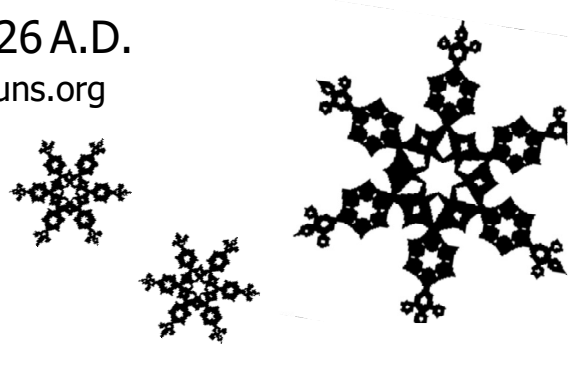
THIRTY-SECOND ANNUAL

MEADOW BROOK 5K & FUN RUN

SATURDAY, DECEMBER 19, 2026 A.D.

http://www.meadowbrook-runs.org

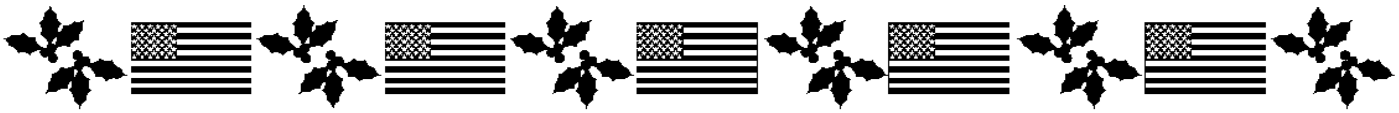


7:30 - 8:45 A.M.	LATE REGISTRATION AND PACKET PICKUP
9:00 A.M.	5K (3.1 MILE) RACE. FINISH AROUND THE LAKES.
10:00 A.M.	FUN RUN (1.0 MILE). WEAR YOUR JINGLE BELLS!
10:30 A.M.	AWARDS CEREMONY AND PRIZE DRAWINGS.

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

RACE FEATURES:
BIRMINGHAM'S MOST BEAUTIFUL COURSE. CHRISTMAS T-SHIRTS, GIFT BAGS, AND GREAT FOOD! MEDALS FOR OVERALL AND 3 DEEP AGE GROUP WINNERS. LOVE BIRDS RELEASE. NORTON'S "FLOWERS FOR FINISHERS". "A TASTE OF 280", PAPA JOHN'S PIZZA, ZAXBY'S, BUD'S BEST COOKIES, FULL MOON BAR-B-QUE, SPROUTS, SHIPLEY DO-NUTS, BUFFALO ROCK PRODUCTS, STARBUCKS. MEDALS PROVIDED BY THE SHEFFIELD FUND. INTERNET SERVICES BY YOUR OFFICE USA. ENTRY FORMS BY FIRST PRIORITY.

ENTRY FEE: VOLUNTARY, TAX DEDUCTIBLE CONTRIBUTIONS TO "THE JESUS VIDEO PROJECT OF ALABAMA", A 501(C)(3) SHARING THE GOOD NEWS. $30 SUGGESTED. T-SHIRT GUARANTEE FOR PRE-REGISTRATIONS BY 12/11/26 A.D.



CUT HERE

☐ MALE ☐ FEMALE

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

(ONE ENTRY PER FORM)

ADDRESS _____ PHONE (__ _____)_____

CITY_____ STATE_____ ZIP _____

EMAIL_____ Have you seen the Jesus Video? ☐ YES ☐ NO

(NEEDED TO SEND RACE RESULTS AND INVITE YOU NEXT YEAR)

CHECK ONE: 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, VALLEY BANK, J & M TANK LINES, DANIEL CORPORATION, AND THEIR REPRESENTATIVES, EMPLOYEES, OFFICIALS, AND ALL RACE VOLUNTEERS, FROM ANY AND ALL ACTIONS, LOSSES, AND DAMAGES, INCLUDING CONTRACTING CONTAGIOUS DISEASE, 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, HAVE NO KNOWN INFECTIOUS ILLNESS OR SYMPTOMS, AND HAVE TRAINED SUFFICIENTLY FOR THIS EVENT.

SIGNATURE _____ DATE _____

PARENT OR GUARDIAN IF UNDER 19 YEARS OF AGE

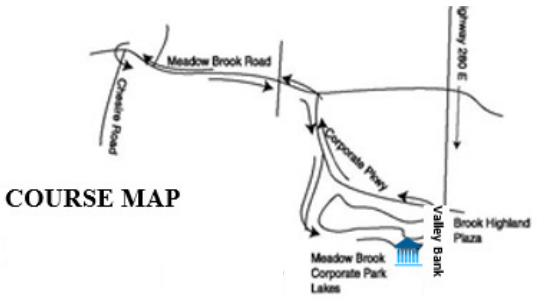
Scan here to register online:

SCAN HERE

MAKE CHECK TO: THE JESUS VIDEO PROJECT OF ALABAMA
MAIL ENTRY FORM AND CHECK TO: MEADOW BROOK RUNS; 3508 CHESHIRE DR. BIRMINGHAM, AL 35242
FOR MORE INFORMATION CALL: BOB COSBY (205) 991-6054, EMAIL JVPOA@JUNO.COM OR
DEBI DEBOER (205) 936-0288, EMAIL DEBI@FIRSTPRIORITYAL.COM

The JESUS Video Project of Alabama, Inc.

- Distributed over 1.85 million JESUS videos
- JESUS available in over 1,857 languages
- Email: JVPOA@juno.com



COURSE MAP

THANKS TO OUR SPONSORS:

Alabama Adult & Teen Challenge
Amore' Ristorante Italiano
Ashley Mac's - Inverness Cafe'
Bama Bill DJ
Bud's Best Cookies
Buffalo Rock - Pepsi
Buffalo Wild Wings Grill
Burn Boot Camp
Carrabba's Italian Grill
Chicken Salad Chick
Children's Aid Society of AL
Chuy's
Cracker Barrel Old Country Store
Dreamland Bar-B-Que
Eventive Sports Properties
Fidelity Investments
Firehouse Subs
Firestone Complete Auto Care
First Priority of Alabama
Fleming's Prime Steakhouse
Freddy's Steakburgers
Full Moon Bar-B-Que
Golden Corral
Golden Flake Snack Foods
Guthrie's Chicken
Hamburger Heaven
J&M Tank Lines
The JESUS Video Project of Alabama
Levite Jewish Community Center
Longhorn Steakhouse
Love Birds Inc.
Meadow Brook Homeowners Assoc.
Miss Myra's Pit Bar B Q
mRuns.com
Norton's Florist
Nothing Bundt Cakes
O'Reilly Auto Parts
Papa John's Pizza
Perrin & Son
Perry's Steakhouse & Grille
Regional Paramedical Services
Seasons 52 Fresh Grill
Shipley Do-Nuts
Smoothie King
Sprouts Farmers Market
Starbucks Coffee Co.
the5kracer
The Sheffield Fund
Trak Shak
Valley Bank
WhatABurger
Your Office USA
Zaxby's Chicken Fingers & Wings