

45th Annual Freeze Yer Gizzard Blizzard Run

Races Held at Backus Community Center – 900 5th Street

Race Registration Form

Saturday, January 25, 2025

5K at 9:00 am * 10K at 10:00 am

Please print clearly. All information required.

Name: _____ Gender: _____

Address: _____

City: _____

State/Prov: _____ Zip/Postal Code: _____

Email: _____

Phone: _____ Date of Birth: _____

Make checks payable to:
Chamber of Commerce (US Funds Only.) Registration is nonrefundable.
Mail to:
 301 Second Avenue
 International Falls, MN 56649
Questions:
 218-283-9400
 chamberadmin@intfalls.org
 www.ifallschamber.com

I am running (5K, 10K, Both): _____ *Please write event(s) you will be participating in.

Online Registration: www.ifallschamber.com/freeze-yer-gizzard

	Single Race	Both Races	Selection
Race Price through January 5th (Includes participation medal)	\$28	\$43	
Race Price after January 5th (Includes participation medal)	\$33	\$48	
Pancake Feed 7:30am-11:30 am – Freewill Offering at door			
		Total	

Race fee no longer includes t-shirt. Order at Online Apparel/Merchandise store [HERE!](https://www.hasbargencustoms.com/shop/45th-annual-freeze-yer-gizzard-blizzard-run-store-closes-january-2nd-2025-at-11-59-pm/36?page=1&limit=30&sort_by=category_order&sort_order=asc)



Credit Card # _____ Card Exp Date: _____ *3% added to all CC transactions*

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 participation in this event. I, for myself, heirs and executors, also agree not to hold any and all participating sponsors and supports, 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 weathers conditions will exist at the time of this event and that I am physically fit and sufficiently trained to participate in it. **Race course personnel will be present on race course until 12:00 pm.**

Signature: _____ Date: _____

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

Average High Temperature in January is 15.4°
 Average Low Temperature in January is -6.6°
 Record Low Temperature in January -55° (1909)

Chamber Section:
 Runner's Bib Number: _____

Payment Date: _____ Form of Payment: _____ Received by: _____