



**BOULDER
NORDICSPORT**

**MVC Classic Race
Black 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 22. Calm wind becoming north between 5 and 8 mph. Race time temperatures are expected to be around 20F for both girls and 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 Violet or Swix LF 6, 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 HF 6. 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 Rode Skare Blue klister for a 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.