



## CERTIFICATE OF MEMBERSHIP

This is to certify that  
**Elizabeth Almond**

ICE ID : 476 - ICE MILE : 1

has successfully qualified as an ICE member of the  
**INTERNATIONAL ICE SWIMMING ASSOCIATION**

by completing a minimum of One Statute mile [1609m] in water temperature  
of 5.00°C or lower



Ohio St. Beach, Chicago, IL, USA  
03-Dec-2022

1.0100 mile / 1.63km in 31:18 minutes  
Water 3.33°C, Wind Chill -1.30°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)

