



**BOULDER
NORDICSPORT**

**KVAC Classic Race
Titcomb Mountain 2/06/10**

Weather forecast from the National Weather Service:

Friday Night: Partly cloudy, with a low around 7. West wind around 5 mph becoming calm.

Saturday: Sunny, with a high near 25. Calm wind becoming north between 5 and 8 mph. Race time temperatures are expected to be at 15-16F for girls and 20F for boys.

Discussion:

Once again we find ourselves in colder weather and abrasive older snow. Durability will be a major factor, so make sure to have the right combination of layers.

BNS Wax Recommendation:

Glide-

Good: Iron in SkiGo or Start Graphite. Scrape and brush well with fine steel/bronze/copper. Iron in SkiGo LF Green or Swix LF6, scrape and brush with fine steel/bronze/copper. Make sure to polish with a white nylon brush aggressively.

Better: Iron in SkiGo or Start Graphite. Scrape and brush well with fine steel/bronze/copper. Iron in a layer of Holmenkol Black/Blue or Swix HF6. Scrape and brush with fine steel/bronze/copper. A second layer will only help with durability. Make sure to polish with a white nylon brush aggressively.

Kick: Iron in a very thin layer of Toko Green base binder and let it cool sufficiently. Be ready to put on SkiGo HF Blue or Rode Super Blue for a hardwax layer on top for race day.