



**BOULDER
NORDICSPORT**

**Class A Classic Race
Rumford, ME 2/18/10**

Weather forecast from the National Weather Service:

Wednesday Night: Partly cloudy, with a low around 16.

Thursday: Mostly sunny, with a high near 33.

Discussion:

We are dealing with mostly older snow and durability will be a key factor. Race time temperatures should be in the mid to high twenties and the snow should be very abrasive. Keeping kick and glide wax on the skis will be a challenge.

BNS Wax Recommendation:

Glide-

Good: Iron in SkiGo LF Graphite. Scrape and brush well with fine steel/bronze/copper. Iron in SkiGo LF Red or Swix LF8, scrape and brush with fine steel/bronze/copper. Make sure to polish with a white nylon brush aggressively.

Better: Iron in SkiGo LF Graphite. Scrape and brush well with fine steel/bronze/copper. Iron in a layer of Holmenkol Matrix Red or SkiGo HF Red or Swix HF8. 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.

Speed at all Costs: Iron in SkiGo LF Graphite. Scrape and brush well with fine steel/bronze/copper. Iron in a layer of Holmenkol Matrix Red or SkiGo HF Violet. Scrape and brush with fine steel/bronze/copper. Rub on SkiGo C44 or Holmenkol Mid block. These are pure fluros for top speed and max durability.

Kick:

We suggest ironing in a klister binder, such as Rode Skare Blue Special. For race morning, cover this with either a hardwax such as SkiGo HF Blue or Red, or a klister such as SkiGo HF Violet or Start Universal Wide. The final wax selection will depend upon the conditions on race mornings.

At BNS we want to help you, please do not hesitate to call us or email us if you have questions about any wax.

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