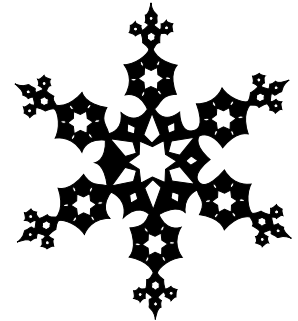


TENTH ANNUAL
MEADOW BROOK 5K & FUN RUN

SATURDAY, DECEMBER 18, 2004 A.D.

7:30 - 8:55 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. PATRIOTIC FLAG T-SHIRTS, INDOOR FACILITIES, GIFT BAGS, CHOICE OF FREE VIDEO, PRIZES, AND GREAT FOOD! SAVINGS BONDS FOR OVERALL WINNERS. HOT CHOCOLATE, COFFEE, CHRISTMAS TEA, ORANGE JUICE, FRUIT, COOKIES; JIM & NICK'S BAR-B-Q; ROLY POLYS; BUFFALO ROCK PRODUCTS.
ENTRY FORMS PROVIDED BY ALPHAGRAPHICS.

ENTRY FEE: VOLUNTARY TAX DEDUCTIBLE CONTRIBUTIONS TO "THE JESUS VIDEO PROJECT OF ALABAMA", A 501(C)(3) SHARING THE GOOD NEWS. \$10 MINIMUM SUGGESTED. T-SHIRT GUARANTEE FOR PRE-REGISTRATIONS RECEIVED BY 12/10/04 A.D.



NAME _____ AGE _____ MALE _____ FEMALE _____
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

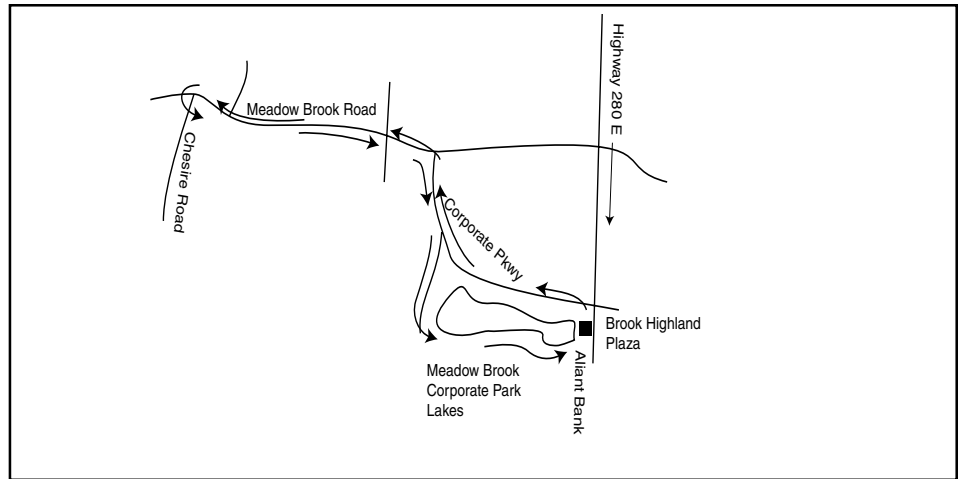
IN CONSIDERATION OF MY ACCEPTANCE AS A PARTICIPANT IN THE MEADOW BROOK 5K RUN AND/OR FUN RUN, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS, ADMINISTRATORS, AND ASSIGNEES RELEASE AND HOLD HARMLESS ALL SPONSORS AND THEIR AGENTS, SERVANTS, AND EMPLOYEES, AS WELL AS SHELBY COUNTY, THE JESUS VIDEO PROJECT OF 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

MAIL CHECK AND ENTRY FORM TO: MEADOW BROOK RUNS; 3508 CHESHIRE DRIVE; BIRMINGHAM, AL 35242-3100.
FOR MORE INFORMATION CALL: BOB COSBY (205) 991-6054, EMAIL JVPOA@juno.com OR
PAUL MARRS (205) 980-8852, EMAIL pemarrs@bellsouth.net

The JESUS Video Project of Alabama, Inc.

- Distributed 1.85 million+ JESUS videos to date
- JESUS available in 872 languages for internationals
- Email: JVPOA@juno.com
- www.jvpoa.com



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Captain D's

Carrabba's Italian Grill

Car Wash HQ

Cheeburger Cheeburger

CiCi's Pizza

Copeland's

County Fair

Dairy Queen

Eddie's

Family Christian Stores

Fitness Together

Fitness Zone

Food World

Four Corners Custom Framing Gallery

Framin' Shoppe

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New Balance Birmingham

Norton's Florist

O'Charley's

One to One Personal Fitness

Petrucelli's Italian Eatery

P. F Chang's China Bistro

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Roly Poly

Runner's World

Running Journal

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Sanpeggio's Pizza

Schaeffer Eye Center

Socks by Carolyn

Southeastern Jewelers

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Sportplex

Sports First

The Storehouse

Staples

Studio 21 Hair Salon

Subway

Taco Casa

Texaco Xpress Lube

The UPS Store

Tidmore Flags

Wendy's Old Fashion Hamburgers

Winn Dixie

World Market

Wright Exercise Equipment