# IISA <br> ICE MILE <br> <br> CERTIFICATE OF ACHIEVEMENT <br> <br> CERTIFICATE OF ACHIEVEMENT <br> This is to certify that <br> Elaine K Howley <br> ICE ID: 28 - ICE MLE: 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 $5.00^{\circ} \mathrm{C}$ or lower


## Pleasure Bay, South Boston, Massachusetts, USA 19-Feb-2023

1.0200 mile / 1.64 km in $34: 53$ minutes Water $4.17^{\circ} \mathrm{C}$, Wind Chill $4.10^{\circ} \mathrm{C}$, Altitude $0 \mathrm{~m}, 42.33^{\circ} \mathrm{N}$ YOU ARE OFFICIALLY FROZEN


