



CERTIFICATE OF MEMBERSHIP

This is to certify that

rena demeo

ICE ID : 100 - ICE MILE : 1

has successfully qualified as an ICE member of the

INTERNATIONAL ICE SWIMMING ASSOCIATION

by completing a minimum of One Statute mile [1609m] in water temperature
of 5.00°C or lower



Boston Harbor, South Boston, MA

14-Dec-2014

1.0500 mile / 1.69km in 47:03 minutes

Water 5.00°C, Wind Chill 1.90°C

YOU ARE OFFICIALLY FROZEN

Extreme ICE MILE

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

