

# ENDURANCE NATION

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## 2016 Louisville SufferLevel™ by Endurance Nation

LOW

MODERATE

HIGH

VERY HIGH

EXTREME

### Summary: 2016 Louisville's Official SufferLevel™ is High.

Temperatures will be in the upper 60s through midday, when it just reaches 70 degrees. Strong winds will be from the North all day, but super low humidity. A solid day for a race!

- **Predicted Midday Temperature is 63 degrees Fahrenheit** -- Targeting 12pm, the predicted Midday Temp is 63 degrees, temps will rise to 70 degrees by 4pm.
- **Predicted Temperature Swing is 13 degrees Fahrenheit** -- Over the race window of 6am through Midnight, the predicted low is 57 degrees Fahrenheit and the predicted high is 70 degrees Fahrenheit.
- **Predicted Dewpoint is 41 degrees Fahrenheit** -- Anything above 65 degrees Fahrenheit is considered uncomfortable and sticky. Based on this prediction, humidity will NOT be a factor in this race.
- **Predicted Wind Direction and Strength** -- Winds will be from the North all day, thanks to Hurricane Matthew. Anywhere from 13mph to 16mph for most of the day could lead to a choppy swim and affect the bike.

### Race Day SufferLevel™ Recommendations

- **PreRace** -- Race morning will be comfortably cool. Competitors should be dressed warmly with clothing they plan to put in a Dry Clothes bag or hand off to their family pre-race. Bonus is that the water will feel quite warm.
- **The Swim** -- The windy will combine with the murky water to make a less-than-friendly swim.
- **The Bike** -- Most athletes will not be cold when starting the bike as temps should be in low 60s and rising. The north winds will make for a headwind on the way out to the loop, but all return portions should have a tail / crosstail. Don't fight the winds by riding harder -- ride smarter!

Keep up your nutrition despite the winds and cool temps; your marathon will thank you for it later.

- **The Run** -- Most athletes will feel warm coming off the bike with the clear skies. Perhaps the winds will cool you off, but it's a tailwind out and a headwind back home given the forecast. We recommend you stay cool and do your best to block / avoid the sun, but don't get completely soaked, as temperatures will drop later in the day.

**Disclaimer** -- As with any exercise related to weather data, there is a high-degree of potential variability. Athletes should be prepared for all possible scenarios, and exercise diligence and caution at all times. Good luck!

[Click here to Learn More about SufferLevel™ and RaceRank™ online.](#)