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## 2016 Hawaii SufferLevel™ by Endurance Nation



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

Temperatures will be in the upper 80s through midday, when it just reaches 86 degrees. Minimal early winds should keep the swim friendly, but the bike will have the classic tailwind out / headwind back. Cloud cover and high humidity of 60 to 65%. 40% chance of rain between 5 and 8pm. Another classic race!

- **Predicted Midday Temperature is 86 degrees Fahrenheit** -- Targeting 12pm, the predicted Midday Temp is 86 degrees. Temps will drop slowly to 78 degrees by 9pm.
- **Predicted Temperature Swing is 10 degrees Fahrenheit** -- Over the race window of 6am through Midnight, the predicted low is 76 degrees Fahrenheit and the predicted high is 86 degrees Fahrenheit.
- **Predicted Dewpoint is 74 degrees Fahrenheit** -- Anything above 65 degrees Fahrenheit is considered uncomfortable and sticky. Based on this prediction, humidity will once again be a big factor in this race.
- **Predicted Wind Direction and Strength** -- Winds will shift all day, peaking at 14 mph from the SouthWest at 4pm. Moderate winds will be from the NorthEast early, then building as it shifts to West, then SouthWest (in Kona)...in Hilo light winds from the West early, then building from the NorthEast through midday.

### Race Day SufferLevel™ Recommendations

- **PreRace** -- Race morning will be warm. Competitors should be dressed comfortably with clothing they plan to put in a Dry Clothes bag or hand off to the their family pre-race. Bonus is that the water will feel slightly cool.
- **The Swim** -- Never easy to tell the current strength, but it will be building to a high-tide by 9:22am, so expect swells to grow and current to push you in.
- **The Bike** -- Most athletes will be concerned about the salt water in their mouths vs the heat. Temps will already be high, even early. You will enjoy a slight tailwind early. The Cross / Head winds in Hawi start to build around 11am, peaking through 2pm. On the way back winds will be from the West through midday, but then South/West (aka Head) as of 2pm. You need to drink like a rockstar the whole way out, and then work to stay cool and steady on the return. Don't fight the winds by riding harder -- ride smarter!
- **The Run** -- Most athletes will feel VERY HOT coming off the bike even with cloud cover. No winds there to cool you off on Ali'i, but it's waiting for you on the Queen K -- you just have to get there in good enough condition. Temps drop slowly, so there's no cooling unless the 5pm rains actually happen this time. We recommend you stay cool and do your best to block / avoid the sun, but don't get those feet wet if possible.

**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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