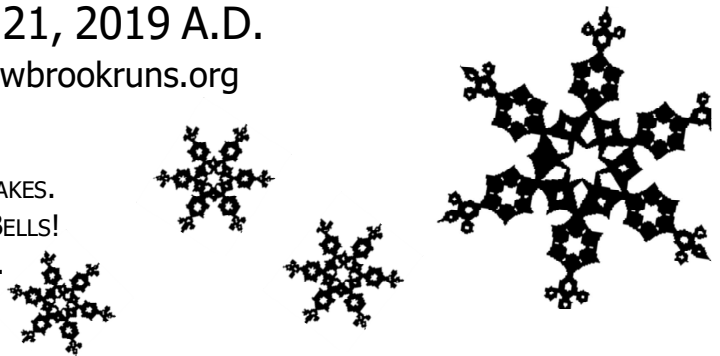


TWENTY FIFTH ANNUAL
MEADOW BROOK 5K & FUN RUN

SATURDAY, DECEMBER 21, 2019 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.



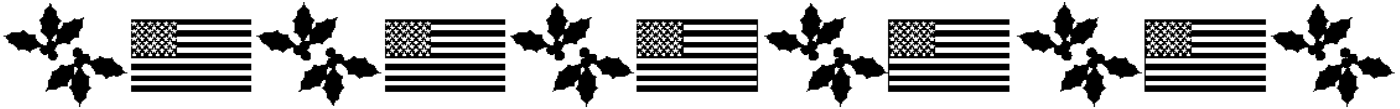
DIRECTIONS:

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 12/7/19 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

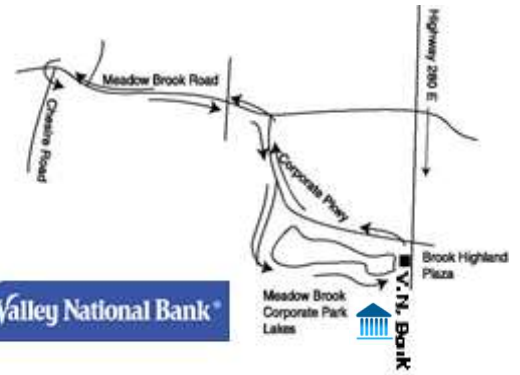
IN CONSIDERATION OF MY ACCEPTANCE AS A PARTICIPANT IN THE MEADOW BROOK 5K RUN AND/OR FUN RUN, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS, ADMINISTRATORS, AND ASSIGNS RELEASE AND HOLD HARMLESS ALL SPONSORS AND THEIR AGENTS, SERVANTS, AND EMPLOYEES, AS WELL AS SHELBY COUNTY, CITY OF HOOVER, THE JESUS VIDEO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