

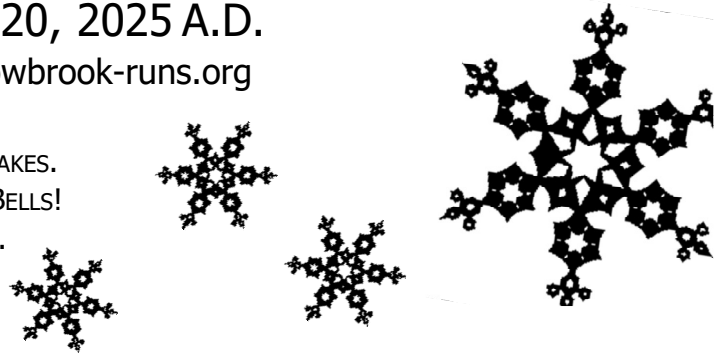
THIRTY-FIRST ANNUAL

# MEADOW BROOK 5K & FUN RUN

SATURDAY, DECEMBER 20, 2025 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 12/12/25 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

Scan here to register online:

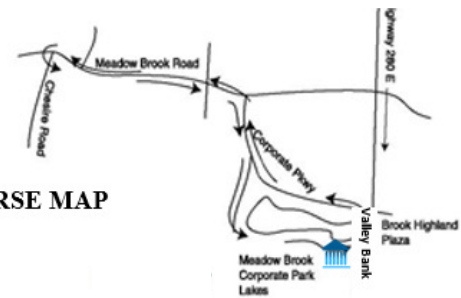
MAKE CHECK TO: THE JESUS VIDEO PROJECT OF ALABAMA  
MAIL ENTRY FORM AND CHECK TO: MEADOW BROOK RUNS; 3508 CHESHIRE DR. BIRMINGHAM, AL 35242  
FOR MORE INFORMATION CALL: BOB COSBY (205) 991-6054, EMAIL JVPOA@JUNO.COM OR  
DEBI DEBOER (205) 936-0288, EMAIL DEBI@FIRSTPRIORITYAL.COM



### 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](mailto:JVPOA@juno.com)

COURSE MAP



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