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## 2016 Texas SufferLevel™ by Endurance Nation

Low	Moderate	High	Very High	Extreme
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### Summary: 2016 Texas'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** -- Targeting 2pm, the predicted Peak Temp is 87 degrees. However the real feel of temps will hit 105 degrees Fahrenheit.
- **Predicted Temperature Swing is 15 degrees Fahrenheit** -- Over the race window of 6am through Midnight, the predicted low is 73 degrees Fahrenheit and the predicted high is 88 degrees Fahrenheit, for a TempSwing of 15 degrees Fahrenheit.
- **Predicted Dewpoint is 73 degrees Fahrenheit** -- The dewpoint will peak around 12:00pm but it's consistently high all day. Based on this prediction, humidity will be a big factor in this race.
- **Predicted Wind Direction and Strength** -- Winds will be from the West early, shifting to the South building to a peak of 6mph by 6pm. We estimate the wind will be a non-factor on the bike; the lack of wind will make the run feel extremely hot.

### Race Day SufferLevel™ Recommendations

- **PreRace** -- Race morning will be cool and comfortable from the moisture in the air. The water will feel quite warm relative to the air.
- **The Swim** -- Minimal wind and clear conditions make for an optimal swim conditions.
- **The Bike** -- Early temperatures are ideal for racing, but the humidity levels will mean plenty of moisture in the air that will serve to keep you cooler than you truly are...and could lead to some foggy sunglasses! You should be able to fix the sunglasses by pulling them down on a bit on your nose / away from your face, but you absolutely need to hit the fluid nutrition early. You should expect to really feel the heat as the day progresses, with the only blessing being the predicted cloud cover that should keep you safe from the direct sun.

Given all the turns on the modified course, there's no "one direction" of wind. It's low enough to be considered a non-factor on race day. As the afternoon progresses, the winds will gradually increase to 5mph, and will shift to be from the South / SouthEast, which could mean a slight headwind back into town for the later cyclists.

- **The Run** -- Competitors will feel very hot coming off the bike, as the humidity will remain high and there will be minimal wind. Perceived temps will spike early and in the sun, so watch your pacing! You will need to frequently wipe off your face/arms with sponges and cool yourself with fresh water and ice.

**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!