



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**JB Lanza**

ICE ID : 475 - ICE MILE : 4

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

11-Dec-2023

1.0100 mile / 1.63km in 36:21 minutes

Water 3.26°C, Wind Chill -5.00°C, Altitude 191m, 41.89° N

**YOU ARE OFFICIALLY FROZEN**

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**

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

