



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Mary Ann Best**

ICE ID : 477 - 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



Miller Beach Gary, IN, USA

16-Dec-2023

1.3300 mile / 2.14km in 54:02 minutes

Water 4.65°C, Wind Chill 2.10°C, Altitude 185m, 41.00° N

**YOU ARE OFFICIALLY FROZEN**

Extreme ICE MILE

A handwritten signature in black ink, appearing to read "RAB", written over a blue background.

Ram Barkai (Chairman)

INTERNATIONAL ICE SWIMMING ASSOCIATION

[www.internationaliceswimming.com](http://www.internationaliceswimming.com)

