

Freeze Yer Gizzard Blizzard Run & Icebox Days XXXII

International Falls, MN



Events Schedule January 18-22, 2012

Coordinated by the
International Falls Area Chamber of Commerce
in generous civic partnership with:

Coca-Cola Bottling Co., Inc.
Midcontinent Communications
Rainy River Community College
The Journal/North Star Publishing

Boise Paper
Minnesota Power
KSDM/KGHS Radio Stations
93.1 The Border

Pull up yer socks and get ready to celebrate in the Icebox of the Nation! The people of this active and resilient community, beautiful in all seasons, are inhabited with a love for nature, illustrated in the wonderful and wacky winter carnival: Icebox Days. This trademarked four-day event is packed full of fun and zany games for all people. Featured events in this unique cold-weather festival include frozen turkey bowling, snow sculpting, SMOOSH races with added Kiddie SMOOSH races, candlelight skiing in Voyageurs National Park, snowmobile rides, and the famous "Freeze Yer Gizzard Blizzard Run," a 10K & 5K race. These events have been covered by *Runner's World Magazine*, and television stations including The Travel Channel – *Extreme Traditions*. Last year, the FYGBR and Icebox Days were featured on the CBS TV show *The Doctors*. The Weather Channel continues to air a *Cantore Weather Story* which features Icebox Days and Borderland's winter events, including courageous plunges into sub-zero Rainy Lake. This year, MSNBC came calling as did the United Kingdoms largest newspaper the "Metro."

Returning to Icebox Days are **FIREWORKS** under the winter sky at 6 p.m. Saturday near Smokey Bear Park.

2012 Icebox Days are coordinated by the International Falls Area Chamber of Commerce in generous partnership with local sponsors and dozens of volunteers. You are warmly welcomed in the Icebox of the Nation for the 32nd Icebox Days and Freeze Yer Gizzard Blizzard Run.

Wednesday, January 18, 2012

DQ Celebrates the FYGBR: The Dairy Queen Grill & Chill of International Falls will again celebrate Icebox Days by naming a **DQ BLIZZARD** in honor of the Freeze yer Gizzard Blizzard Run. Bernice and staff will offer a new and exciting Blizzard combination beginning Jan. 11 (through Jan. 19) to sample before voting on this year's choices for the official Blizzard of the 32nd Annual FYGBR. The winning Blizzard will be announced Friday, Jan. 20. **The Dairy Queen will offer this Blizzard at half price on Jan. 21.** Call 283-3428 for more information.

Snow Sculptures: Snow sculptures will start appearing Wednesday in Smokey Bear Park. Weather permitting, area students from St. Thomas and Falls Elementary Schools will create magic in the snow.

January 18-22 — You are invited to "Red Solo Cup Days" at the VFW Post located at 1416 Third Avenue during International Falls Icebox Days. Play pull tabs, enjoy music Friday and Saturday and Bingo Sunday afternoon at 2 p.m. Sharpies furnished. Call 286-3099 for more information.



Thursday, January 19, 2012

5:45 - 9:30 p.m. — St. Thomas Aquinas Bingo Night at Aquinas Hall. Doors open at 5:45 p.m. and Bingo starts at 7 p.m. Everyone is welcome. Sponsored by St. Thomas School. Contact Betsy & Mike Ward at 218-240-6138.

7 p.m. — Cribbage at Loyal Order of the Moose Lodge 1259. \$5 fee.

Friday, January 20, 2012

2:30 p.m. — Hot Chocolate Social at Good Samaritan Society, International Falls, in the center's Pinecone Grill (main dining room). Everyone is encouraged to come in from the cold and visit with the folks at the Center. Warm up with good friends and a steaming cup of hot chocolate! Call 283-8313 for more information.

5 p.m. — Spaghetti Dinner A savory spaghetti dinner and bake sale in the Rainy River Community College Commons area. Whether you're a runner who needs to carb up for the Freeze Yer Gizzard Blizzard Run or just plain hungry, don't miss this yummy spaghetti feed. Free will offerings accepted. Sponsored by St. Thomas School. Contact Betsy Ward at 218-240-6138.

5 - 8 p.m. — Registration & Packet Pickup - "Freeze Yer Gizzard Blizzard Run" 10K and 5K: Commons at Rainy River Community College. Contact the Chamber of Commerce at 218-283-9400 or 800-325-5766. Registration fee is \$40 after Dec. 31 and includes a long-sleeve performance B-Core Wicking t-shirt. Packets for participants will also be available before the run on Saturday morning.

6 - 7:30 p.m. — Nightlight Snowshoe Hike in Voyageurs National Park. Meet at the Rainy Lake Visitor Center. Sponsored by Voyageurs National Park. Contact Tawnya Schoewei, 283-6670. Join a Voyageurs National Park naturalist for a one-mile hike on the Oberholtzer Trail. Snowshoes will be provided but bring your own headlamp. Warm up afterwards with a bonfire and cider. This event promises lots of fun for the entire family.

