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Los Cabos RaceRank™ by Endurance Nation

Here are six categories to consider, each ranking from 1 to 5, with 1 being the easiest score and 5 being the hardest. Possible scores range from 6 up to 30, with 30 being the hardest possible event on the planet.



Summary

The Los Cabos Total Score is 16 out of 30, placing the event in the High Category. The ocean swim is standard fare...especially when compared to the challenging two-loop bike course. Survive the bike and it's a tame three-loop run course downtown. You'll enjoy the scenery while you suffer in this race!

Swim Venue [Score = 3] -- This is a one loop counterclockwise ocean swim. Given the temperature of the ocean, wetsuits are not allowed but swim skins are encouraged. You will see slower times because of this. The swim heads Northeast with the rising sun to your right on the outbound leg. You'll make a left to cut across and another left to head back to transition... At which point the sun is literally behind you.

Total Bike [Score = 4] -- Total elevation gain is ~7,000 across 112 miles. The two loop layout of the bike course has significant climbs on either end, which anchor the rolling terrain between them. The "X" factor each year falls to the winds; you never know how hard they can make the race! Smart and fit cyclists will be able to ride with good speed, but athletes still learning to work the rolling hills will likely suffer.

Total Run [Score = 2] -- Total elevation gain is about 500 feet across 26.2 miles. Not the flattest course out there, but after the bike it will feel wonderful. There's no one straight stretch -- lots of turns, doubling back, etc. -- and there's a cruel section that puts you right by the finishing chute.

Venue Elevation [Score = 1] -- Los Cabos is essentially at sea level, making elevation a non-factor.

Average Weather [Score = 2] -- Weather on race day over the last five years has seen average temps in the 70s, with a peak in the low 80s. Bonus that the Dew Point is also below 50 degrees Fahrenheit. Both are good for racing, but note the weather really varies from year to year, so pay attention!

Average Did Not Finish (DNF) [Score = 4] -- The DNF rate in Los Cabos is 11.75%, so well above the average 6%. It's a standard number of DNFs (about 110) only that the total field of racers is approximately 1,000 athletes...so half the size of your standard Ironman® which is why the numbers look significant.

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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