cuisine | Four Corners Framing | Metro Diner | Southern Legacy BBQ |
| Birmingham History Center | Freddy's | Michael's Arts & Crafts | Southern Museum of Flight |
| Birmingham Track Club | Golden Corral | Milo's Hamburgers | Sport Clips |
| Bogue's Restaurant | Golden Flake Snack Foods | Ming's Cuisine | Sprouts Farmers Market |
| Bonefish Grill | Golden Rule BBQ - Irondale | Mister Car Wash | Starbucks Coffee Co. |
| Brass Bear Antique Mall | Great Clips for Hair - Greystone | Moe's Southwest Grill | Style Encore |
| Briarwood Christian Bookstore | Grille 29 | Momma Goldberg's Deli | Sweet Frog Frozen Yogurt |
| Bruno Event Team | Hamburger Heaven | Mountain High Outfitters | Taco Casa |
| Buck Publishing Company | Havoline Texaco Xpress Lube | Mr. Burch Formal Wear | Taco Mama - Summit |
| Bud's Best Cookies | Homewood Diner | mRuns.com | Taziki's Cafe |
| Buffalo Rock | Homewood Sporting Goods | Nail Star | The Cheesecake Factory |
| Buffalo Wild Wings Grill | Hunan Chinese Cuisine | National Tire & Battery | The Fish Market Restaurant |
| Cahaba Cycles | International House Of Pancakes | Norton's Florist | The Fresh Market |
| CahabaWeb | Inverness Golf & Repair | Nothing Bundt Cakes | The UPS Store - Inverness |
| California Pizza Kitchen | IXTAPA Mexican Grill | O'Charley's | The UPS Store - Lee Branch |
| Captain D's | Jack's | OfficeMax/OfficeDepot | Tidmore Flag & Banner |
| Carrabba's Italian Grill | Jan's Hallmark Shop | Orange Theory Fitness | Trak Shak |
| Chef Bob | Jason's Deli | Outback Steakhouse | Tuk Tuk Thai Kitchen |
| Chicken Salad Chick | Jazzercise | Panera Bread Café | Urban Cookhouse |
| Chick-fil-A - Greystone | JaWanda's Sweet Potato Pies | Papadeaux Seafood | Valley National Bank |
| Children's Hospital | Jeff Clark Race Timing | Papa John's Pizza | Vocelli Pizza |
| Chuck E. Cheese's | JESUS Video Project of Alabama | Pastry Art Bake Shoppe | Wal-Mart |
| Chuy's Birmingham | Jimmy John's | Perrin & Son | WhatABurger |
| Costco | Johnny Ray's | Perry's Steakhouse & Grille | Winn-Dixie |
| Cracker Barrel Old Country Store | Las Trojas Cantina | P. F. Chang's China Bistro | YMCA of Birmingham |
| Crafts by Carolyn | Levite Jewish Community Center | Planet Fitness | YourOffice - Birmingham |
| Dairy Queen | Life Way Christian Stores | Publix | Zapata's Mexican Restaurant |
| | Little Donkey | Ranelli's Deli & Café | Zaxby's |
| | | | Zoe's Kitchen |