



The World's Largest, Fastest Online Triathlon Team

www.endurancenation.us

2016 Canada SufferLevel™ by Endurance Nation



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

Temperatures will be in the low to mid 70s for the bulk of the race, with significant humidity through 3:00 pm. Cloud cover and minimal winds will reduce the total effect of the sun, but runners will feel the heat rising through 4:00 pm.

- **Predicted Midday Temperature is 87 degrees Fahrenheit** -- The predicted Peak Temp is 77 degrees. However the real feel of temps will hit 85 degrees Fahrenheit.
- **Predicted Temperature Swing is 25 degrees Fahrenheit** -- Over the race window of 6am through Midnight, the predicted low is 52 degrees Fahrenheit and the predicted high is 77 degrees Fahrenheit, for a TempSwing of 25 degrees Fahrenheit.
- **Predicted Humidity is 62 degrees Fahrenheit** -- The dewpoint will peak around 2:00pm but the humidity will be dropping across the day. Based on this prediction, humidity will not be as big a factor as direct sunlight.
- **Predicted Wind Direction and Strength** -- Winds will be from the NorthEast early, shifting to the West-SouthWest for the bike, building to a peak of 4mph by 3pm. We estimate the wind will be a non-factor on the bike; however the lack of wind will make the run feel extremely hot.

Race Day SufferLevel™ Recommendations

- **PreRace** -- Race morning will be pretty chilly...bundle up! You'll appreciate the warm clothes after the race too!
- **The Swim** -- Minimal wind and clear conditions make for an optimal swim conditions.
- **The Bike** -- Early temperatures are ideal for racing, just slightly chilly. You should expect to really feel the heat as the day progresses, and no cloud cover to save you.

Given the course, there's a high potential for a headwind coming back over the final 30 miles to Whistler. Be prepared to hunker down and stay aero even when tired. The wind won't be that strong, but any wind at that point is almost too much wind!

- **The Run** -- Competitors will feel very hot coming off the bike, as the peak temps will sit at 77 from 3pm until 6pm! Watch your pacing! Finding shade will be critical as will early hydration and fueling to stay cool!

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!