



**BOULDER
NORDICSPORT**

**Class C Classic Race
Fort Kent, ME 2/18/10**

**Weather forecast from the National Weather Service:
Wednesday Night: Partly cloudy, with a low around 14.**

Thursday: A chance of snow showers. Partly cloudy, with a high near 29. Chance of precipitation is 30%.

Discussion:

Fort Kent snow should be pristine, but keeping the wax on the skis is always the challenge. Race time temperatures should be in the mid twenties.

BNS Wax Recommendation:

Glide-

Good: Iron in SkiGo LF Graphite. Scrape and brush well with fine steel/bronze/copper. Iron in SkiGo LF Blue 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 Blue or Swix HF7. 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 Blue. 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.

Kick:

We suggest ironing in a hardwax binder, Toko Green is the best. For race morning, cover this with either SkiGo HF Blue or SkiGo Violet. Swix Extra Blue might also be a good choice. 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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