



CERTIFICATE OF ACHIEVEMENT

This is to certify that

JB Lanza

ICE ID : 475 - ICE MILE : 3

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

10-Dec-2023

1.0100 mile / 1.63km in 36:52 minutes

Water 4.09°C, Wind Chill -2.80°C, Altitude 191m, 41.89° N

YOU ARE OFFICIALLY FROZEN

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

www.internationaliceswimming.com

