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## 2016 Arizona SufferLevel™ by Endurance Nation



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

Temperatures will build into the upper 70s by midday, then it will peak at 84 degrees - much warmer than normal despite the predicted cloudy skies! Winds will be from the East through midday, then shifting to be from the SouthSouthEast. Think headwind out, tailwind back with practically zero low humidity. A solid race day!

- **Predicted Midday Temperature is 79 degrees Fahrenheit** -- Targeting 12pm, the predicted Midday Temp is 79 degrees, temps will rise to 84 degrees around 2:30pm.
- **Predicted Temperature Swing is 24 degrees Fahrenheit** -- Over the race window of 6am through Midnight, the predicted low is about 60 degrees Fahrenheit and the predicted high is 84 degrees Fahrenheit. You will feel "hotter" after anchoring your body at the early temps, especially out of the water onto the bike.
- **Predicted Dewpoint is 40 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 East, then SouthSouthEast during the bike leg. It will building from 5mph early (slight headwind out) to 8mph through midday. Cyclists will have a great cross-tail, to tailwind for the 18-mile return trip on each lap.

### Race Day SufferLevel™ Recommendations

- **PreRace** -- Race morning will be cool, but warmer than it's been over race week. Competitors should be dressed warmly with clothing they plan to put in a Dry Clothes bag or hand off to the their family pre-race. Don't forget a headlamp for transition set up. Bonus that the water should feel warm.
- **The Swim** -- Single loop swim with partly cloudy skies should hopefully negate the early sun (you swim directly east at sunrise), but the lake will ensure calm conditions.
- **The Bike** -- Most athletes will be cold when starting the bike as temps should be in the low-60s -- some folks might want armwarmers. You'll warm up very quickly, however! Winds from the east will provide (increasing) resistance in the form of a headwind out, but all return portions should have a tail / crosstail. Don't fight the winds by riding harder -- ride steady! Remember to keep up your nutrition despite the early cool temps and winds.
- **The Run** -- Most athletes will feel warmer running than biking, because the reduced winds will bring the full heat of the day to bear on you. You'll need to be on top of the fluids, as low humidity means you won't really feel the sweat. And you will need all your fuel to handle the "uphill" feeling of the back half of each loop away from the crowds. Sunset is 5:22pm this year, so have reflective gear to stay safe and focused until you reach the finish line!

**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!

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