

# Boulder Nordic Sport Race Grinds - \$75



## BNS Simple Grind Menu

K.I.S.S. stands for “Keep It Simple, Stupid” – a message we get often from our less geeky customers. In the spirit of KISS we recommend these core grinds as the starting point for everyone. These broad-range structures provide a solid foundation to handle every condition, whether you have one pair of skis or twenty.

Different regions experience different prevalent conditions. Skiers in the high Rockies will want to adjust toward the colder end of the menu, while skiers in the Northwest might consider heading toward the warmer end of the spectrum. We are always happy to consult with individuals or teams and can make recommendations to keep your life simple but ensure that you get the best of what we have to offer.

		1 pair	2 pair	3 pair
Classic	XTi2		★	★
	Li2	★		★
	Li3		★	★
Skate	CV0	★	★	★
	FS2		★	★
	3/3			★



## BNS Worldcup Racing Menu

Give us an inch and we’ll offer you 15 different structures. The reality is that snow conditions vary wildly, and we often need specific solutions to complement our broad-range core grinds. The grind development process is ongoing and we make it our business to keep you up to date. Our top recommendations are on the right. See [bouldernordic.com](http://bouldernordic.com) for more.

### What’s New...

Prior to last February’s Olympics Zach’s contract with the US Ski Team meant that we were unable to release many new grinds from our development process dating back to the 2007-’08 season. Last year, with the permission of the USST, we released the CV0 and it quickly became our most popular grind. The grinds that we’re introducing this year are mostly pretty specific, and won’t see as much action as the CV0. But they’re excellent competition structures and will be an asset for serious racers.

**FS Series** – “FS” stands for “falling snow”. This series was developed in response to the strong possibility of racing in actively falling snow at the Callaghan Valley. The FS0 has been a great new snow structure for temperatures below freezing, beating CV0 in almost all tests when the snow is less than four or five days old. The FS2 is great in the conditions it was designed for; wet new snow at temperatures around and above freezing. During the Olympics the FS2 surprised us by continuing to win tests into transforming conditions, and it had relatively low liability in colder snow. It ended up being one of the most consistent performers for us at the games throughout a broad range of conditions, and has displaced the Q1.3 on our menu as a “universal plus” grind.

**0.55 & R4** – These are grinds developed for freeze-thaw conditions where the snow has not become coarse and transformed, but is not new. The 0.55 is a cold snow grind that complements the FS0 very well and could replace the CV0 in a two-pair cold fleet. The R4 is a specialized grind for freeze-thaw snow, moving from freeze to thaw. It covers the range from aggressive cold crystals to wet snow very well. It doesn’t tend to run well in North America until February when the solar effect becomes strong. The R4 had a very good World Cup debut on the skis that Kris Freeman skied to fourth place at the Kuusamo 15K classic last year.

**3/F** – A new addition to the universal compound line-up, the 3/F runs in finer grained snow than the 3/3, and wetter snow than the 2/2. This is a good choice for hairies or zero skis targeting new snow, or for wet snow skate skis that need to run in finer snow than 3/3.

### One Page Is Not Enough

For more information download our Full Grind Menu at [bouldernordic.com](http://bouldernordic.com).

It contains a Structure Primer and a comprehensive listing of BNS grinds with descriptions.

