



# STONE GRINDING MENU 2022-2023

## GRIND UPDATE

We have re-established our stone grinding operation in our Boulder headquarters. With BNS Founder Nathan Schultz leading the dedicated stone grinding team, we are running the best quality grinds and a consistent grind schedule throughout the season. Skis can be dropped off at our Boulder and Portland, Maine retail locations, or shipped directly to Boulder. We run weekly grind batches mid-October through the end of the season. During the off-season, March 15-October 15, we run batches approximately once per

month. As always, it is best to get your grind skins in well before you need them. Summer and early fall are the best times to grind your skis.

## GRIND DEVELOPMENT PARTNERSHIPS

With the return to Boulder we are re-invigorating our efforts on development. We are looking for teams who would be excited to partner with BNS to test existing grinds and new grinds in development. Contact [grind@bouldernordic.com](mailto:grind@bouldernordic.com) for info.

## BNS GRIND NAMING SYSTEM

The BNS grind naming system simplifies grind selection. The system is easy: each name starts with "S" or "C" to designate skate/classic. The first digit corresponds to moisture and temperature range on a scale of 0 (cold/dry) to 5 (warm/wet). The second digit corresponds to snow type ranging from 0 (new/sharp) to 5 (transformed/rounded). These names bring clarity to each grind's characteristics and also allow you to easily compare grinds relative to each other just by looking at their names.

## GRINDING MENUS

"Keep It Simple, Stupid," or The KISS principle, should apply to stone grind choice. We recommend our core grinds on the menus to the right 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.

Our Simple Grind Menu is based on how many pairs of skis you have in your fleet. Ninety-five percent of racers have one, two or three pairs of skis, and we recommend different mixes of our core grinds based on how many skis you have to work with. To find the right mix of grinds for your fleet, choose skate/classic and then pick the grinds that are highlighted for the number of pairs of skis you have.

Every region has unique snow conditions. Skiers in the dry Mountain West will want to adjust toward the colder end of the menu, while skiers in the Northwest and California should consider moving to the warmer end of the spectrum. We are always happy to consult with individuals and teams to make recommendations that keep your life simple but ensure you get the best we have to offer.

Over the last few years we have moved our core grinds toward the finer end of the scale, providing broader-range solutions that can be modified by hand structure. Everyone from ski manufacturers to national teams have migrated toward this approach, so we are confident that these new core grinds are the best choices. We have two grinds on the extreme ends of the scale that are so good they have almost made the skate core: for extreme cold, we recommend S0.3. For wet conditions, S4.2 is an excellent choice. For a racer in the Rockies, S0.3, S1.3 and S2.2 would be a great setup for 3 pairs of skis, while east and west-coast skiers might go warmer with S1.3, S2.2 and S3.2/S4.2.

## SIMPLE GRIND MENU

	1 pair	2 pairs	3 pairs
CLASSIC	C4.2 (Li3)	✓	✓
	C2.2 (Li2)	✓	✓
	C1.2 (XTi2)	✓	✓
SKATE	S3.2 (FS2)		✓
	S2.2 (S2-1x)	✓	✓
	S1.3 (CV0)	✓	✓

## EXPANDED RACING MENU

The reality is that snow conditions vary wildly and we sometimes need structures to complement our broad-range core grinds. The core grinds are highlighted in the middle of these expanded menus, but you'll also find the rest of the structures that have proven themselves worthy of being in our primary repertoire. Find out more details about our grinds at [bouldernordic.com](http://bouldernordic.com).

