



**BOULDER
NORDICSPORT**

**Class A Skate Race
Rumford, ME 2/16/10**

Weather forecast from the National Weather Service:

Monday Night: Mostly cloudy, with a low around 14.

Tuesday: A chance of snow showers. Mostly cloudy, with a high near 32. Chance of precipitation is 30%.

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.

BNS Wax Recommendation:

Glide-

Good: Iron in SkiGo LF Graphite. Scrape and brush well with fine steel/bronze/copper. Iron in SkiGo LF Violet or Swix LF7, 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 Violet 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 C105 or Holmenkol Mid block. These are pure fluros for top speed and max durability.

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

207-541-7438

roger@bouldernordic.com