

# ENDURANCE★NATION

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## 2016 North Carolina SufferLevel™ by Endurance Nation

LOW

MODERATE

HIGH

VERY HIGH

EXTREME

### Summary: 2016 North Carolina's Official SufferLevel™ is XXXX.

Temperatures will build into the low 60s by midday, then it will peak at 65 degrees. Strong winds will be from the NorthWest all day (can you say tailwind back to T2?), but super low humidity. A solid day for a 2.4, 56, 26.2 mile race!

- **Predicted Midday Temperature is 62 degrees Fahrenheit** -- Targeting 12pm, the predicted Midday Temp is 60 degrees, temps will rise to 65 degrees from 2:00pm to 4:00pm..
- **Predicted Temperature Swing is 13 degrees Fahrenheit** -- Over the race window of 6am through Midnight, the predicted low is 52 degrees Fahrenheit and the predicted high is 65 degrees Fahrenheit.
- **Predicted Dewpoint is 42 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 NorthWest all day, building from 9mph to 14mp starting at 11am. Later cyclists (70.3 folks) will have some headwind to deal with, but thanks to one loop the Ironman® folks should have more of a solid tailwind. Early winds could lead to a choppy swim.

### Race Day SufferLevel™ Recommendations

- **PreRace** -- Race morning will be unusually cool - 16 degrees less than it has been all week. Competitors should be dressed warmly with clothing they plan to put in a Dry Clothes bag or hand off to their family pre-race. Bonus is that the water will feel quite warm.
- **The Swim** -- The wind will combine with the sea water to add some spice to this usually-pretty-fast swim.
- **The Bike** -- Most athletes will be cold when starting the bike as temps should be in the 50s and rising. The north west winds will provide (increasing) resistance in the form of a headwind on the way out, but all return portions should have a tail / crosstail. Don't fight the winds by riding harder -- ride smarter! Remember to keep up your nutrition despite the winds and cool temps; your marathon will thank you for it later.
- **The Run** -- Most athletes will feel warmer running than biking, but only incrementally. While you won't likely be dehydrated from the conditions, you will need to manage your pacing across the (2016) 56 mile bike before your 26.2 mile run. Expect a tailwind out and a headwind back home given the forecast. Try to avoid any of the (potential) afternoon flooding and keep your pace solid over the final 10k return trip to 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!

[Click here to Learn More about SufferLevel™ and RaceRank™ online.](#)