



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

