



## CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Lisa Yamamoto**

ICE ID : 441 - ICE MILE : 2

has successfully completed an ICE Mile according to the

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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



**Fallen Leaf Lake, Camas, WA, United States**  
**26-Feb-2022**

**1.6100 mile / 2.59km in 44:38 minutes**

**Water 2.83°C, Wind Chill -3.00°C, Altitude 23m, 45.60° N**

**YOU ARE OFFICIALLY FROZEN**

**Extreme ICE MILE**

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

[www.internationaliceswimming.com](http://www.internationaliceswimming.com)

