

# ENDURANCE★NATION

The World's Largest, Fastest Online Endurance Community  
Create a FREE 30-Day Coaching Trial: [www.endurancenation.us/join](http://www.endurancenation.us/join)

## 2016 Chattanooga SufferLevel™ by Endurance Nation

LOW

MODERATE

HIGH

VERY HIGH

EXTREME

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

Temperatures will be in the 80s through midday, in early afternoon it bumps into the low 90s! Light winds from the North / North East and low humidity. Looks like it's going to be a hot one this year!

- **Predicted Midday Temperature is 84 degrees Fahrenheit** -- Targeting 1pm, the predicted Midday Temp is 84 degrees, temps will rise to 90 by 4pm.
- **Predicted Temperature Swing is 20 degrees Fahrenheit** -- Over the race window of 6am through Midnight, the predicted low is 70 degrees Fahrenheit and the predicted high is 90 degrees Fahrenheit.
- **Predicted Dewpoint is 60 degrees Fahrenheit** -- Anything above 65 degrees Fahrenheit is considered uncomfortable and sticky. Based on this prediction, humidity will be a slight factor in this race.
- **Predicted Wind Direction and Strength** -- Winds will be from the North early, then turning North / NorthEast by midday through late afternoon. Peak winds are predicted to be about 7mph around 5pm.

### Race Day SufferLevel™ Recommendations

- **PreRace** -- Race morning will be warm and likely muggy. Competitors should still plan on warm clothing they plan to put in a Dry Clothes bag or hand off to their family pre-race. Water temps will feel warm.
- **The Swim** -- The river's current, minimal wind and clear conditions make for an optimal swim conditions. Given the temps on the day, you might not want to wear a wetsuit if you are concerned about overheating.
- **The Bike** -- Early temperatures mean that most athletes will warm up quickly starting the bike. Given the predicted temps, you will likely want arm coolers on to keep water on your arms as you ride. Plan on an "extra" cage to hold water that you can dump on your body. Nutritionally speaking it will require discipline to keep up your early hydration -- don't fail your marathon by making that mistake! Starting winds from the North will mean some flavor of a tailwind until you turn at Hog Jowl Road. So miles 32 to 52, and 80 to 100, plus the return to town should have some type of headwind. At least the winds will help keep you cool!
- **The Run** -- Most athletes will feel quite warm coming off the bike with the clear skies and the TempSwing of 20 degrees Fahrenheit. We recommend you stay cool and do your best to block / avoid the sun. How you handle your pacing in the first hour of your marathon will shape the rest of your day. Temps drop slowly all day -- it will still be 80 degrees at 9pm...so there will be no respite.

**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.](#)