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2016 Maryland SufferLevel™ by Endurance Nation



Summary: 2016 Maryland's Official SufferLevel™ is High.

Temperatures will be in the 60s through midday, when it bumps into the mid 70s once the storm moves through - peak temperatures around 4pm! Light winds from the North / NorthEast and very high humidity. Expect to feel cool on the bike (humidity + rain) but very warm on the run (until late).

- **Predicted Midday Temperature is 73 degrees Fahrenheit** -- Targeting 1pm, the predicted Midday Temp is 71 degrees, temps will rise to 76 by 4pm.
- **Predicted Temperature Swing is 9 degrees Fahrenheit** -- Over the race window of 6am through Midnight, the predicted low is 67 degrees Fahrenheit and the predicted high is 76 degrees Fahrenheit. Nice and steady!
- **Predicted Dewpoint is 67 degrees Fahrenheit** -- Anything above 65 degrees Fahrenheit is considered uncomfortable and sticky. Based on this prediction, humidity will be a **big factor** in this race.
- **Predicted Wind Direction and Strength** -- Winds will be from the East early, then turning SouthEast by midday. This means a headwind at the end of Lap One but a nice tailwind for the last 30 miles of the day. Peak winds are predicted to be about 8mph.

Race Day SufferLevel™ Recommendations

- **PreRace** -- Race morning will be cool and likely wet. 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 warm.
- **The Swim** -- Minimal wind and overcast conditions make for optimal swim conditions.
- **The Bike** -- Cool early temperatures mean that most athletes will need armwarmers or even gloves. If you fall on that part of the spectrum, rolled up arm warmers in your T1 bag (that you put on and roll up as you walk to your bike) are recommended. Simple fingerless bike gloves would be a welcome addition as well as toe caps for your bike shoes if you have them. You will most likely ditch the arm warmers at some point, or you can roll them down and put them over your aerobars. Nutritionally speaking it will require discipline to keep up your early hydration -- don't fail your marathon by making that mistake! Just be prepared to pee a bit more than often!
- **The Run** -- Most athletes will feel quite warm coming off the bike with the rain ending and humidity still high. We recommend you stay cool and do your best to fuel properly to support the rest of the run.

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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