



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**JB Lanza**

ICE ID : 475 - 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



Ohio Street Beach, Chicago, USA

07-Apr-2023

1.0100 mile / 1.63km in 42:54 minutes

Water 4.72°C, Wind Chill 5.70°C, Altitude 191m, 41.89° N

**YOU ARE OFFICIALLY FROZEN**

A handwritten signature in black ink, consisting of the letters "R", "A", and "B" intertwined.

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

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

