

# 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)



## North Carolina RaceRank™ by Endurance Nation

Here are six categories to consider, each ranking from 1 to 5, with 1 being the easiest score and 5 being the hardest. Possible scores range from 6 up to 30, with 30 being the hardest possible event on the planet.

### Summary

**The North Carolina Total Score is 12 out of 30, placing the event in the Low Category.** The ocean swim is timed for maximum speed, so the focus of racers turns to the bike and run courses. The bike has a slow false flat through mile 56, and then a faster return. Your speed will be determined by the winds on the day. Be advised that patience on the bike and a good aero fit is critical.

**Swim Venue [Score = 2]** -- The point-to-point swim is sheltered from the ocean and has proven to be fast in years past, this year it will be transitioning to low tide -- so there it might feel like you are swimming up stream. Honestly the worst part of your swim day here is the predicted flooding and what that might do to your access to the swim and transition, etc.

**Total Bike [Score = 2]** -- Total elevation gain is ~1,100 across 112 miles. The single loop layout of the bike course with slightly rolling terrain and no real climbing puts it in the Normal Category. (This includes the 70.3 course.) The "X" factor each year falls to the winds; you never know how hard they can make the race!

**Total Run [Score = 2]** -- Total elevation gain is ~470 feet across 26.2 miles. There's no one particular climb, it's just rolling. This a two loop course mostly in the downtown area -- as a result there could be a real impact from high tide between 3 and 5 pm on race day.

**Venue Elevation [Score = 1]** -- North Carolina is at 30 feet above sea level, making elevation a non-factor.

**Average Weather [Score = 2]** -- Weather on race day over the last five years has been an Avg Temperature of 65 degrees Fahrenheit, with a Dew Point of 55 degrees Fahrenheit. Both are great for racing, the most significant data point is the potential for flooding given the low-lying nature of the city and increasingly inclement weather.

**Average Did Not Finish (DNF) [Score = 3]** -- This is the first year of the event, but historically the prior event was renown for tidal (fast) swim and flat courses with cool temps that were friendly to newbies.

**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.](#)