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## 2016 Placid SufferLevel™ by Endurance Nation

LOW

MODERATE

HIGH

VERY HIGH

EXTREME

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

Temperatures will be in the mid 60s to upper 70s for the bulk of the race, with humidity of 58% midday before rising back up. Clear skies in AM then afternoon clouds, with light winds. Runners will feel total effect of the sun, but runners will feel the heat rising to 79 degrees through 5:00 pm.

- **Predicted Midday Temperature is 72 degrees Fahrenheit** -- Targeting 2pm, the predicted Peak Temp is 79 degrees. However the real feel of temps will hit 86 degrees Fahrenheit.
- **Predicted Temperature Swing is 26 degrees Fahrenheit** -- Over the race window of 6am through Midnight, the predicted low is 53 degrees Fahrenheit and the predicted high is 79 degrees Fahrenheit, for a TempSwing of 26 degrees Fahrenheit - you'll be cool at the start but you'll warm up quickly!
- **Predicted Dewpoint is 60 degrees Fahrenheit** -- The dewpoint will peak around 12:00pm but it's consistently high all day. Based on this prediction, humidity will be a moderate factor in this race.
- **Predicted Wind Direction and Strength** -- Winds will be from the SouthWest early, shifting to from the West building to a peak of 7mph by 6pm.

### Race Day SufferLevel™ Recommendations

- **PreRace** -- Race morning will be cool and comfortable from the moisture in the air. The water will feel quite warm relative to the air.
- **The Swim** -- Minimal wind and clear conditions make for an optimal swim conditions.
- **The Bike** -- Early temperatures are ideal for racing, but the heat will come. Despite cool air, you need to start nutrition to get ready for the second lap and the run. You might want an extra cage on the bike just to carry water to pour on yourself. This means Tailwind for Ausable Forks early -- a very fast race for the first loop. For lap two it will be a Tail/Cross Tail for the section to Ausable Forks and "only" a Cross Headwind back into town (better than a straight headwind). As the afternoon progresses, the winds will gradually increase to 5mph, and will shift to be from the South / SouthEast, which could mean a slight headwind back into town for the later cyclists.
- **The Run** -- Competitors will feel very hot coming off the bike, as there is no cloud cover and minimal wind. Perceived temps will spike early and in the sun, so watch your pacing! Temps will remain high through 5pm but they will drop as the sun goes down. Folks finishing later in the day will need a long sleeve to stay warm at night! You will need to frequently wipe off your face/arms with sponges and cool yourself with fresh water and ice.

**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!