

2012 "FREEZE YER GIZZARD BLIZZARD RUN"™

32nd Annual Freeze yer Gizzard Blizzard Run Entry Form
January 21, 2012 at Rainy River Community College
(or register online at www.freezeyergizzardrun.com)

Make checks payable to: The Chamber of Commerce
(U.S. Funds Only)
Mail to: 301 Second Avenue, International Falls, MN 56649
Preregister by: December 31, 2011

Shirt size is guaranteed if
preregistered by Dec. 31, 2011.

(PLEASE PRINT CLEARLY OR TYPE) We will update you through e-mails.

Name _____

Shirt Size: XS S M L XL

Address _____

Phone: _____

City _____

Cell: _____

State: _____ ZIP/Postal Code _____

Sex: M F Age (on race day) _____

E-mail: _____

**Icebox Days Buttons, Hoodies
& T-shirts will be on hand!**

Before Dec. 31: 10k Run - \$35 5k Fun Run - \$35

After Dec. 31: 10k Run - \$40 5k Fun Run - \$40

Groups must register by mail or in person at the Chamber.

Check here if you are running both races.

Add an additional \$10 if you are running both races and want a second shirt. If running for both the 5K and 10K, you must register.

Credit Card # _____ EXP. Date _____

BIB Number _____

VISA MasterCard Discover

BIB Number _____

I am entering this event at my own risk and assume all risk and responsibility for injuries I may incur as a direct or indirect result of my participating in this event. I, for myself, heirs and executors, also agree not to hold any and all participating sponsors and supporters and the directors, employees and agents of such parties responsible for any claims. I verify that I have full knowledge of the risks involved in this event. I am aware that extreme and/or severe weather conditions will exist at the time of this event and that I am physically fit and sufficiently trained to participate in it. **Face course personnel will be present on race course until noon.**

Signature _____

Date _____

Parent or guardian's signature if under 18 years of age _____

HOW DID YOU HEAR ABOUT OUR RACE?

____ Runner's World ____ Web site ____ Friend ____ Midwest Events ____ Former Participant ____ Other ____

We're
COLD
enough
are you
BOLD
enough?



& Ice Box Days

5K & 10K Runs

Fun for the Whole Family!

January 18-22, 2012
International Falls, MN

Only the BOLD run the COLD

www.freezeyergizzardrun.com



& Ice Box Days –
Fun for the Whole Family!



“The ‘Freeze Yer Gizzard Blizzard Run’ is more than just another race. It’s got some history, it’s got some weather, it encompasses great spirit (especially when it is cold!) and it is a lot of fun!”

*- Bob Conner (29 year FYGBR Veteran)
Bemidji, Minnesota*

Registration Packet
\$35 (U.S.) Pre-registered
\$40 (U.S.) after Dec. 31, 2011

- 10k & 5k Awards in seven age categories.
- The 5K & 10K runs start and finish at Rainy River Community College. The 10K routes through the downtown area.
- Fruit, coffee, All Sport, pop served after each race.
- Carb up at the Spaghetti Dinner held Friday, January 20th at RRCC Registration 5 – 8 p.m. Free Will Offering.
- Runners Reception Saturday evening includes: Video of the day’s race, appetizers, and freshments complimentary for registered runners.

GROUPS

- 20% discount for groups of 15 or more preregistered to the Chamber office as a group by 12/31/11.
- 15% discount for three or more immediate family members preregistered to the Chamber office as a family by 12/31/11.

January 21, 2012

5K Fun Run - 9:30 a.m. START
Begins and ends at
Rainy River Community College

10K - 10:30 a.m. START
Begins and ends at
Rainy River Community College
1501 Hwy. 71, Int’l Falls

- *Routes Through the Heart of International Falls*
- *Awards Ceremony*
- *Trophies & Medals*
- *Prize Drawing*
- *Showers & Lockers Available*

Average Low Temperature in January -8°
Average High Temperature in January 14°
Record Low Temperature in January -55°

Registration/Packet Pickup:

Rainy River Community College:

Friday, January 20

5:00 – 8:00 p.m.

Saturday, January 21

8:00 a.m. – 9:00 a.m.

Registration closes at 9:00 a.m.

For more information:

1-800-325-5766

or

(218) 283-9400

www.freezeyergizzardrun.com

[or www.ifallschamber.com](http://www.ifallschamber.com)