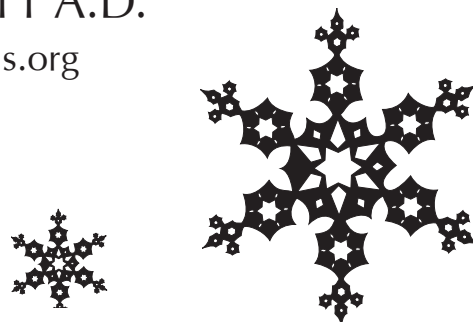


SEVENTEENTH ANNUAL
MEADOW BROOK 5K & FUN RUN
 SATURDAY, DECEMBER 17, 2011 A.D.

<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.



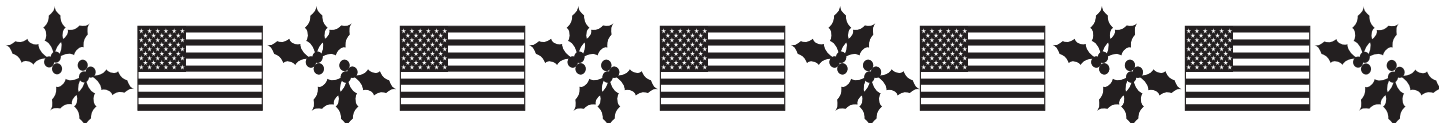
DIRECTIONS:

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

RACE FEATURES:

BIRMINGHAM'S MOST BEAUTIFUL COURSE. CHRISTMAS T-SHIRTS, INDOOR FACILITIES, GIFT BAGS, PRIZES, AND GREAT FOOD! SAVINGS BONDS FOR OVERALL WINNERS. LOVE BIRDS RELEASE. NORTON'S "FLOWERS FOR FINISHERS". "A TASTE OF 280"TM: ZAXBY'S, PAPA JOHN'S PIZZA, THE MELTING POT, SMOOTHIE KING, & BUFFALO ROCK PRODUCTS. ENTRY FORMS PROVIDED BY ALPHAGRAPHICS, INTERNET SERVICES BY CAHABAWEB.

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 12/9/11 A.D.



CUT HERE

NAME _____ AGE _____ 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, THE BIRMINGHAM TRACK CLUB, 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 1,000 languages for internationals
- Email: JVPOA@juno.com

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Baumhower's Wings Restaurant

Best Buy

Big Lots!

Big Sky Bread Co.

Birmingham Coca-Cola

Birmingham History Center

Birmingham Track Club

Bogue's Restaurant

Books-A-Million

Bruno Event Team

Buck Publishing Company

Bud's Best Cookies

Buffalo Rock

Buffalo Wild Wings Grill

Cahaba Cycles

CahabaWeb

Campus Spirit

Captain D's

Cards by Carolyn

Carrabba's Italian Grill

Chic Boutique

Chuy's Birmingham

CiCi's Pizza

Coconut's Music-Movies

Costco

County Fair

Cracker Barrel

Dairy Queen

Daylight Donuts

Edible Arrangements

Edwin Watts Golf Academy

Enterprize Rent-A-Car

Express Oil Change

Ezell's Catfish Cabin

Family Christian Stores

FedEx Office

Firestone Tire & Service Center

Fitness Together

Five Guys Burgers

FlatTop Stir-Fry Grill

Fleet Feet

Fleming's Prime Steakhouse

Framin' Shoppe

Fred Astaire's

Golden Flake Snack Foods

Great Clips for Hair - Greystone

Hair 280

Hamburger Heaven

Harmony Landing

Hardee's - Vestavia

Havoline Texaco Xpress Lube

Hibbett Sports

Homewood Diner

Homewood Sporting Goods

Hunan Cuisine

Insky's Art / Thomas Kinkade

International House Of Pancakes

Inverness Golf & Repair

IXTAPA Mexican Grill

Izzo's Burrito

Jan's Hallmark Shop

Jazzercise

JESUS Video Project of Alabama

Johnny Rocket's

Life Way Christian Stores

Lloyd's Restaurant

Longhorn Steakhouse

Love Birds

Majestees

Make Good Choices Apparel

Maki Fresh

Mary Kay

McCormick & Schmick's Seafood Restaurant

McDonald's

Meadow Brook Baptist Church

Meadow Brook Homeowners Association

Mellow Mushroom

Men's Wearhouse

Merle Norman Cosmetic Studios

Michael's Arts & Crafts

Michael's Steaks and Seafood

Milo's

Ming's Cuisine

Mister Car Wash

Moe's Southwest Grill

Momma Goldberg's Deli

Monkey Toes

Mountain High Outfitters

Mr. Burch Formal Wear

Naia Corporation

Nail Star

National Tire & Battery

Norton's Florist

Nothing But Noodles

Office Max

Outback Steakhouse

Papa John's Pizza

Paper Affair

Past Perfect

Perrin & Son

Petrucelli's Italian Eatery

P. F. Chang's China Bistro

Pizza Hut

Publix

Ranelli's Deli & Café

Red Lobster

Rogers Trading Company

Romano's Macaroni Grill

Rosegate Design

Ruth's Chris Steakhouse

Saks Fifth Avenue

Salvatore's Pizza & Pasta

Sam's Club

Sanpeggio's Pizza

Santa Fe Day Spa

Satterfield's

Savage's Bakery and Deli

Schlotzsky's Deli

Smoothie King

Southeastern Jewelers

Southern Museum of Flight

Southern Trophy and Plaque

Sport Clips

Sportplex

Staples

Starbucks Coffee Co.

Subway - Inverness Corners

Sweet Bones Alabama

The Barber Shop

The Cheesecake Factory

The Fish Market Restaurant

The Fresh Market

The Melting Pot

The UPS Store

Tidmore Flags

Tommy Bahama

Trak Shak

Tropical Smoothie Cafe

Urban Cookhouse

Wal-Mart

Winn Dixie

Wright Weight Equipment

Yogurt Mountain

YMCA of Birmingham

Zapata's Mexican Restaurant

Zaxby's

Zea Rotisserie & Grill

Zoe's Kitchen

