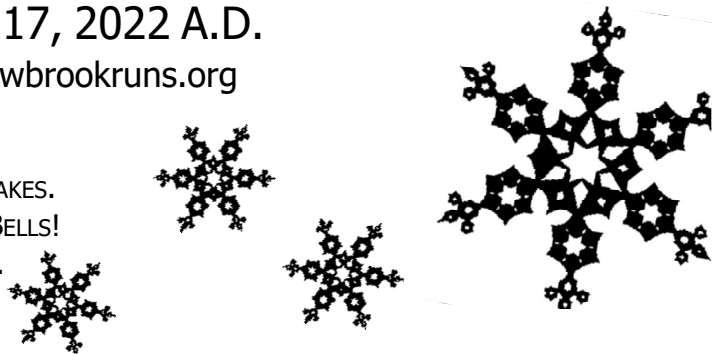


TWENTY EIGHTH ANNUAL
MEADOW BROOK 5K & FUN RUN

SATURDAY, DECEMBER 17, 2022 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.



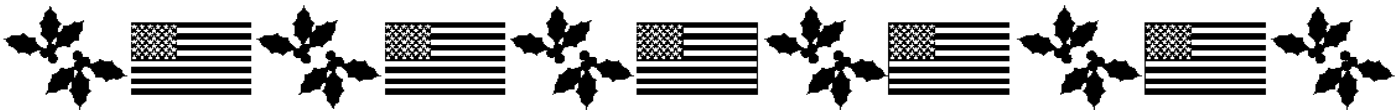
DIRECTIONS:

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

RACEFEATURES:

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"TM: JIMMY JOHN'S, PAPA JOHN'S PIZZA, SPROUTS, SMOOTHIE KING, THE FRESH MARKET, BUFFALO ROCK, STARBUCKS. MEDALS, INTERNET SERVICES, AND ENTRY FORMS PROVIDED BY YOUROFFICE USA.

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 12/9/22 A.D.



CUT HERE

NAME _____ DATE OF BIRTH (M/D/Y) ___/___/___ MALE FEMALE
ADDRESS _____ (ONE ENTRY PER FORM) 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

MAKE CHECK TO: THE JESUS VIDEO PROJECT OF ALABAMA.

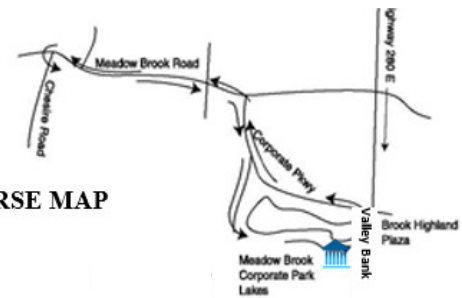
MAIL ENTRY FORM AND CHECK TO: MEADOW BROOK RUNS; 3508 CHESHIRE DRIVE; BIRMINGHAM, AL 35242-3100.

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 1,857 languages
- Email: JVPOA@juno.com

COURSE MAP



THANKS TO OUR SPONSORS:

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Bama Bill DJ
Bayleaf Indian Cuisine
Birmingham Track Club
Bruno Event Team
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Bud's Best Cookies
Buffalo Rock - Pepsi
Carrabba's Italian Grill
Chick-fil-A - Greystone
Children's Hospital
Community of Hope Health Clinic
Dairy Queen
Dyron's Low Country
East 59 Cafe
Fidelity Investments
Firehouse Subs
First Priority
Fleming's Prime Steakhouse
Freddy's Steakhouses
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mRuns.com
Norton's Florist
Panera Bread Café
Papa John's Pizza
Perrin & Son
Perry's Steakhouse & Grill
Ruby Sunshine
Satterfield's
Shipley Do-Nuts
Smoothie King
Sonic Drive-In
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the 5K Racer
The Fresh Market
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