

WAX RECOMMENDATION



NORDIC SPIRIT FREESTYLE RACE

Lower Spirit Mountain Nordic Center/Grand Ave Chalet, Duluth, MN - Saturday, March 1

10 A.M., 18k, Freestyle

Mass start, 6 x 2.5k lap

<https://www.duluthxc.com/nordic-spirit>

Forecast/Conditions: Overnight low of about 10, expect snow temperature of about 13 at the start under sunny skies with blustery windy conditions. Daytime high will reach about 25. Mixed precipitation is expected on Friday. Expect machined track conditions primarily comprised of manmade snow.

Glidewax: Apply Performance Blue Hot Wax, scrape and brush, then apply HP Blue Hot Wax, scrape and brush. Sprinkle on [Jet Powder](#) Blue, make two passes with iron at 160c, let cool, scrape and brush. Polish with a merino wool roller. Then spray on [Jet Liquid](#) Blue, let the ski dry flat for at least 20 minutes. Polish lightly with a merino wool roller.

Gripwax: N/A

Structure: A fine structure covered by one pass with the Blue Structurite tool after scraping and brushing the final Hot Wax or Jet Powder but before applying Jet Liquid will best suit these conditions.