9 p.m. - 1 a.m. — Dance to Live Music of Fired Up! at Rumors Up North at the International Mall. Contact Rosie at 283-2868 for more information.

Saturday, January 21, 2012

7 - 11 a.m. — Pancake Breakfast at the Elk's Lodge No. 1599. Sponsored by Falls Education Foundation. Free will offering. Contact Kay Herman at 218-283-4024 for more information.

8 - 10 a.m. — Registration for the 5k and 10 Freeze Yer Gizzard Blizzard Run at Rainy River Community College Commons. (5K registration closes at 9 a.m. & 10K registration closes at 10 a.m.) Showers and locker rooms are available.



2011 Champs

FREEZE YER GIZZARD BLIZZARD RUN

*Both the 10K & 5K Fun Run start and finish
at Rainy River Community College*

**Call 1-800-325-5766 or 218-283-9400 or
register at www.freezeyergizzardrun.com**



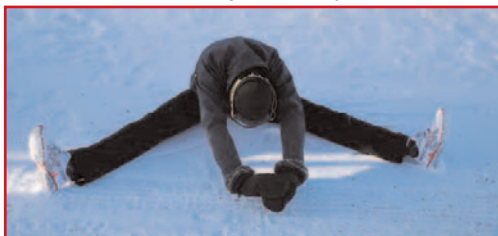
Runners of the FYGBR



Above, film crews in 2011
Below, the Smoosher's gear



Above, Allen Rasmussen and Paul Nevanen time runners
Below, gettin' ready



WE'RE COLD ENOUGH, ARE YOU BOLD ENOUGH?"



Only the BOLD run the COLD!



January 21, 2012

*9:30a.m. FREEZE YER GIZZARD
BLIZZARD 5K FUN RUN™*

*10:30a.m. FREEZE YER GIZZARD
BLIZZARD 10K RUN™*

All runners registered are eligible to win a guaranteed entry to Grandma's 2012 Garry Bjorklund Half Marathon.

RUNNERS RECEPTION!

AMERICINN – LENARD'S BAR 4 - 6 P.M.

Both 10K and 5K runs start and finish at Rainy River Community College. Sponsored by **Coca-Cola Bottling Co., Inc., Midcontinent Communications, The Journal and North Star Publishing, Rainy River Community College, Boise Paper, KSDM/KGHS Radio Stations, 93.1 The Border** and **Minnesota Power**. Contact the Chamber of Commerce, 1-800-325-5766 or 283-9400, or register at www.freezeyergizzardrun.com.

This event has been featured nationally and internationally on television, in print and online. No one can guess what the weather conditions might be for this famous 10k and 5k run and it's part of the adventure! There has never been a casualty and gizzards suffer no permanent damage as runners return year after frosty year. No wimpy starter's pistol for our run — we start you off with a bang from a shotgun! Spectators are encouraged to attend. Awards presented after the races at the RRCC Theatre. **ONLY THE BOLD RUN THE COLD!**

9:30 a.m. — 5K Fun Run "Freeze Yer Gizzard Blizzard Run" 5K Run starts and finishes at Rainy River Community College. Sponsored by Boise Paper, KSDM/KGHS Radio, 93.1 The Border, Minnesota Power, The Journal/North Star Publishing, Midcontinent Communications, Rainy River Community College and Coca-Cola Bottling Co., Inc. Entry Fee is \$40 and includes a long-sleeve Performance B-Core Wicking T-shirt. A premiere event of Icebox Days! Contact the Chamber of Commerce, 1-800-325-5766 or 218-283-9400. **Be BOLD and RUN THE COLD!**

10:30 a.m. — 10K Race "Freeze Yer Gizzard Blizzard Run" 10K Run starts and finishes at Rainy River Community College. Sponsored by Boise Paper, KSDM/KGHS Radio, 93.1 The Border, The Journal/North Star Publishing, Midcontinent Communications, Minnesota Power, Rainy River Community College and Coca-Cola Bottling Co., Inc. Entry Fee is \$40 and includes a long-sleeve Performance B-Core Wicking T-shirt. This is the premiere event of Icebox Days! It has been featured by media nationally and internationally. Unpredictable weather conditions for this famous 10k run is part of the adventure! Runners return year after frosty year. Contact the Chamber of Commerce, 1-800-325-5766 or 218-283-9400. **Be BOLD and Run the COLD!**

10 a.m. — Icebox Boot Hockey Tournament at Eighth Street Rink. Get a team of 10 gals and guys together, three males & two females on the ice at all times) and join in the fun of the Icebox Boot Hockey Tournament. \$50 participation fee per team. 100% Payback – First, Second and Consolation!! Contact Chad Korpi at 218-324-1172 or email: korpichad@yahoo.com. Prizes by the Chamber of Commerce.

