



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Melissa Kegler**

ICE ID : 382 - 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



Lake Desire, Renton, Washington, USA

14-Jan-2022

1.4000 mile / 2.25km in 51:26 minutes

Water 4.00°C, Wind Chill 4.40°C, Altitude 147m, 47.44° N

**YOU ARE OFFICIALLY FROZEN**

Extreme ICE MILE

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

