

After Record Heat and Monsoon Rain, Denver Flooring Expert Explains How Moisture Swings Affect Floors

As the Front Range whipsaws between a record-length heatwave and monsoon humidity, CMC Flooring breaks down how those swings stress hardwood, laminate, and vinyl floors, and what homeowners can do to prevent gaps, cupping, and buckling.



Denver, Colorado Jul 25, 2026 ([Issuewire.com](https://www.issuewire.com)) - After weeks of record-challenging heat gave way to a surge of monsoon moisture across the Front Range, CMC Flooring LLC, a Denver-based flooring installation company, is explaining how Colorado's sharp swings between dry heat and humidity affect the floors inside area homes. The company's message is that many common flooring problems homeowners blame on defects or bad luck are actually the predictable result of wood, laminate, and vinyl reacting to a climate that can shift from bone-dry to humid in a matter of days.

The region has spent July under a prolonged heatwave, with Denver recording its first 100-degree day of the year on July 20 and Boulder setting a record for consecutive days above 94 degrees. That stretch has now collided with monsoon moisture pushing up from the south, raising both humidity and flash-flood risk. For flooring, this whiplash between extremes is exactly the condition that exposes weak installations.

"Floors are always moving a little, and most people never notice," said Christian Martinez, owner of CMC Flooring LLC. "But when you go from weeks of dry 100-degree heat straight into monsoon humidity, that movement gets extreme. Wood swells, then shrinks. Vinyl that was baking in the sun expands. If the floor wasn't installed with room to move, that's when you see gaps open up, edges cup, or planks push against each other and buckle. It's almost never the material failing. It's the install not accounting for Colorado."

According to the company, each flooring type responds differently. Hardwood is hygroscopic, absorbing moisture during humid monsoon stretches and releasing it during dry heat, which causes boards to expand and contract across the seasons. Without proper acclimation before installation and adequate expansion space at the edges, that movement shows up as cupping, crowning, or gaps between planks. Laminate, built on a fiberboard core, is especially sensitive to moisture and can swell at the seams if water reaches the core or if humidity swings are severe.

Luxury vinyl plank reacts less to moisture and more to temperature. Vinyl expands and contracts as it heats and cools, so a floor that sits in direct summer sun through a large window can push outward, then pull back when the air conditioning runs. When LVP is installed without acclimation or without the expansion gap the manufacturer specifies, those temperature swings can cause the planks to lift or separate. Carpet is the most forgiving in day-to-day humidity shifts, though its padding is vulnerable to trapped moisture and mold when flooding or leaks occur.

CMC Flooring notes that the fixes are largely preventive and happen before and during installation. Acclimating materials to the home's actual conditions, leaving proper expansion gaps, testing subfloor and concrete slab moisture before laying anything on top, and following each product's manufacturer specifications are what separate a floor that holds up through Colorado's extremes from one that fails within a season. For homeowners maintaining existing floors, keeping indoor humidity in a stable range of roughly 35 to 45 percent year-round reduces the seasonal stress that leads to gaps and cupping.

CMC Flooring has served the Denver metro area for more than six years, providing LVP, hardwood, laminate, and carpet installation, hardwood refinishing, carpet repair, and commercial flooring across Denver, Arvada, Aurora, Boulder, Castle Rock, Centennial, Commerce City, Highlands Ranch, and Lakewood. The company emphasizes detailed subfloor assessment and adherence to manufacturer standards on every installation.

Homeowners who want to learn more about protecting their floors through Colorado's moisture swings, or who are planning a new installation, can contact CMC Flooring at (720) 382-3006 or visit cmcflooringllc.com.

About CMC Flooring LLC

CMC Flooring LLC provides professional flooring installation services throughout the Denver metropolitan area. The company specializes in luxury vinyl plank, hardwood, laminate, and carpet installation, along with hardwood refinishing, carpet repair, and commercial flooring for residential and commercial properties.

Contact:

CMC Flooring LLC

Denver, CO

(720) 382-3006

<https://cmcflooringllc.com/>



Media Contact

CMC Flooring LLC

*****@gmail.com

(720) 382-3006

19846 E 40th Pl, Denver, CO 80249

<https://cmcflooringllc.com/>

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