

THE 39TH ANNUAL

# Freeze Yer Gizzard Blizzard Run



JANUARY 19, 2019

Register at the Chamber or online at  
[www.freezeyergizzardrun.com](http://www.freezeyergizzardrun.com)

If you have any questions regarding this year's race, contact the  
International Falls Area Chamber of Commerce:  
[chamberadmin@intlfalls.org](mailto:chamberadmin@intlfalls.org) - 218.283.9400

Only the **BOLD**  
Run the **COLD**

