IISA
ICE MILE

CERTIFICATE OF ACHIEVEMENT

This is to certify that

Ryan Stramrood

ICE ID : 4 - ICE MILE : 5

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

Murmansk, Russia

23-Mar-2013

1.0000 mile / 1.61km in 30:00 minutes

Water 0.00°C, Wind Chill 0.00°C, 68.97° N

YOU ARE OFFICIALLY FROZEN

Extreme, Zero, 5+ ICE MILE

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com