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2016 Wisconsin SufferLevel™ by Endurance Nation

LOW

MODERATE

HIGH

VERY HIGH

EXTREME

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

Temperatures will be in the 60s through midday, when it bumps into the low 70s. Slight wind from the south and super low humidity. Looks like a great day!

- **Predicted Midday Temperature is 71 degrees Fahrenheit** -- Targeting 1pm, the predicted Midday Temp is 71 degrees, temps will rise to 74 by 4pm.
- **Predicted Temperature Swing is 24 degrees Fahrenheit** -- Over the race window of 6am through Midnight, the predicted low is 50 degrees Fahrenheit and the predicted high is 74 degrees Fahrenheit.
- **Predicted Dewpoint is 51 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 West early, then turning SouthWest by midday and finally completely South by late afternoon. Peak winds are predicted to be about 8mph between 2 and 4pm.

Race Day SufferLevel™ Recommendations

- **PreRace** -- Race morning will be quite cool. Competitors should be dressed warmly 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 quite warm.
- **The Swim** -- Minimal wind and clear conditions make for an optimal swim conditions.
- **The Bike** -- Cool early temperatures mean that most athletes will be cold starting the bike. 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 you 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! Starting winds from the West will mean some flavor of a cross-head/tail until you get out on the loop. By the time you start the return to Madison, you should expect a headwind on the "stick" portion.

- **The Run** -- Most athletes will feel quite warm coming off the bike with the clear skies and the TempSwing of 23 degrees Fahrenheit. We recommend you stay cool and do your best to block / avoid the sun, but don't get completely soaked, as temperatures will drop later in the day.

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.](#)

