

THIRTIETH ANNUAL



MEADOW BROOK 5K & FUN RUN

SATURDAY, DECEMBER 21, 2024 A.D.

<http://www.meadowbrook-runs.org>

7:30 - 8:45 A.M.

9:00 A.M.

10:00 A.M.

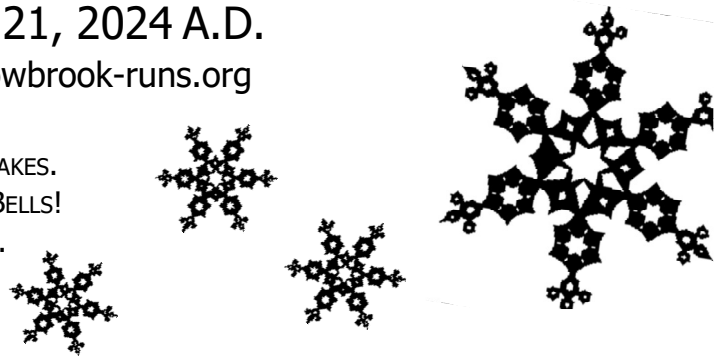
10:30 A.M.

LATE REGISTRATION AND PACKET PICKUP

5K (3.1 MILE) RACE. FINISH AROUND THE LAKES.

FUN RUN (1.0 MILE). WEAR YOUR JINGLE BELLS!

AWARDS CEREMONY AND PRIZE DRAWINGS.



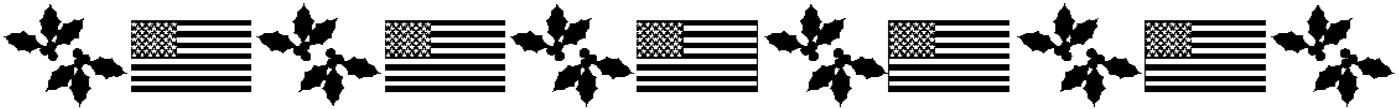
DIRECTIONS:

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! AWARDS PROVIDED BY THE SHEFFIELD FUND FOR OVERALL AND 3 DEEP AGE GROUP WINNERS. LOVE BIRDS RELEASE. NORTON'S "FLOWERS FOR FINISHERS". MUSIC BY BAMA BILL. "A TASTE OF 280": DREAMLAND BBQ, PAPA JOHN'S PIZZA, ZAXBY'S, ASHLEY MAC'S, PANERA BREAD, SPROUTS, SHIPLEY DO-NUTS, BUFFALO ROCK PRODUCTS, STARBUCKS. INTERNET SERVICES BY YOUR OFFICE USA. ENTRY FORMS PROVIDED 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 12/13/24 A.D.



CUT HERE

Name: _____ Date of Birth (M/D/Y) ____/____/____ Male Female
(ONE ENTRY PER FORM)

Address _____ Phone (____) _____ - _____

City _____ State _____ Zip _____

Email _____ Have you seen 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

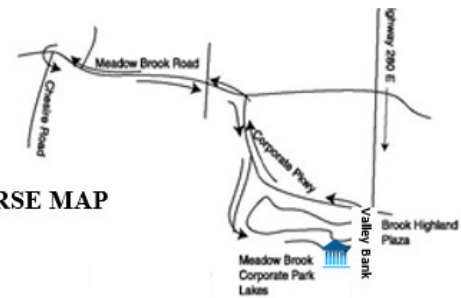
MAIL ENTRY FORM AND CHECK TO: MEADOW BROOK RUNS; 3508 CHESHIRE DRIVE; BIRMINGHAM, AL 35242-3100

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



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First Priority of Alabama
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