10:45 a.m. — Awards Ceremony 5K Freeze Yer Gizzard Blizzard Fun Run held at Rainy River Community College Theater. Hosted by the infamous Gizzard Girls!

11:45 a.m. — Awards Ceremony 10K Freeze Yer Gizzard Blizzard Run held at Rainy River Community College Theater. Hosted by the infamous Gizzard Girls!

11 a.m. - 2 p.m. — The International Voyageur Snowmobile Club Hot Dog Roast at the Arrowhead Hagerman Shelter. Shelter dedication 1 p.m. Call Jim Bigler at 286-3102.

Noon — Dart Tournament at Rumors Up North. Luck of the Draw \$5 entry. Good payback. Complimentary lunch at Rumors. Sign up early; call Rosie: 283-2868.

1 - 3 p.m. — "Chili Challenge" at Backus. Chili tasting ~ all you can eat for \$6. Includes chili, toppings, crackers and beverage. Kids age 12 and under \$2 accompanied by paid adult. Call Backus at 285-7225 for more information.

1 - 3 p.m. — "Turkey Bowling" is one of our most famous outdoor events. Bowling lane will be set up at Backus Community Center outside. Throw a frozen gobbler down the lane to knock down as many bowling pins as possible. Prizes awarded. Call Backus at 285-7225 for information.

1 - 3 p.m. — Kids Activities. Free indoor fun for the kids. Sponsored by Falls High School Student Council, National Honor Society and Community Education.

1 p.m.— Bingo at the Loyal Order of Moose Club 1259: Contact Ray Couture, 283-2425 or Moose Club, 283-3615.

1 p.m. — RRCC Women's Basketball game against Mesabi at RRCC. Call Tammy Wood at 285-2267 for more information.

2:30 p.m. — KID SMOOSH Races at Viking Bar! First time ever!! New Icebox Days Smoosh Races for kids 14 and under! Form a team with 2 kids and be at the Viking Bar (Downtown I-Falls) by 2:15 pm. \$20 to the winner! Everyone will receive a prize for participating! Contact Chris at 218-324-0391 for more information! Will supply SMOOSH Boards for the kids.

3 p.m. — ADULT SMOOSH Races at Viking Bar! Larger than last year!! It's time for the famous Icebox Days Smoosh Races. Form a team of 4 people and be at the Viking Bar by 2:30 p.m. \$100 to the winner by the Chamber of Commerce. Ages 15 and older! Contact Chris at 218-324-0391 for more information!

3 p.m. — RRCC Men's Basketball game against Mesabi at RRCC. Call Tammy Wood at 285-2267 for information.

4 - 6 p.m. — Runners Reception at Lenard's Bar in AmericInn. Enjoy a video of last year's and this year's races, snacks, coffee, water. Cash bar. FREE for registered runners. Non-runners \$5 fee for snacks.

6 p.m. — FIREWORKS!! Returning under the winter sky in Smokey Bear Park. Gather along Third Street area.

7 p.m. — RRCC Women's hockey game against UMD at the Bronco Arena. Call Tammy Wood at 285-2267 for information.

9 p.m. - 1 a.m. — The Famous Beach Party! at Rumors Up North at the International Mall. Live Music by FIRED UP! Limbo, Hula Hoop, Men's Sexy Leg and Men's Bikini Contests. Come as you are or dress for the occasion. The dance is open to adults of legal drinking age. Contact Rosie at 283-2868.

Sunday, January 22, 2012

1 p.m. — Bridge Tournament at Backus Community Center, Room 101. Cash prizes awarded by the Chamber of Commerce. Everyone is welcome to participate. Contact Byrne & Carole Johnson at 218-286-5225.

1:30 p.m. -3:30 p.m. – Hot Dog Roast at the Tilson Creek Ski Trailhead on Highway 11 east. Bring your cross country skis and enjoy a day on the Tilson Trail – Afterwards enjoy hot dogs and cocoa as you warm by a toasty bonfire. Cancelled if below 0°F. Polar Polers Ski Club: Teresa, 286-2036.

7 p.m. — RRCC Women's hockey game against UMD at the Bronco Arena. Call Tammy Wood, 285-2267 for information.



Freeze Yer Gizzard Blizzard Run & Icebox Days XXXII



**WOOD BUTTONS
W/THERMOMETERS**

\$4 each

Limited number available.

*Get Yours Now
at the Chamber Office and
Runners Registration!*



Sponsored by the:

**International Falls Area
Chamber of Commerce**

301 Second Avenue

International Falls, MN 56649

(218)283-9400 or (800)325-5766

E-mail: chamber@intlfalls.org

Websites: www.ifallschamber.com • www.freezeyergizzardrun.com

This schedule is brought to you by these fine festival friends of International Falls.

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