

Yellowstone Ski Festival Biathlon

Rendezvous Ski Trails, West Yellowstone, MT Wednesday, November 23 10 A.M. 10K Men, 7.5K Women 30 second interval start http://www.skirunbikemt.com/races.html

Forecast/Conditions: Overnight low around 19, race start around 24. Mostly cloudy, high humidity, 9 mph wind, a 20 percent chance of snow with the chance increasing to 40 percent by 11 A.M. Expect a lot of dirt on the trail and fast, semitransformed snow.

Glidewax: Apply LF Black, scrape and brush, then apply HF Black, scrape and brush. Finish by spraying on Helx 2.0 Red, let dry. An alternative would be crayoning JetStream Red, iron hot (320F) with a layer of fiberlene under the iron, traveling slowly (60 seconds) tip to tail. Brush with a dedicated nylon polishing brush and polish with a thermopad.

Structure: Grind and Structurite. Number of passes, type of tool. A fine linear structure covered by one pass with the Blue Structurite tool (before JetStream application) will best suit these conditions.

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Check the Wax Tips page at TokoUS.com before all of your races for the latest waxing information. The Toko Race Wax Tips offer racers precise waxing advice on how to make your skis perform optimally for a given event. For racers who don't have top end waxes, skip the Fluorocarbon (JetStream) and substitute the LF or NF wax of the same color (Yellow, Red or Blue). To see optimal application procedures for both Glidewax and Gripwax, go to the How To link at TokoUS.com.