

# 46<sup>th</sup> Annual Freeze Yer Gizzard Blizzard Run

Races Held at Backus Community Center – 900 5th Street

## Race Registration Form Saturday January 24, 2026

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@intlfalls.org  
www.ifallschamber.com

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

Race Price through January 5th (Includes participation medal)

Race Price after January 5th (Includes participation medal)

Pancake Feed 7:30am-11:30 am – Freewill Offering at door

Race fee no longer includes t-shirt.

Order at Online from

Hasbargen Customs @

www.hasbargencustoms.com



Single Race	Both Races	Selection
\$28	\$43	
\$33	\$48	
	Total	

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: \_\_\_\_\_